

Florida Department of Education

Comprehensive Health Education Secondary Toolkit

Health education is integral to the primary mission of schools. It provides students with a continuum of learning experiences to develop the knowledge and skills necessary to become successful learners and health literate adults. Health literacy is a fundamental part of the school health education program and is essential to the health and wellness of each student. Health Education provides students with the knowledge and skills they need to be healthy throughout their lifetime. The intent of a comprehensive health education program is to motivate students to maintain and improve their social, emotional and physical health, prevent disease and avoid or reduce health related risk behaviors.

The Comprehensive Health Education Secondary Toolkit may assist classroom teachers, school nurses and others who are responsible for the delivery of health education. The toolkit is an electronic resource for the essentials of health education instruction. Each section highlights the component area and provides a litany of tools, websites, lessons and a variety of information. This document is available at the [FDOE Comprehensive Health Education webpage](#).

Comprehensive health education addresses 12 required component areas for K-12 instruction under section [1003.42 \(2\)\(n\)](#), Florida Statutes.

1. Community health
2. Consumer health
3. Environmental health
4. Family life
5. Injury prevention and safety
6. Internet safety
7. Mental and emotional health
8. Nutrition
9. Personal health
10. Prevention and control of disease
11. Substance use and abuse
12. Teen dating violence

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The required concepts may be offered in a traditional health education course or through integration. Where appropriate, integrated benchmarks can be found in other subject area courses such as English language arts, fine arts, JROTC, peer counseling, physical education, science and social studies. The Florida Department of Education's [Course Directory](#) is a great resource for locating the current course listings. The [CPALMS website](#) is the best resource for the current standards, benchmarks and course descriptions.

Health Education Component Area	Description	Educator Resources
<p style="text-align: center;">Community Health</p>	<p>Focuses on individual responsibility; healthy work, school and community environments; community health resources and facilities; community and state agencies; health service careers; safety hazards; community laws and policies related to health issues; data and trends regarding health issues; social marketing and norming; emergency/crisis response plans; community involvement; current issues; trends in medical care; community health planning; private resources (hospitals, clinics and insurance companies); and volunteer resources and organizations (i.e. American Red Cross, American Cancer Society).</p>	<ol style="list-style-type: none"> 1. CDC Healthy Living 2. Coping With Stress 3. Drug and Alcohol Use on School Property Among Florida Public High School Students 4. Every Kid Healthy™ Week April 25-29, 2016 5. FDOE Child Human Trafficking Tool Chapter 6. FDOE Gang Resources for Parents and Teachers 7. FDOE Healthy Schools 8. FDOE Safe Schools 9. Five Minutes (or Less) for Health 10. HEADS UP to Youth Sports: Officials Fact Sheet 11. Health & Academics 12. Healthy Meeting Toolkit 13. Helping Children and Adolescents Cope with Violence and Disasters: What Community Members Can Do 14. Let's Go! Healthy Workplaces Toolkit 15. Obesity Resource Toolkit for Healthcare Providers 16. Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students

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Community Health (continued)		<ol style="list-style-type: none"> 17. Parent Engagement Fact Sheets 18. Physical Activity Among Florida Public High School Students 19. Poison Prevention 20. School Health Index (SHI) 21. School Wellness Toolkit 22. Safe Routes to School Planning Toolkit 23. Safe Routes to School 24. Sexual Behaviors Among Florida Public High School Students
Consumer Health	<p>Focuses on being wise consumers of health information, products and services, including understanding the influences of advertising, media and technology; being able to evaluate and make selection and purchasing decisions about health-related products and medical services; consumer protection laws (product labeling); consumer protection agencies; health agencies and organizations; health insurance; quackery; reliable health products and services; and knowing what is available and how to be an educated consumer.</p>	<ol style="list-style-type: none"> 1. CDC Food Safety 2. CDC Healthy Schools 3. CDC Healthy Living 4. Connecting Youth to Quality Health Information 5. Consumer Health Education 6. Consumer Reports Health Information, Products & Services 7. FDOA Food Inspections 8. FDOA Food Safety 9. FDOA Living Healthy in Florida 10. FDOE Healthy Schools 11. Food Allergy Research & Education (FARE): Resources for Schools 12. Health & Academics 13. Health Communication and Social Marketing 14. Health Literacy 15. U.S. Food and Drug Administration

