



# Byrnes

Health Education Center

## PROGRAM GUIDE

Preventive Health Education Curriculum

*Educating and Inspiring People of All Ages to Make Healthy Choices*



Dear Friends:

Welcome to the wondrous world of preventive health education as presented by the Byrnes Health Education Center! For twenty four years we have been providing dynamic, interactive and vital curriculum that addresses topical health issues of the communities we serve. Our mission remains the same.....to educate and inspire people of all ages to make healthy choices.

As you review our Program Guide, you will notice that we have erased all geographic boundaries to obtaining our services. You may come to our Center, we can send a health educator to your location, we can schedule a live interactive webcast directly from our teaching theaters and we offer the option to use our online curriculum at [www.LearntobeHealthy.org](http://www.LearntobeHealthy.org) We will be happy to work with you to customize delivery of our programming, including a blend of our delivery platforms to fit your needs.

All curriculum is mapped to education standards, is cross curricular and provides STEM education. [www.LearntobeHealthy.org](http://www.LearntobeHealthy.org) is available in English and Spanish. Our continuum of curriculum serves students from Pre-K through 12th grade. Please consider the option of becoming a Curriculum Partner, which provides a discount to schools purchasing our face- to-face programming across multiple grade levels.

Puberty Programs For Special Learners is for students of special needs and their families. Girls & Moms and Boys & Dads continue to be staples at the Center. We also offer Adult and Parenting programming as well as Teacher In-Services. It is important to continue the messages of preventive health education throughout life's journey.

Let the Byrnes Health Education Center be your resource for all of your preventive health education needs. Our team looks forward to partnering with you to make healthy choices a life long practice.

Be Well,



Anne E. Bahn, President /CEO

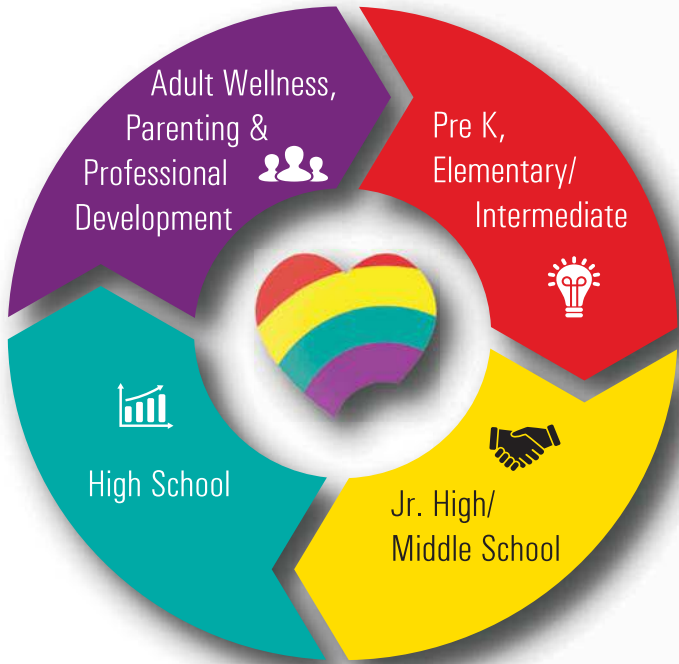


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# CONTINUUM OF HEALTH EDUCATION



# PRESENTED VIA -4- DELIVERY PLATFORMS

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## HEALTH EDUCATION SUBJECT AREAS

### PRE K- GRADE 12

- Character Education/Bullying Prevention
- Drug Education
- General Health
- Human Growth & Development
- Mental Health
- Nutrition & Fitness
- Oral Health
- Safety & Disease Prevention
- Science

### ADULT

- Drug Education
- Fitness & Nutrition
- General Health
- Human Growth & Development
- Mental Health
- Safety
- Stress Management
- Team Building

## PROGRAM BENEFITS

- » Customizable program content
- » Face-to-face human connection with a health educator
- » Health education programming mapped to national and state education standards that are cross-curricular
- » All curriculum mapped to 50 states & 3 Canadian Provinces, including Alberta, British Columbia & Ontario
- » STEM Education
- » Pre and post packet materials (K-12)
- » Program evaluations & analysis
- » Audience response technology
- » Multimedia presentations
- » Preventative health education to last a lifetime!

## BHEC CAMPUS PROGRAMS

- Programs are presented on our campus at the Byrnes Health Education Center in one of our teaching theaters.
- Each of our five teaching theaters integrates interactive learning and teaching exhibits to inspire healthy lifestyle choices.
- Discovery Cart activities are available for hands-on learning.

## ON-SITE PROGRAMS

- Programs are presented on-site at your location by one of our health educators.
- Each program incorporates props and engaging activities to inspire healthy lifestyle choices.

## WEBCASTING

- A great option for those not within traveling distance of the BHEC Campus.
- Programs are presented LIVE from one of our teaching theaters directly into your classroom.
- Each program is designed to be dynamic and engaging for participants.
- Flexible timing is available, with no geographical boundaries.

## eLEARNING [WWW.LEARNTOBEHEALTHY.ORG](http://WWW.LEARNTOBEHEALTHY.ORG)

- Online health education resource
- 7 health topics, Grades K-12
- Provides over 142 lesson plans, activities and educational gaming
- Documents available in Spanish
- Curriculum mapped to all 50 U.S. state standards for 6 subject areas
- Offers an Educator Dashboard with personal access to students individual progress, scores and login activity.
- Programming meets Canadian Educational Standards (Health and Physical Education) for Alberta, British Columbia and Ontario Provinces.

