



BEST PRACTICES IN Skills-Based Health Education



Our Facilitator



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Our Vision

Schools **embrace** health as an **enduring** value.



Our Mission

We **empower** school communities to cultivate **Whole Child** wellness as a **lever** for **student success** and **social equity** .

LEADING EXPERT IN **Whole Child Wellness**

- Comprehensive Health Education
- Physical Education (PE)
- Nutrition Education
- Social-Emotional Learning (SEL)
- Substance Misuse Prevention
- Oral Health Education
- Sun Safety Education
- Family & Community Engagement





Today's Goal

Explore practical ways to adapt Skills-Based Health Education to meet the needs of communities as well as advocate for high quality health education in our schools



Health Literacy Skills

1. Dynamic Functional Information
2. Analyze Influences
3. Accessing Resources
4. Communication
5. Making Choices & Problem Solving
6. Goal Setting
7. Health Practice
8. Health Promotion & Advocacy

Today's Panelists



Mary Connolly, M. Ed., CHES

Today's Panelists



Danielle Petrucci,
M.Ed

Today's Panelists



Nadia Moya, MA

Today's Panelists



Meghan Christopher

Poll Question #1



Which best describes you and your role in health education?

Poll Question #2



On a scale of 1-5, how familiar are you with a skills-based or standards-based approach to health education?

1 - I have never heard of skills-based health education, 5 - Our schools have fully implemented skills-based health education, with units organized by skill.

Question #1

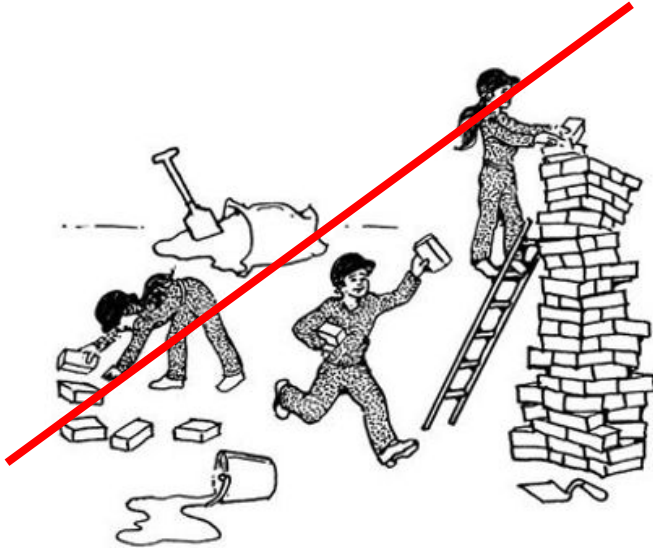
Why is a skills-based approach to Health Education so crucial for our students' academic success and overall wellness?

California Health Education Standards



Understanding Skills-Based Health Education

Content-Based



VS

Skills-Based





Question #2

How can I advocate for a skills-based approach to Health Education when the board of education, administrators, or other teachers resist it?



Behavior is the Result of Three Factors:

PERSONAL

What do I know? What can I do?
What are my attitudes?

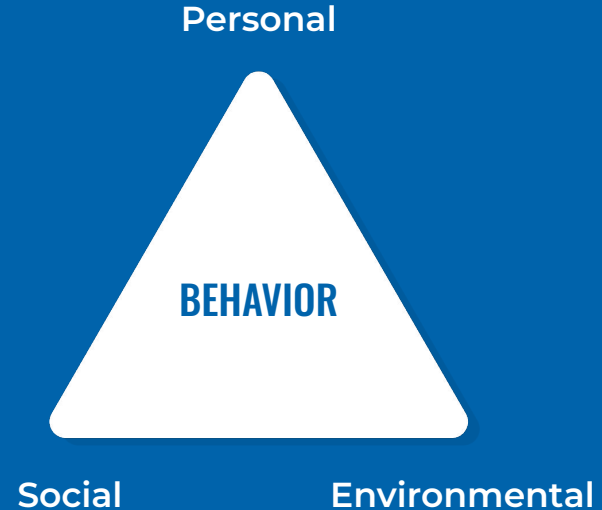
SOCIAL

What is the social response to
performing the behavior?

ENVIRONMENTAL

How does my environment support and
reward, or discourage and punish
the behavior?