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Environmental Health	<p>Focuses on causes, prevention and control of environmental pollution, including air, water, soil, radiation, noise and solid waste (recycle, reuse and reduce); effects of environment on health (includes understanding the causes of negative environmental factors and their effects on human health); environmental protection agencies; population growth; worldwide health; and individual and group responsibilities in helping to promote a healthy environment locally and worldwide.</p>	<ol style="list-style-type: none"> 1. CDC Healthy Living 2. e-Learning on Environmental Assessment of Foodborne Illness Outbreaks 3. EPA Healthy Schools, Healthy Kids 4. Hurricane Readiness 5. Physical Environment 6. United States Environmental Protection Agency (EPA)
Family Life	<p>Focuses on family structures, roles and responsibilities; gender roles; sexual stereotypes; marriage; divorce; human sexuality education; abstinence; parenting; physical and sexual abuse; building family relationships; child abuse and neglect; the family life cycle; family planning; heredity; and communication skills (verbal, nonverbal and listening).</p>	<ol style="list-style-type: none"> 1. Advocates for Youth 2. Be Yourself/Sé tú mismo: Positive Youth Development for Latino Teens (Video) 3. Building Community Commitment for Safe, Stable, Nurturing Relationships and Environments 4. CDC Asthma Awareness Podcast 5. CDC Eat Well Podcast 6. CDC Positive Parenting Practices Fact Sheets 7. Child Abuse Prevention 8. Coping With Stress 9. Concussions HEADS UP to Schools: Parents- English or Spanish 10. Essentials for Childhood 11. FDOE Child Human Trafficking Tool Chapter 12. FDOE Healthy Schools- Comprehensive Health Education 13. FDOE Just For Parents Community 14. Family Health History 15. Family Memoir: Getting Acquainted With Generations Before Us

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<p>Family Life (continued)</p>	<ol style="list-style-type: none"> 16. Health & Academics 17. Intimate Partner Violence 18. Genomics and Health: Heart Disease and Family History 19. PARC: Pregnancy Prevention for Adolescents and Expectant & Parenting Teens (Video) 20. Parent Engagement Fact Sheets 21. Parents, Families and Friends of Lesbians and Gays (PFLAG) 22. Parents for Healthy Kids 23. Positive Parenting Practices Fact Sheets 24. Project AIM: Teen Pregnancy Prevention and Positive Youth Development for Rural Youth (Video) 25. Promoting Health Among Teens: Abstinence-Only Intervention for Urban Youth (Video) 26. Promoting Parent Engagement in Schools to Prevent HIV and other STDs Among Teens 27. NetSmartz Workshop Sexting 28. School Connectedness Fact Sheets 29. Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention 30. Suicide: A Major, Preventable Mental Health Problem 31. FDOE HIV/STD Prevention, Teen Pregnancy Prevention and Sexual Health Education 32. The Dangers Of Social Media (Child Predator Social Experiment) 33. The U.S. Office of Adolescent Health (OAH) 34. Tips for discussing difficult topics with your children 35. Underage Drinking
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<p>Injury Prevention/ Safety</p> <p>Injury Prevention/ Safety (continued)</p>	<p>Focuses on attitudes toward safety; causes of accidents; home and school safety; highway safety, including pedestrian, auto, bicycle, recreation vehicle and school bus; natural and weather related disasters; safety practices that reduce risks of unintentional injuries (e.g., fire, bike, home, weapon and babysitting safety); survival skills; environmental hazards; personal safety precautions, including assault and child abuse and neglect prevention; violence prevention; bullying prevention; internet safety; dating violence; first aid/CPR/AED and emergency health care procedures to follow in case of an injury, health problem, disaster or violence; resources and agencies; safety rules and laws; and intentional injury.</p>	<ol style="list-style-type: none"> 1. Be Safe in the Sun 2. CDC Restrain Yourself Podcast 3. CDC Healthy Living 4. CPALMS Lesson Plan Heart Rate Activity: Body Positions and Physical Activity 5. Concussion ABCs: HEADS UP to Schools 6. FDA Sun Safety 7. FDOE Healthy Schools- Comprehensive Health Education 8. FDOT Alert Today Alive Tomorrow 9. FDOT Florida's Pedestrian and Bicycle Focused Initiative 10. HEADS UP Resource Center 11. Poison Prevention 12. Poison Prevention Week Posters 13. Safe Youth. Safe Schools. 14. Suicide Prevention 15. Youth Violence Prevention
<p>Internet Safety</p>	<p>Focuses on the knowledge of maximizing the personal safety and security risks while using the internet and the self-protection from computer crime and predators.</p>	<ol style="list-style-type: none"> 1. Bullying/Cyberbullying 2. FDOE Safe Schools 3. Naming in a Digital World: Creating a Safe Persona on the Internet 9-12 Lesson 4. NetSmartz Workshop 5. Real Life Stories and Teaching Material 6. Safe Florida