## SCHEDULING PROGRAMS

Contact us to learn more about scheduling programs. We suggest that you contact us with your scheduling requests eight (8) weeks prior to your date if possible. It may be beneficial to have alternative dates in mind in case your date is not available. Weekend and evening times are available upon request.

## BHEC & ONSITE PROGRAMMING, INFORMATION & SCHEDULING

Jamie Reisinger - Vice President of Education Services  
jreisinger@byrneshec.org, (717) 848-3064 ext 249

## eLEARNING [WWW.LEARNTOBEHEALTHY.ORG](http://WWW.LEARNTOBEHEALTHY.ORG)

Humera Proctor - eLearning Project Manager  
hproctor@byrneshec.org, (717) 848-3064 ext 242

## WEBCASTING

Nikole Tome, MPH, MCHES - Director of Curriculum & Assessment  
ntome@byrneshec.org, (717) 848-3064 ext 255

## IS YOUR SCHOOL A CURRICULUM PARTNER?

A school or school district that partners with the Byrnes Health Education Center on an annual basis to provide health education curriculum for a minimum of three complete grade levels. This level of partnership merits a 10% discount on annual invoicing. Delivery may include any one or a combination of our delivery platforms that are listed below:

BHEC Campus: at our campus in our teaching theaters

On-Site: our educators travel to your location

Webcasting: live & interactive from our teaching theaters

## INFORMATION FOR YOUR VISIT

### HANDICAP ACCESSIBLE PROGRAMS

All of our BHEC Campus programs and Discovery Cart activities are handicap accessible. We are able to tailor our programs to the special needs of the attending class. When scheduling please inform us of any special needs for your students.

### PREPARATORY & REINFORCEMENT ACTIVITIES

Pre-Curriculum Packets and Post-Curriculum Packets are sent to all teachers scheduling programs. These provide helpful activities and information before and after your visit.

### PARENT INFORMATION LETTER

Pre-Curriculum Packets include a letter for your students' parents and/or guardians describing the program's content.

### CHAPERONES

Please follow your district or organization's policy on chaperones required for field trips.

### LUNCHES

Our Great Hall provides an area for packed lunches or snacks during your visit.

### DISCOVERY CARTS

Discovery Cart activities are provided at the Byrnes Health Education Center in our Auditorium. Discovery Carts include ten hands-on activities designed for students to complement specific BHEC Campus programs. Discovery Carts require an additional one hour of instruction time as well as the participation of ten adult volunteers. Discovery Carts are available for: Great Whites, Sensational, Fueling My Special Body, Organ Tales, Cells to Systems



# PRE K-12 PROGRAMS

## SUGGESTED GRADE LEVELS

### DELIVERY PLATFORMS



BHEC Campus



On-Site



Webcast

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Category	Program Title	Delivery Platforms	Page	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
CHARACTER EDUCATION/ BULLYING PREVENTION	True Colors: I'm Special		13		♥	♥	♥										
	Bullying Hurts		12			♥	♥	♥									
	True Colors: You Make a Difference		13					♥	♥	♥							
	5 Men Up (Boys Only)		12								♥	♥	♥				
	In Her Shoes (Girls Only)		12								♥	♥	♥				
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	Flirting or Hurting		12								♥	♥	♥	♥	♥	♥	♥
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	Drugsmart		13					♥	♥	♥							
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GENERAL HEALTH	Inside Story		16	♥	♥	♥											
	Sensational		16		♥	♥	♥	♥									
	My Healthy Body		16			♥	♥	♥									
	Incredible Machine		15					♥	♥	♥							
	Cells to Systems		15						♥	♥	♥	♥	♥				
	CyberWise (Elementary School)		15						♥	♥							
	CyberWise (Middle School)		15								♥	♥	♥				
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HUMAN GROWTH & DEVELOPMENT	Uniquely You		17					♥	♥								
	Grow & Know		17						♥	♥	♥						
	Grow & Know Plus		17						♥	♥	♥						
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MENTAL HEALTH	Breaking the Silence (Elementary School)		18						♥	♥							
	Breaking the Silence (Middle School)		18								♥	♥	♥				
	Breaking the Silence (High School)		18											♥	♥	♥	♥
	Suspending Stress		18											♥	♥	♥	♥

# PRE K-12 PROGRAMS

## SUGGESTED GRADE LEVELS

### DELIVERY PLATFORMS



BHEC Campus



On-Site



Webcast

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	Healthy Hearts		19								♥	♥	♥							
	Nourish to Flourish		20										♥	♥	♥					
	Balancing Act		19														♥	♥	♥	♥
	Sugar Shockers		20														♥	♥	♥	♥
	Eating on the Run		19														♥	♥	♥	♥
ORAL HEALTH	Tuff Tooth		20	♥	♥															
	Great Whites		20		♥	♥	♥	♥												
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SAFETY & DISEASE PREVENTION	Safety First		21	♥	♥															
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	AIDS: What Kids Need to Know		21								♥	♥	♥	♥						
	AIDS & The Immune System		21													♥	♥	♥	♥	♥
	Stop the Infections		22														♥	♥	♥	♥
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	Digest This		23								♥	♥	♥							
	Skeleton in the Closet		23								♥	♥	♥							
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Discovery Cart Add-On Available  
See Page 7 for More Information

# PRE K-12 PROGRAMS

## CHARACTER EDUCATION/BULLYING PREVENTION

### **Bullying Hurts** **Grades 1-3, 60 Min.**

In this program, students will examine violence and bullying that they may face in their daily lives. The impact of stress on physical well-being is presented. This program focuses on self-confidence and conflict solving skills.