Social Cognitive Theory



Skills-Based Health & the Health Belief Model

Health Belief Model

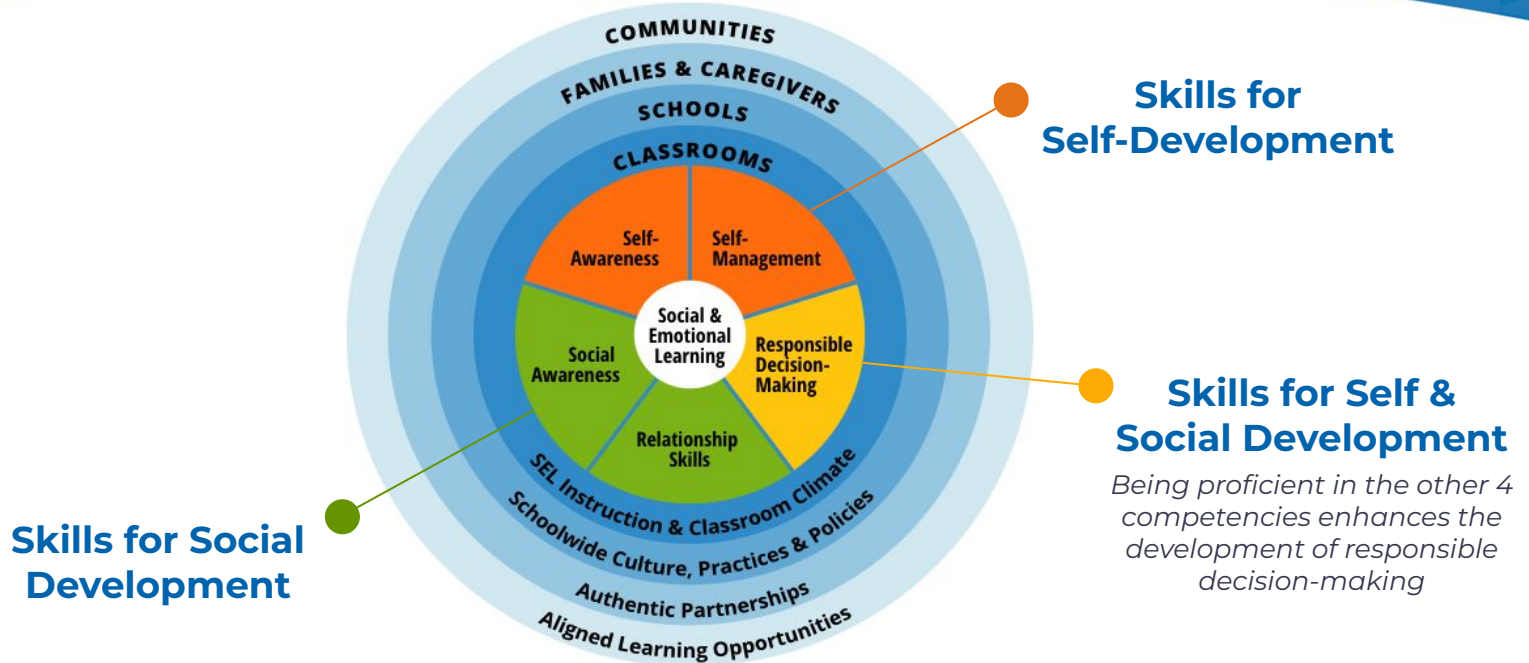
To take action, use the NHES

<https://positivepsychology.com/health-belief-model/>

- 1. Perceived Susceptibility** | Behavior has serious health consequences
- 2. Perceived Severity** | Aware of the hazards and consequences of unhealthy behaviors.
- 3. Perceived Benefits** | Taking action will reduce the risk or seriousness of the health condition.
- 4. Perceived Barriers** | The obstacles to taking action to reduce the risk or seriousness of a health condition.
- 5. Cues to Action** | Triggers that prompt a person to take action such as symptoms, media, health care provider.

SEL Competencies

What do the colors mean?



**Aligns with NHES
Standard 2**
*Analyzing
Influences*

**Aligns with NHES
Standard 6 & 7**
*Practicing Health
Behaviors,
Goal Setting*

**Aligns with NHES
Standard 3**
*Access V/R
Resources*

**Aligns with NHES
Standard 5**
Decision-Making

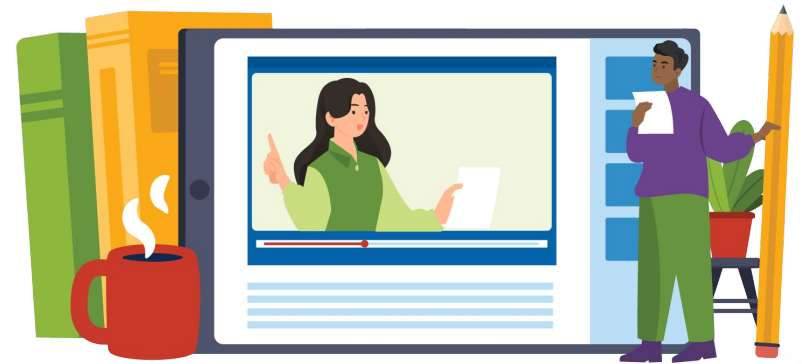
**Aligns with NHES
Standard 4 & 8**
*Interpersonal
Communication,
Standard Advocacy*

**Standard 1
Functional Health**
*Information aligns
with all
competencies*



Question #3

What are some best practices or general tips for implementing skills-based health education in various settings?



Question #4

What creative or unique ways have you seen skills-based health education implemented successfully?



Poll Question #3



How confident and prepared do you feel to advocate for skills-based health education in your schools?

1 - Not confident or prepared at all, 5 - Fully confident and prepared



Use QR Code to launch form



Mind-Heart-Body Reflection



MIND: Something **new**
you learned



HEART: Something you **felt**
as you listened



BODY: 1-2 **action steps** you
will take in next 2 weeks

Q &

A

Any questions?

CATCH[®]

THANK YOU!

Questions? Contact Us!

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