

Upping Our Game:

Skills-Based Health

January 15, 2019



Why Skills-Based Health Education?

An excerpt from www.schoolsandhealth.org: *"The application of skills-based health education, in particular life skills, to areas such as HIV/AIDS prevention, reproductive health, early pregnancy, violence, tobacco and substance abuse is becoming increasingly widespread. In areas such as these, individual behavior, social and peer pressure, cultural norms and abusive relationships may all contribute to the health and lifestyle problems of children and adolescents. There is now increasing evidence that in tackling these issues and health problems, a skills-based approach to health education works, and is more effective than teaching knowledge alone."*

Where to Start?

Here is your opportunity to join the PE/Health DPI Consultant, Sally Jones, at CESA #4 for a day focused completely on understanding and implementing a skills-based health curriculum. Participants will:

- Achieve basic understanding of skills-based health education
 - Standards are the skills
 - Activities are purposeful/meaningful and assess the skill
- Learn the basic steps to developing units and lessons

Tuesday, January 15, 2019


9:00 a.m. to 3:00 p.m.

Workshop Cost: \$150 Includes: morning refreshments, lunch, and Lesson Planning for Skills-Based Health Education: Meeting Secondary Level National Standards by Sarah Benes and Holly Alperin

Register before January 7th to receive your copy at the training!

Later registrants will receive their copies via the CESA van after the event

Register here or at myQuickReg.com

 CESA #4
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