**PA Standards:** 10.3.3 A, C

**NHES:** 1, 2, 3, 4, 5, 6, 7, 8

**Delivery Platforms:**  

### **5 Men Up** **Grades 6-8, 60-90 Min.**

This program that is designed for boys utilizes media, music, and class discussion to raise awareness about physical aggression and bullying. With a focus on character and empathy, other topics include sexting, the skills needed to break the cycle of bullying, and feeling empowered to create change in this environment.

**PA Standards:** 10.1.9 A, C; 10.2.9 C, D; 10.3.9 A, C; 11.2.9 A, E, H

**NHES:** 1, 2, 4, 5, 7, 8

**Delivery Platforms:**   

### **Flirting or Hurting?** **Grades 6-12, 60 Min.**

This interactive program helps students identify and combat the destructive behaviors that constitute sexual harassment. Students will examine key elements of this serious topic and learn that sexual harassment affects both men and women.

**PA Standards:** 10.3.6 E; 10.5.6 A

**NHES:** 1, 2, 4, 5, 7

**Delivery Platforms:**  

### **In Her Shoes** **Grades 6-8, 60-90 Min.**

This program designed for girls utilizes media, music, and class discussion to raise awareness about relational aggression and bullying. With a focus on respect and empathy, other topics include cyber bullying, sexting, effects of bullying, and how to rise above difficult social situations.

**PA Standards:** 10.1.9 A, C; 10.2.9 C, D; 10.3.9 A, C; 11.2.9 A, E, H

**NHES:** 1, 2, 4, 5, 7, 8

**Delivery Platforms:**   

### **Mind Matters** **Grades 6-8, 60 Min.**

This program introduces the topic of “emotional intelligence” to students in a way that helps them understand what it is and why it is beneficial to learn about. Students will discover the four steps to building emotional intelligence as well as understand how to apply those steps to increase their success in social situations.

**PA Standards:** 10.1.6 B, D, E; 10.2.6 A, D, E; 10.3.6 C

**NHES:** 1, 2, 4, 5, 6, 7

**Delivery Platforms:**  

### **The Dating Game** **Grades 7-12, 60 Min.**

This program explores dating relationships by providing insightful information about the characteristics of healthy and unhealthy relationships. Other topics include dating violence and the importance of effective communication in a dating relationship.

**PA Standards:** 10.1.9 A

**NHES:** 1, 2, 4, 5, 7

**Delivery Platforms:**   

### **True Colors: I'm Special** **Grades K-2, 60 Min.**

Program topics include recognition of differences, the importance of respect, self-esteem, and how to identify and prevent bullying. Students are given strategies on how to be a “Bucket Filler”.

**PA Standards:** 10.2.3 D; 10.4.3 C; 10.5.3 F; 11.2.3 C, H

**NHES:** 1, 2, 4, 5, 7, 8

**Delivery Platforms:**  

### **True Colors: You Make a Difference** **Grades 3-5, 60 Min.**

Students learn about basic personality traits, the need to accept and value people different from oneself, defining and improving communication, and team building. This program also covers how to identify bullying and how to prevent bullying.

**PA Standards:** 10.2.6 D; 10.4.6 C; 10.5.6 F; 11.2.6 C, H

**NHES:** 1, 2, 4, 5, 7, 8

**Delivery Platforms:**   

## DRUG EDUCATION

### **Be Smart, Don't Start** **Grades K-2, 60 Min.**

This program highlights some of the basic functions of the body and behaviors that are necessary to keep the body healthy. Through the use of props and activities, students will learn about the dangers of caffeine, alcohol, and tobacco/vaping on the body.

**PA Standards:** 10.1.3 D; 10.2.3 B, C, E; 10.3.3 C

**NHES:** 1, 3, 4, 5, 6

**Delivery Platforms:**  

### **Drugsmart** **Grades 3-5, 60 Min.**

With a focus on the healthy functions of the nervous and respiratory systems, this program is designed with interactive activities for students to learn about the effects of tobacco/vaping on these two systems. The role of peer pressure in risk taking behaviors is discussed.

**PA Standards:** 10.1.6 B, D; 10.2.6 A, E

**NHES:** 1, 3, 6, 7

**Delivery Platforms:**  

# PRE K-12 PROGRAMS

## Drugs: Dilemmas & Decisions

**Grades 9-12, 90 Min.**

This program examines the harmful effects of substance abuse on the nervous and respiratory systems. Customize your visit by choosing two of the following substances: alcohol, cocaine, ecstasy, heroin, inhalant abuse, marijuana, medicine abuse, methamphetamine, tobacco/vaping, or synthetic drugs.

**PA Standards:** 10.1.9 A, D, E; 10.1.12 D, E; 10.2.9 C, D; 10.2.12 D, E

**NHES:** 1, 3, 4, 6, 7

**Delivery Platforms:**  

## Drugs: What's the Big Deal?

**Grades 6-8, 75 Min.**

In this program students will be provided with factual information about the harmful effects of tobacco/vaping, alcohol and marijuana on the nervous and respiratory systems.

