The Comprehensive Health Education Secondary Toolkit will 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.

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.

Comprehensive health education addresses 12 required component areas for K-12 instruction under section 1003.42 (2)(n), Florida Statutes. Teen dating violence is only required in grades 7 - 12.

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
The required concepts may be offered in a traditional health education course. However, low enrollment prompted the integration of health education benchmarks in 2012, where appropriate. These integrated benchmarks can be found in other content areas courses such as English language arts, fine arts, JROTC, peer counseling, physical education, science and social studies. The Florida Department of Education’s (FDOE) 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.

<table>
<thead>
<tr>
<th>Health Education Component Area</th>
<th>Description</th>
<th>Educator Resources</th>
</tr>
</thead>
</table>
| Community Health               | 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). | 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 |
## Community Health (continued)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overcoming Harmful Cultural Norms</td>
<td>Overcoming Harmful Cultural Norms</td>
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<tr>
<td>Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students</td>
<td>Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students</td>
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<tr>
<td>Parent Engagement Fact Sheets</td>
<td>Parent Engagement Fact Sheets</td>
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<tr>
<td>Physical Activity Among Florida Public High School Students</td>
<td>Physical Activity Among Florida Public High School Students</td>
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<tr>
<td>Poison Prevention</td>
<td>Poison Prevention</td>
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<tr>
<td>Poison Prevention Week Posters</td>
<td>Poison Prevention Week Posters</td>
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<tr>
<td>School Health Index (SHI)</td>
<td>School Health Index (SHI)</td>
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<tr>
<td>School Wellness Toolkit</td>
<td>School Wellness Toolkit</td>
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<tr>
<td>Safe Routes to School Planning Toolkit</td>
<td>Safe Routes to School Planning Toolkit</td>
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<tr>
<td>Safe Routes to School</td>
<td>Safe Routes to School</td>
</tr>
<tr>
<td>Sexual Behaviors Among Florida Public High School Students</td>
<td>Sexual Behaviors Among Florida Public High School Students</td>
</tr>
</tbody>
</table>

## Consumer Health

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.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>CDC Food Safety</td>
<td>CDC Food Safety</td>
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<tr>
<td>CDC Healthy Schools</td>
<td>CDC Healthy Schools</td>
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<tr>
<td>CDC Healthy Living</td>
<td>CDC Healthy Living</td>
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<tr>
<td>Connecting Youth to Quality Health Information</td>
<td>Connecting Youth to Quality Health Information</td>
</tr>
<tr>
<td>Consumer Health Education</td>
<td>Consumer Health Education</td>
</tr>
<tr>
<td>Consumer Reports Health Information, Products &amp; Services</td>
<td>Consumer Reports Health Information, Products &amp; Services</td>
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<tr>
<td>FDOA Food Inspections</td>
<td>FDOA Food Inspections</td>
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<tr>
<td>FDOA Food Safety</td>
<td>FDOA Food Safety</td>
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<tr>
<td>FDOA Living Healthy in Florida</td>
<td>FDOA Living Healthy in Florida</td>
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<tr>
<td>FDOE Healthy Schools</td>
<td>FDOE Healthy Schools</td>
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<tr>
<td>Food Allergy Research &amp; Education (FARE): Resources for Schools</td>
<td>Food Allergy Research &amp; Education (FARE): Resources for Schools</td>
</tr>
<tr>
<td>Health &amp; Academics</td>
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</tbody>
</table>

[http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml](http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml)
## Environmental Health
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.

- CDC Healthy Living
- e-Learning on Environmental Assessment of Foodborne Illness Outbreaks
- EPA Healthy Schools, Healthy Kids
- Hurricane Readiness
- Physical Environment
- United States Environmental Protection Agency (EPA)

## Family Life
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).

- Advocates for Youth
- Be Yourself/Sé tú mismo: Positive Youth Development for Latino Teens (Video)
- Building Community Commitment for Safe, Stable, Nurturing Relationships and Environments
- CDC Asthma Awareness Podcast
- CDC Eat Well Podcast
- Child Abuse Prevention
- Coping With Stress
- Concussions HEADS UP to Schools: Parents- English or Spanish
- Essentials for Childhood
- FDOA Summer Food Service Program
- FDOE Child Human Trafficking Tool Chapter
- FDOE Healthy Schools- Comprehensive Health Education

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**Florida Department of Education**  
**Comprehensive Health Education Secondary Toolkit**  

**Bureau of Standards and Instructional Support**  
**Healthy Schools**  
[http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml](http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml)
# Florida Department of Education
## Comprehensive Health Education Secondary Toolkit

| Family Life (continued) | 13. FDOE Just For Parents Community  
14. FDOE Just For Parents Newsletters  
15. Family Health History  
16. Family Memoir: Getting Acquainted With Generations Before Us  
17. Health & Academics  
18. Intimate Partner Violence  
19. Genomics and Health: Heart Disease and Family History  
20. PARC: Pregnancy Prevention for Adolescents and Expectant & Parenting Teens (Video)  
21. Parent Engagement Fact Sheets  
22. Parents, Families and Friends of Lesbians and Gays (PFLAG)  
23. Parents for Healthy Kids  
24. Positive Parenting Practices Fact Sheets  
25. Project AIM: Teen Pregnancy Prevention and Positive Youth Development for Rural Youth (Video)  
26. Promoting Health Among Teens: Abstinence-Only Intervention for Urban Youth (Video)  
27. Promoting Parent Engagement in Schools to Prevent HIV and other STDs Among Teens  
28. NetSmartz Workshop Sexting  
29. School Connectedness Fact Sheets  
30. Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention  
31. Suicide: A Major, Preventable Mental Health Problem  
32. Teen Pregnancy Prevention Program |