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Mental/Emotional Health	<p>Focuses on human emotions (joy, anger, fear, stress, etc.) and their impact; positive coping skills, including stress management; building self-esteem; positive social relationships; responsible decision making; suicide prevention; other intentional injury prevention; depression and other mental illnesses; and communication skills.</p>	<ol style="list-style-type: none"> 1. Bullying Prevention 2. CDC Healthy Living 3. Child Behavior Disorders 4. FDOE Safe Schools 5. Genomics and Health 6. Health and Academics 7. Learning Disorders 8. Mental and Emotional Fitness 9. Mental Health 10. Positive Parenting Practices Fact Sheets 11. Substance Abuse 12. Suicide: A Major, Preventable Mental Health Problem 13. Suicide Prevention 14. Teacher ESP - Effectiveness and Stress Prevention 15. Teen Depression 16. The Substance Abuse and Mental Health Services Administration (SAMHSA)
Mental/Emotional Health (continued)		

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Nutrition	<p>Focuses on the importance of a balanced diet, how food provides energy and nutrients to the body; additives; activity and weight management (<i>energy in/energy out</i>); recommended U.S. dietary guidelines; MyPlate; healthy food choices; reading and understanding food labels (<i>selecting foods low in cholesterol, fat, sugar, salt</i>); safe food preparation and storage; and world food supply.</p>	<ol style="list-style-type: none"> 1. CDC Eat Well Podcast 2. CDC School Nutrition 3. CPALMS Lesson Plan- Diabetes: More Than Just Sugar 4. Eating Disorders Awareness 5. FDOA Living Healthy in Florida 6. FDOE Healthy Schools 7. FSU Healthy Me Florida 8. Food Allergy Research & Education (FARE): Resources for Schools 9. Fruits & Veggies More Matters 10. Healthy Eating and Academic Achievement Podcast 11. Healthy Eating for a Healthy Weight 12. Healthy Meeting Toolkit 13. Intro: Making Healthy Food Choices 14. Let's Go! 5210 Middle and High School Toolkit 15. President's Council on Fitness, Sports & Nutrition 16. School Health Guidelines to Promote Healthy Eating and Physical Activity 17. Tips for Teachers- Promoting Physical Activity and Healthy Eating 18. Tools for Schools: Focusing on Smart Snacks 19. USDA Foods Toolkit
Personal Health	<p>Focuses on personal fitness and lifetime activities; cardiovascular health; personal hygiene (including oral health); vision and hearing; positive health habits and choices (sleep, rest, relaxation, recreation); aging;</p>	<ol style="list-style-type: none"> 1. CDC Healthy Living 2. CPALMS Lesson Plan Heart Rate Activity: Body Positions and Physical Activity