**PA Standards:** 10.1.6 B, D, E; 10.1.9 A, E; 10.2.9 B, C

**NHES:** 1, 3, 4, 6, 7

**Delivery Platforms:**   

## Heroin: The Wakeup Call

**Grades 6-12, 60 Min.**

This program is designed to increase awareness about the local and national opioid epidemic. Students will learn factual information about the dangerous effects of heroin and other opioids on the body and how the abuse of prescription pain medication can lead to heroin abuse.

**PA Standards:** 10.1.6 B, D, E; 10.1.9 B, D, E; 10.2.6 A, B, E; 10.2.9 A, B, E

**NHES:** 1, 2, 3, 5, 7

**Delivery Platforms:**   

## Huffin' 'N' Puffin'

**Grades 4-5, 60 Min.**

This program focuses on the dangers of tobacco/vaping and inhalant abuse. Students will be engaged while learning about the effects of drug abuse on the nervous and respiratory systems.

**PA Standards:** 10.1.6 B, D, E; 10.2.6 E

**NHES:** 1, 2, 4, 5, 6, 7, 8

**Delivery Platforms:**  

## Organ Tales

**Grades 2-3, 60 Min.**

Participants will discover important facts about the basic function of essential organs of the body. The impacts of caffeine, alcohol, and tobacco/vaping on the organs are emphasized.

**PA Standards:** 10.1.3 B, D; 10.2.3 B

**NHES:** 1, 2, 5, 6, 7

**Delivery Platforms:**   

## GENERAL HEALTH

### Cells to Systems

**Grades 4-8, 60-75 Min.**

This program leads participants on a journey through the cells and systems of the body. Customize this program by choosing two of the following body systems: Circulatory, Digestive, Endocrine, Immune, Muscular, Nervous, Respiratory or Skeletal.

**PA Standards:** 10.1.6 B, E; 10.1.9 B, E; 10.2.6 A

**NHES:** 1, 6, 7

**Delivery Platforms:** 

## CYBERWISE SERIES, 60 MIN.

### Grades 4-5, Elementary School

In this program, the terms technology and digital citizenship are introduced in an age appropriate manner. The "three C's" (appropriate content, conduct and contact) of being a good digital citizen are emphasized. Students will learn that all digital activity is public and permanent, and that they should thoroughly self-reflect before they self-reveal.

**PA Standards:** 3.4.5 A1, A3; 3.4.5 B1, B3, B4; 3.4.5 E4

**NHES:** 1, 2, 3, 4, 5

**Delivery Platforms:**  

### Grades 6-8, Middle School

Responsible digital citizenship is the main focus of this program. This is taught through the "three C's" of being a good digital citizen which include appropriate content, conduct and contact. Students will learn that all digital activity is public and permanent and can have a lasting impact on a person's life. Finally, the principles of engaging positively, knowing one's online world and choosing consciously are discussed.

**PA Standards:** 3.4.7 B1; 3.4.8 A1, A3; 3.4.8 B3, B4; 3.4.8 E4

**NHES:** 1, 2, 3, 4, 5

**Delivery Platforms:**   

### Grades 9-12, High School

The focus of this program is digital citizenship as the appropriate and effective use of technology in order to engage in society. Emphasis is placed on the "three C's" of good digital citizenship which include appropriate content, conduct and contact. The everlasting nature and potential consequences of digital actions will be highlighted. Finally, the principles of engaging positively, knowing one's online world and choosing consciously are discussed.

**PA Standards:** 3.4.12 A, B, C, D, E

**NHES:** 1, 2, 3, 4, 5

**Delivery Platforms:**  

### Incredible Machine

**Grades 3-5, 60 Min.**

This program leads students on a journey through the cells, tissues & organs of the circulatory and respiratory systems. Through fun activities students will review the basic function of the heart and lungs.

**PA Standards:** 10.1.6 B

**NHES:** 1, 6, 7

**Delivery Platforms:**  



# PRE K-12 PROGRAMS

## Inside Story

Pre K, 45 Min.

K-1, 60 Min.

Students will take an “inside” look at the human body: bones, muscles and organs. Engaging activities will help students focus on the importance of good nutrition, physical activity, rest and cleanliness.

**PA Standards:** 10.1.3 B, C, E; 10.2.3 A, B; 10.4.3 C

**NHES:** 1, 5, 7

**Delivery Platforms:**  

## My Healthy Body

Grades 1-3, 60 Min.

In this program, students will be introduced to parts of the amazing human body such as bones, muscles and organs. Through interactive activities students will learn about the importance of good nutrition, physical activity, rest and cleanliness.

**PA Standards:** 10.1.3 B, C, E; 10.2.3 A, B; 10.4.3 B, C

**NHES:** 1, 5, 7

**Delivery Platforms:**  

## Sensational

Grades K-3, 60 Min.

Students will explore the five senses in this “sense-ational” program. Interactive activities will help students learn how the senses work, how they protect us and how we can protect them.

**PA Standards:** 10.1.2 A, B

**NHES:** 1, 5, 7

**Delivery Platforms:**   

““ The Byrnes Health Education Center is a valuable community resource that supports our district’s mission to provide educational opportunities through which all students can strive to achieve their full potential. ””

-Dr. Michael Snell, Superintendent  
Central York School District



INSIDE STORY,  
THE BODY SHOP THEATER  
BHEC CAMPUS

## HUMAN GROWTH & DEVELOPMENT

### Grow & Know

Grades 4-6, 75 Min.

This is a one-session program focusing on the adolescence stage of human development. Students will learn about the major events of puberty including social and emotional changes, and the natural physical changes of the body focusing on the human reproductive systems in an age-appropriate manner. The importance of healthy hygiene habits will also be emphasized in this program.

