

### **Health Literacy Philosophy Statement**

**My Philosophy:** I believe that starting from a young age students need to be taught correct information about health. When students have the correct knowledge about health then it will benefit their lives. As a health educator I want to give my students the right skills and dispositions to use toward their personal state of wellness. Teaching my students about physical, emotional, intellectual, social, environmental, and spiritual health will be the basis for students to use for the rest of their life. My goal is to encourage students enough to be in charge and care about their health and wellness. Teaching students health literacy is the key to their future. Our students will gain a better understanding of how all six dimensions play a role in being health literate.

**Physical:** One way I will use my philosophy to promote physical health is to set up extracurricular activities. Doing physical extracurricular activities will positively impact the way students might think about physical activity and health. Doing this will get students more active, and it will potentially help them academically. Some examples of activities can be a walk/run group after school, or just a recreational sport team. After the activity, talking about and providing a small nutritional snack will help them learn what healthy choices for food are.

**Emotional:** Emotional health is very important to teach students because as students get older they are expected to be able to control their emotions more professionally. In my health education class, I would first talk to students about why emotional health is just as important as any other aspect of health. Showing students how to regulate their emotions effectively is very important. Some things I would do to teach our students are how to make a stress ball, some yoga techniques, and even simple things like coloring. Students can take the skills I show them and use them throughout life to regulate their emotions.

**Intellectual:** Keeping students motivated is a big aspect of intellectual health. Having students do projects on things of their own choice will keep them engaged in what they are learning. Letting students do independent things will allow them to critically think about a certain topic, and they will become more interested as they continue their research. It will enhance their

intellectual health because they will be engaged in a topic, and focused on learning as much as they can.

**Social:** To enhance social health I would have students do short activities where they get to interact with their classmates. Sometimes students only talk to their friends in class, but it is also important to talk to other classmates who students are not so close with. Doing short social activities will enhance our student's interpersonal skills. Students might also feel more comfortable in class after talking and getting to know more of their classmates. Having group work or projects will also encourage students to become more social with their peers.

**Environment:** Feeling comfortable in a classroom is very important to any student's success in learning. Depending on the class I would set up the desks in a certain way to create small learning communities where children can be social with their peers. Another way to promote environmental health is to encourage students to become involved with the environment they live in. Telling students about community service opportunities can help them appreciate the environment they live in.

**Spiritual:** Getting to know your students is key especially when teaching them for a whole school year. As a health educator I would really get to know what my students like so that I can connect with them. I would do this by having my students answer a questionnaire. Also, as a teacher, when you know what your students like you can easily relate what they like to the topic you are teaching. It will help them remember more content when they can relate it to themselves.