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**Bureau of Standards and Instructional Support**  
**Healthy Schools**  
[http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml](http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml)
| Injury Prevention/Safety | Focuses on attitudes toward safety; causes of accidents; home and school safely; 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. |
| Internet Safety | 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. | 33. The Dangers Of Social Media (Child Predator Social Experiment)  
34. The U.S. Office of Adolescent Health (OAH)  
35. Tips for discussing difficult topics with your children  
36. Underage Drinking |
| 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 |
| 1. FDOE Safe Schools  
2. Keeping Kids Safer on the Internet  
3. Naming in a Digital World: Creating a Safe Persona on the Internet 9-12 Lesson |
## Florida Department of Education
### Comprehensive Health Education Secondary Toolkit

| Mental/Emotional Health | 4. NetSmartz Workshop  
5. Real Life Stories and Teaching Material  
6. Safe Florida |
|-------------------------|--------------------------------------------------|
|                         | 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) |
|                         | 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. |

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**Healthy Schools**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Focuses on the importance of a balanced diet, how food provides energy and nutrients to the body; additives; activity and weight management (energy in/energy out); recommended U.S. dietary guidelines; MyPlate; healthy food choices; reading and understanding food labels (selecting foods low in cholesterol, fat, sugar, salt); safe food preparation and storage; and world food supply.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. CDC Eat Well Podcast</td>
<td>11. FSU Healthy Me Florida</td>
</tr>
<tr>
<td>2. CDC Healthy Living - Nutrition</td>
<td>12. Food Allergy Research &amp; Education (FARE): Resources for Schools</td>
</tr>
<tr>
<td>4. Drink Comparison Chart Display</td>
<td>14. Healthy Eating and Academic Achievement Podcast</td>
</tr>
<tr>
<td>5. Eating Disorders Awareness</td>
<td>15. Healthy Eating for a Healthy Weight</td>
</tr>
<tr>
<td>6. FDOA Food Allergies in Schools</td>
<td>16. Healthy Meeting Toolkit</td>
</tr>
<tr>
<td>7. FDOA Living Healthy in Florida</td>
<td>17. Intro: Making Healthy Food Choices Pgs. 13&amp;14</td>
</tr>
<tr>
<td>8. FDOA Fresh for Florida Kids</td>
<td>18. Let's Go! 5210 K-5 Toolkit</td>
</tr>
<tr>
<td>9. FDOA Summer Food Service Program</td>
<td>19. Let's Go! 5210 Middle and High School Toolkit</td>
</tr>
<tr>
<td>10. FDOE Healthy Schools</td>
<td>20. KickinNutrition.TV</td>
</tr>
<tr>
<td>11. FSU Healthy Me Florida</td>
<td>21. National Nutrition Month</td>
</tr>
</tbody>
</table>
| 15. Healthy Eating for a Healthy Weight | }
## Florida Department of Education
### Comprehensive Health Education Secondary Toolkit

<table>
<thead>
<tr>
<th>Personal Health</th>
<th>Nutrition (continued)</th>
</tr>
</thead>
<tbody>
<tr>
<td>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; personal wellness plans; growth and development; and care of human body systems and functions.</td>
<td></td>
</tr>
</tbody>
</table>

### Activity
25. Tips for Teachers- Promoting Physical Activity and Healthy Eating
26. Think Your Drink handout
27. Tools for Schools: Focusing on Smart Snacks
28. USDA Foods Toolkit
29. USDA School Breakfast Program Toolkit

1. CDC Healthy Living
2. CPALMS Lesson Plan Heart Rate Activity: Body Positions and Physical Activity
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. Limit Recreational Screen Time

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**Bureau of Standards and Instructional Support**

Healthy Schools

[http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml](http://www.fldoe.org/schools/safe-healthy-schools/healthy-schools/comprehensive-health-edu.stml)
|-------------------------------|-----------------------------------------------------------------------------------|
### Substance Use/Abuse

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.

1. [Alcohol and Public Health](http://www.cdc.gov/alcohol)  
2. [CDC Alcohol Use](http://www.cdc.gov/alcohol)  
3. [CDC Healthy Living](http://www.cdc.gov/healthydays)  
4. [CDC Don't Drink and Drive Podcast](http://www.cdc.gov)  
5. [Facts About Underage Drinking](http://www.cdc.gov)  
6. [Florida Tobacco Prevention Training for Educators](http://www.florida.gov)  
7. [Florida Youth Tobacco Survey (FYTS)](http://www.florida.gov)  
8. [Kids Health: E-Cigarettes](http://www.kidshealth.org)  
9. [CDC Illegal Drug Use](http://www.cdc.gov)  
10. [Long-Term Effects of Drugs on the Brain](http://www.cdc.gov) - Grades 9-12  
11. [Poison Prevention](http://www.cdc.gov)  
12. [The Teen Brain: Still Under Construction](http://www.cdc.gov)  

### Teen Dating Violence (TDV)

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.

2. [CDC Teen Dating Violence- Understanding TDV](http://www.cdc.gov)  
3. [FDOE Healthy Schools- Comprehensive Health Education](http://www.fldoe.org)  
4. [FDOE Safe Schools](http://www.fldoe.org)  
5. [Florida Coalition Against Domestic Violence- Teen Dating Violence: New Curriculum available for Educators](http://www.florida.gov)  
6. [Florida Statutes 1006.148](http://www.gdl.org)  
7. [Intimate Partner Violence](http://www.cdc.gov)  
8. [Positive Parenting Practices Fact Sheets](http://www.cdc.gov)  
9. [Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention](http://www.cdc.gov)  
10. [Stalking Awareness](http://www.fldoe.org)