**PA Standards:** 10.1.6 A, B

**NHES:** 1, 2, 3, 5, 7

**Delivery Platforms:**   

### Grow & Know Plus (TWO-PART PROGRAM)

Grades 4-6, Two 60 Min. Sessions

This is a two-session program focusing on the adolescence stage of human development.

In **Session 1**, students will learn about the major events of puberty including growth spurts, body composition changes, organ system changes, voice changes, hair growth and emotional changes. The importance of healthy hygiene habits will also be emphasized.

In **Session 2**, students will learn about the natural physical changes of the body focusing on the human reproductive system in an age-appropriate manner.

**PA Standards:** 10.1.6 A, B

**NHES:** 1, 2, 3, 5, 7

**Delivery Platforms:**  

### Risky Business

Grades 9-12, 90 Min.

In this program, students will review the human reproductive systems. Discussions will involve possible consequences of sexual involvement including conception, fetal development, the birthing process and sexually transmitted infections. The importance of healthy decision making is also highlighted.

**PA Standards:** 10.1.9 A, E; 10.1.12 A, E; 10.2.9 D; 10.2.12 D

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**  

### Teen Talk

Grades 7-8, 75 Min

This program focuses on the issues of puberty and teenage sexuality, including responsibility and consequences of sexual activity. Abstinence-based discussions include relationship building and personal responsibilities. Students will be led through a discussion on clear communication skills.

**PA Standards:** 10.1.9 A, E; 10.2.9 C, D

**NHES:** 1, 2, 3, 4, 5, 7

**Delivery Platforms:**  

### Uniquely You

Grades 3-4, 60 Min.

With a focus on the childhood stage of human development, in this program students will discover learned behaviors important to overall health including an emphasis on the responsibility of hygiene and cleanliness habits. Other program topics include genes as a unit of heredity and basic dominant versus recessive traits.

**PA Standards:** 10.1.3 A; 10.2.3 B

**NHES:** 1

**Delivery Platforms:**  

### MENTAL HEALTH

#### **BREAKING THE SILENCE SERIES, 60 MIN.**

##### **Grades 4-5, Elementary School**

Designed to increase awareness about mental illnesses, the information in this program emphasizes replacing stigmas with compassion. Through factual information and interactive activities students will learn about the prevalence of common mental illnesses, and the basic signs and symptoms. >> Topics include stigma and anxiety disorders like phobias and depression.

**PA Standards:** 10.1.3 E; 10.2.3 C, E; 10.3.3 C

**NHES:** 2, 3, 4, 7, 8

**Delivery Platforms:**  

##### **Grades 6-8, Middle School**

Designed to increase awareness about mental illnesses, the information in this program emphasizes replacing stigmas with compassion. Through factual information and interactive activities students will learn about the prevalence of common mental illnesses, and the basic signs and symptoms. >> Topics include stigma, anxiety, obsessive compulsive disorder, and depression.

**PA Standards:** 10.1.6 E; 10.2.6 C, E; 10.3.6 C

**NHES:** 2, 3, 4, 7, 8

**Delivery Platforms:**  

##### **Grades 9-12, High School**

Designed to increase awareness about mental illnesses, the information in this program emphasizes replacing stigmas with compassion. Through factual information and interactive activities students will learn about the prevalence of common mental illnesses, and the basic signs and symptoms. >> Topics include stigma, depression, bipolar disorder, and schizophrenia.

**PA Standards:** 10.1.9 E; 10.2.9 C, E; 10.3.9 C

**NHES:** 2, 3, 4, 7, 8

**Delivery Platforms:**  

##### **Suspending Stress**

###### **Grades 9-12, 60 Min.**

This program will define stress and help to identify the effect stress has on the body. Participants will learn practical and proven techniques to calm the mind and body.

**PA Standards:** 10.1.9 E; 10.1.12 B, C, D, E; 10.2.9 D; 10.2.12 C, D, E; 10.3.9 C; 10.3.12 D; 10.4.9 B, F; 10.4.12 B, D

**NHES:** 1, 2, 4, 7

**Delivery Platforms:**  

##### **Balancing Act**

###### **Grades 9-12, 90 Min.**

In this innovative program, participants learn how to make healthy lifestyle choices. Topics include nutritional needs, the importance of reducing the risk of heart disease and other chronic conditions, as well as stress management.

**PA Standards:** 10.1.9 A, C, D, E; 10.1.12 A, B, C; 10.2.9 B, C, D; 10.2.12 B, C, D; 10.3.12 D; 10.4.9 A, B, C, D, E; 10.4.12 A, B, C, D, E

**NHES:** 1, 2, 3, 7

**Delivery Platforms:**  

##### **Eating on the Run**

###### **Grades 9-12, 60 Min.**

We are living in a fast food society. Learn how to make healthy choices at home or when dining out. This program discusses basic nutrition and how to read a food label, while providing tips for preparing and eating healthy meals and snacks.

**PA Standards:** 10.1.9 A, C, E; 10.1.12 A, B, C, E; 10.2.9 B, C, D, E; 10.2.12 A, B, C, D, E; 10.4.9 B

**NHES:** 1, 2, 4, 5

**Delivery Platforms:**  

##### **Fuel for Thought**

###### **Grades 4-6, 60 Min.**

In this program students will explore healthy food and drink choices by investigating the “who, what, when, where, why, and how” of good nutrition. Through fun and engaging activities, this program highlights the essential nutrients.