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	<p>personal wellness plans; growth and development; and care of human body systems and functions.</p>	<ol style="list-style-type: none"> 3. Childhood Obesity Facts 4. Coping With Stress 5. Dental Health 6. Eating Disorders Awareness 7. FDOA Living Healthy in Florida 8. FDOE Healthy Schools- Comprehensive Health Education 9. Five Minutes (or Less) for Health 10. Genomics and Health 11. Growth and Development for Teens 12. HEADS UP Resource Center 13. Health & Academics 14. Healthy Teeth 15. Healthy Weight 16. Health and Academic Achievement Overview 17. President's Council on Fitness, Sports & Nutrition
<p>Prevention/Control of Disease</p>	<p>Focuses on causes, transmission, prevention, early detection, and treatment of chronic and communicable and non-communicable diseases and disorders, including allergies, asthma, diabetes, cancer, cold and flu, and HIV/AIDS; sexually transmitted diseases/infections; immunizations and vaccines; lifestyles and diseases; eating disorders; community efforts; genetic disorders; neurological diseases; and medical care services.</p>	<ol style="list-style-type: none"> 1. Be Safe in the Sun 2. Birth-18 Years & "Catch-up" Immunization Schedules 3. CDC Asthma Awareness Podcast 4. CDC Avoiding Secondhand Smoke Podcast 5. CDC Save Your Skin Podcast 6. CDC Staying Ahead of Childhood Diseases Podcast 7. CDC Stay Flu Free Podcast 8. CDC Healthy Living 9. Eating Disorders Awareness

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		<ol style="list-style-type: none"> 10. Genomics and Health: Heart Disease and Family History 11. Genomics and Health: Skin Cancer Awareness 12. Get Tested National HIV and STD Testing 13. HIV and Tuberculosis 14. Poison Prevention 15. Pre-teens Vaccines 16. Sexual Risk Behavior: HIV, STD, & Teen Pregnancy Prevention 17. Sexually Transmitted Infections- Adolescents and Young Adults 18. Vaccines & Immunizations 19. World AIDS Day
<p>Substance Use/Abuse</p>	<p>Focuses on the use and misuse of alcohol, tobacco, marijuana and inhalants, prescription and over-the-counter drugs and other illegal drugs (cocaine, methamphetamine, LSD, heroin, etc.); the classification and effects those substances have on the body; addiction; the health problems associated with drug dependence, including formation of habits and their influence; positive decision-making; and individual responsibility. It also includes effects on family members; family roles; risk behavior reduction; refusal and coping skills; societal and legal issues, including consequences; impact of media messages; and community resources.</p>	<ol style="list-style-type: none"> 1. Alcohol and Public Health 2. CDC Alcohol Use 3. CDC Healthy Living 4. CDC Don't Drink and Drive Podcast 5. Facts About Underage Drinking 6. Florida Tobacco Prevention Training for Educators 7. Florida Youth Tobacco Survey (FYTS) 8. Kids Health: E-Cigarettes 9. CDC Illegal Drug Use 10. Poison Prevention 11. The Teen Brain: Still Under Construction

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Teen Dating Violence (TDV)	<p>Focuses on the pattern of behavior that includes physical, emotional, verbal or sexual abuse used by one person in an intimate relationship to exert power and control over another. TDV is generally defined as occurring among individuals between the ages of 13-19 years old.</p>	<ol style="list-style-type: none"> 1. Break the Cycle- "Dating Violence 101" 2. CDC Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention 3. CDC Teen Dating Violence- Understanding TDV 4. FDOE Healthy Schools- Comprehensive Health Education 5. FDOE Safe Schools 6. Florida Coalition Against Domestic Violence- Teen Dating Violence: New Curriculum available for Educators 7. Florida Statutes 1006.148 8. Intimate Partner Violence 9. Stalking Awareness
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