**PA Standards:** 10.1.6 C; 10.2.6 B

**NHES:** 1, 2, 5, 7

**Delivery Platforms:**   

##### **Fueling My Special Body**

###### **Grades 2-3, 60 Min.**

This program helps to build the connection between nutrition, MyPlate and good health for students. With a focus on the basic function of the major organs of the digestive system, students learn how the body processes and uses food.

**PA Standards:** 10.1.3 B, C; 10.2.3 B

**NHES:** 1, 5, 6, 7

**Delivery Platforms:**   

##### **Healthy Hearts**

###### **Grades 4-6, 60 Min.**

This program explores how the body benefits from physical activity. Students learn how exercise strengthens the heart, lungs, bones, muscles, and other body systems. Through active participation, students will learn about the components of physical fitness.

**PA Standards:** 10.1.6 B; 10.4.6 A, B, C, D; 10.5.6 D

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**   

# PRE K-12 PROGRAMS

## SAFETY & DISEASE PREVENTION

### Nourish to Flourish Grades 6-8, 75 Min.

The focus of this interactive program is on having a balanced approach to overall wellness. Participants will be guided through a discussion on factors, like body image and important dietary guidelines, that impact healthy nutritional choices.

**PA Standards:** 10.1.6 C, E; 10.1.9 C; 10.2.6 B; 10.2.9 B, C; 10.4.6 B; 10.4.9 B

**NHES:** 1, 2, 3, 7

**Delivery Platforms:**  

### Sugar Shockers Grades 9-12, 60 Min.

This program demonstrates the prominent role that sugar plays in our food culture. Students will learn how to measure and convert the grams and teaspoons of sugar in popular sugar sweetened snacks and beverages.

**PA Standards:** 10.1.9 A, C, D, E; 10.1.12 A, B, C; 10.2.9 B, C, D; 10.2.12 B, C, D; 10.3.12 D; 10.4.9 A, B, C, D, E; 10.4.12 A, B, C, D, E

**NHES:** 1, 2, 5, 7

**Delivery Platforms:**  

### AIDS & The Immune System Grades 8-12, 90 Min.

This program addresses the intricacies of the immune system including its response to pathogens. Specifically, the immune system's response to HIV/AIDS exposure and HIV transmission are discussed with a strong emphasis on prevention.

**PA Standards:** 10.1.9 A, B, E; 10.1.12 A, B, E; 10.2.9 D; 10.2.12 D

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**   

### AIDS: What Kids Need to Know Grades 4-7, 60 Min.

This program highlights the healthy immune system and the changes that occur when the immune system is exposed to the HIV virus. The myths and concerns participants may have about HIV/AIDS are addressed. Students learn the ways in which HIV is transmitted with a strong emphasis on prevention.

**PA Standards:** 10.1.6 B, E; 10.2.6 A

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**   

## ORAL HEALTH

### Great Whites Grades K-3, 60 Min.

Smiles abound in this program that focuses on the importance of oral health. Interactive activities reinforce fun facts about teeth, proper brushing and flossing techniques, and healthy versus unhealthy foods and drinks for teeth.

**PA Standards:** 10.1.3 A, E; 10.2.3 A, B

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**   

### Mighty Mouth Grades 4-6, 60 Min.

A healthy smile goes a long way! In this program, students will be reminded of healthy oral hygiene habits. Students will also discover how decisions about foods, drinks, and drug use can affect their ability to keep a clean appearance and healthy body.

**PA Standards:** 10.1.6 C, D, E; 10.2.6 A; 10.3.6 D; 11.3.6 A

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**  

### Tuff Tooth Grades Pre K - K, 45 Min.

In this program students will learn about proper oral care including brushing and flossing. Fun activities will relate healthy food and drink choices to oral health and help take the fear out of going to the dentist.

**PA Standards:** 10.1.3 C, E; 10.2.3 A, B

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**  



TUFF TOOTH  
THE BODY SHOP THEATER  
BHEC CAMPUS

### Bacteria Busters Grades 1-3, 60 Min.

The focus of this program is on different types of germs, how germs are transmitted, and how our bodies fight against germs. Learning proper hand-washing techniques will motivate students to have good personal hygiene.

**PA Standards:** 10.1.3 E; 10.2.3 A, B, E

**NHES:** 1, 3, 5, 6, 7

**Delivery Platforms:**  

### Driven 2 Distraction Grades 9-12, 75 Min.

This program is designed to raise awareness about the dangers of distracted driving. Participants of this program will be given a chance to participate in a driving simulator experience. Topics include the types of distraction, distracted driving laws, and ways to reduce distracted driving.

**PA Standards:** 14.1.CEA, 14.4.CE.F, 14.4.CE.G, 14.6.CE.A, 14.6.CEF

**NHES:** 1, 2, 5, 7

**Delivery Platforms:**  

### Safety First Pre K - K, 45 Min.

Students will learn about how their bodies and senses help to keep them safe. Through interactive activities on safety, like fire safety and emergencies, this program is designed to increase awareness of age-appropriate safety rules, both inside and outside of the home, and their importance to maintaining a healthy body.

**PA Standards:** 10.1.3 D; 10.3.3 A, B

**NHES:** 1, 3, 4, 5, 7

**Delivery Platforms:**   

# PRE K-12 PROGRAMS

## Stop the Infections Grades 9-12, 60 Min.

Participants will learn about sexually transmitted infections (STIs) as a consequence of sexual activity. This program will focus on classifications, transmission, and signs and symptoms of some of the most prevalent STIs. Decreasing risk factors through prevention efforts will be highlighted by discussing healthy choices and the benefits of abstinence.

**PA Standards:** 10.1.12 A, B, E; 10.2.12 A; 11.4.12 B

**NHES:** 1, 2, 4, 5, 7

**Delivery Platforms:**  

## Yell & Tell Grades 2-3, 60 Min.

Participants learn about issues involving body-rights, in a non-threatening and engaging way. Other interactive activities reinforce personal boundaries, trusting instincts, and information involving safety rules.

**PA Standards:** 10.3.3 A, C

**NHES:** 4, 5

**Delivery Platforms:**  

“Our students and teachers benefit from engaging and meaningful wellness-based learning experiences provided by the Byrnes Health Education Center. The Center’s programming is relevant and focused on present-day issues that meet the wellness needs of our students and community while supporting our teachers’ and district’s goal of impacting our learners in the classroom today and beyond.”

-Dr. Robert L. Walker, Principal  
Kreutz Creek Elementary, Eastern York School District



SENSATIONAL,  
KREUTZ CREEK ELEMENTARY  
ON-SITE

## SCIENCE

*Dynamic forensic-based programs designed to enhance the knowledge of human body systems. Students will utilize crime scene investigative techniques to solve mysteries designed by our educators. Each individual program focuses on specific body systems, along with instructor guided hands-on activities that all lead to “Whodunit”. Choose one mystery from below:*

### Blood at the Scene (Circulatory & Respiratory Systems) Grades 4-6, 120 Min.

There has been a break-in, and one suspect was captured but another got away. There was an eye witness and incriminating evidence was left on broken glass. Through interviews and analysis, the criminal will be identified.

**PA Standards:** 1.2.5A; 1.6.5 A, D, E; 2.5.5 A; 3.1.4 A, E; 3.2.4 A, B, C, D; 3.3.4 A, B; 3.4.4 A; 10.1.6 B, E; 10.2.6 A

**NHES:** 1, 3, 4, 5, 6

**Delivery Platforms:** 

### Crime Makes Me Nervous (Nervous System & Substance Abuse) Grades 4-6, 120 Min.

There has been a death, and foul play is suspected. Drugs were found at the scene. Could they have played a role? Where did they come from? Using investigative skills and analysis, the culprit is revealed.

**PA Standards:** 1.2.5A; 1.6.5 A, D, E; 2.3.5 B, C; 2.5.5 A; 3.1.4 A, C, E; 3.2.4 A, B, C, D; 3.3.4 B; 3.4.4 A; 10.1.6 B, E; 10.1.9 E; 10.2.6 A

**NHES:** 1, 3, 4, 5, 6

**Delivery Platforms:** 

### Digest This (Digestive System & Genetics) Grades 4-6, 120 Min.

Help solve a cold case using evidence and new techniques. Learn about DNA and other tools used to identify the suspect and close this case once and for all.

**PA Standards:** 1.2.5 A; 1.6.5 A, D, E; 2.5.5 A; 3.1.4 A, B, E; 3.2.4 A, B, C, D; 3.3.4 A, B, D; 10.1.6 B; 10.2.6 A

**NHES:** 1, 3, 4, 5, 6

**Delivery Platforms:** 

### Skeleton in the Closet (Muscular & Skeletal Systems) Grades 4-6, 120 Min.

Study bone remains found at the Byrnes Health Education Center. Read all about the possible victims, and measure and analyze the clues to solve the mystery. Just who is it and how did they wind up at the Byrnes Health Education Center?

**PA Standards:** 1.2.5 A; 1.6.5 A, D, E; 2.2.5 D, E; 2.3.5 B, C, D, E; 2.5.5 A; 3.1.4 A, B, C; 3.2.4 A, B, C, D; 3.3.4 B; 10.1.6 B; 10.2.6 A

**NHES:** 1, 3, 4, 5, 6

**Delivery Platforms:** 

### Skin Deep (Integumentary & Digestive Systems) Grades 4-6, 120 Min.

The criminal managed to escape, for now, but they left behind important evidence. Students will need to study fingerprints and a blood-spattered t-shirt to help bring this person to justice.

**PA Standards:** 1.2.5 A; 1.6.5 A, D, E; 2.5.5 A; 3.1.4 A, C; 3.2.4 A, B, C, D; 3.3.4 B; 10.1.6 B; 10.2.6 A

**NHES:** 1, 3, 4, 5, 6

**Delivery Platforms:** 

# eLEARNING KITS

DELIVERY PLATFORM

 Learn to be Healthy [www.learntobehealthy.org](http://www.learntobehealthy.org)

## SUGGESTED GRADE LEVELS

		Page	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
ADOLESCENCE	Transformation Information	26						♥	♥	♥						
FIVE SENSES	SenseAble Me	26	♥	♥	♥	♥	♥									
MENTAL HEALTH	"Seaing" Me for Me	26	♥	♥	♥	♥	♥									
	The Power of Me	26						♥	♥	♥						
	Life on Demand	27									♥	♥	♥			
	Face the Music	27												♥	♥	♥
NUTRITION & FITNESS	Fueling My Special Body	28	♥	♥	♥	♥	♥									
	Food & Fitness Field Day	28						♥	♥	♥						
	Fuel Your Performance	28									♥	♥	♥			
	What's Your Balance	28												♥	♥	♥
ORAL HEALTH	Decay? No Way !	29	♥	♥	♥	♥	♥									
SUBSTANCE ABUSE	Drugs: Shattering the Myths	29									♥	♥	♥			
TOBACCO & INHALANTS	Huffin' 'N' Puffin'	29						♥	♥	♥						

## WWW.LEARNTOBEHEALTHY.ORG

- » Online health education resource
- » 7 health topics, Grades Pre K-12
- » Provides over 142 lesson plans, activities family practice lessons, educational gaming and individualized health logs
- » 13 eLearning Kits with approximately 9-17 activities per kit
- » Documents available in Spanish
- » Curriculum mapped to all 50 U.S. state standards for 6 subject areas (Health, Physical Education, Science, Technology Library and Language Arts)
- » Offers an Educator Dashboard with personal access to students individual progress, scores and login activity.
- » Programming meets Canadian Educational Standards (Health and Physical Education) for Alberta, British Columbia and Ontario Provinces
- » Access for your students through your LTI-compliant system



Online Health Education Resource  
7 Health Topics, Grades Pre K-12  
Over 142 Lesson Plans & Activities  
Documents Available in Spanish

Curriculum Mapped to All 50 State Standards



[www.learntobehealthy.org](http://www.learntobehealthy.org) | 866-506-5552 | [hproctor@byrneshec.org](mailto:hproctor@byrneshec.org)

# eLEARNING KITS

## ADOLESCENCE

### Transformation Information eLearning Kit© Grades 4-6

Coach Craley steps up to the plate to deliver important information about adolescence to students. In this kit containing 9 activities, the Coach takes a no-nonsense approach to explaining the physical, social and emotional changes associated with puberty, while emphasizing individual development and good health habits.



### Life On Demand eLearning Kit© Grades 7-9

School work, friends, family, after school activities ... a day in the life of a teen is demanding, to say the least. This kit engages students in 13 activities that promote mental health awareness and emotional well-being. Activity topics include stress, bullying, respecting differences and healthy decision making, as well as responsible digital citizenship.



## FIVE SENSES

### SenseAble Me eLearning Kit© Grades Pre K-3

Simon will be your very sensible guide through a series of 10 activities designed to teach students about the five senses. In this kit, participants will travel with Simon and the League of Extraordinary Senses to learn how the senses protect us and enable us to get to know the world.



### Face the Music eLearning Kit© Grades 10-12

Technology makes it easy for teens to stay connected at all times, but sometimes the pressure of always "being on" can be too much. This kit engages teens in 14 activities that promote mental health awareness and overall well-being. Activity topics include managing stress, bullying, maintaining healthy relationships, online safety and making healthy decisions, both on and offline.



## MENTAL HEALTH

### "Seaing" Me for Me eLearning Kit© Grades Pre K-3

Get ready for underwater adventures with instructor Scuba Sam and his sidekick Pozzi T. Along with their underwater friends, they will guide students through the 9 activities aimed at teaching the importance of healthy decision making, positive self-esteem and accepting ourselves and those around us for who we are.



### The Power of Me eLearning Kit© Grades 4-6

Get ready for an exciting trip to the carnival with Hector (aka Safety Boy) and Ima, the bus driver. They will take students on a fun carnival adventure through 13 activities designed to teach students the importance of healthy decision making, coping with bullying, positive self-esteem and accepting ourselves and those around us for who we are.



“LearntobeHealthy is an excellent current resource for any teacher. It keeps your students safe online but up to date with trending health content.”

- Sam Smith, Educator/Tech Integration Coach,  
Red Lion Area School District

## EXPLORE OUR LEARNING KITS!



Experience our eLearning delivery platform for yourself.

Use your smart phone camera to scan the QR code on the left and explore our 13 eLearning Kits for grades Pre K - 12.

# eLEARNING KITS

## NUTRITION & FITNESS

### Fueling My Special Body eLearning Kit<sup>©</sup> Grades Pre K-3

This kit contains 14 activities for students that demonstrate the connection between the digestive system, nutrition and the benefits of regular physical activity. With the help of friends like the amazing Herman, Simon, the Nutrient Super Heroes, Red Riding Hood and the "Well-Fed Wolf," students will explore and discover the importance of eating healthy and getting regular exercise.



### Food & Fitness Field Day eLearning Kit<sup>©</sup> Grades 4-6

It's food & fitness field day at school! Zelda, the nutrition expert and Heart, along with some other familiar faces help students learn the importance of regular physical activity and eating healthy. Through the 17 activities, students work their way around the track and field to achieve a healthy lifestyle!



### Fuel Your Performance eLearning Kit<sup>©</sup> Grades 7-9

The human body is an amazing machine that, if properly maintained, will go a long way. The 10 activities in this kit put teens in the driver's seat to help them find out just how important nutrition and physical activity are to keep their bodies performing their best.



### What's Your Balance? eLearning Kit<sup>©</sup> Grades 10-12

Finding time for school, work, family and friends may seem like a juggling act for most teens, but finding balance doesn't have to be. The 10 activities in this kit empower teens with the knowledge to incorporate a healthy diet and regular activity into their schedules making it a reality. Students will learn the importance of nutrition and physical activity to boost their overall wellness.



## ORAL HEALTH

### Decay? No Way! eLearning Kit<sup>©</sup> Grades Pre K-3

The Old West is the setting for this kit that contains 12 activities designed to teach students about the importance of dental hygiene. Your guide for this adventure is Sheriff Tex Tooth, the local sheriff. His job is to wipe out the "Sugar Gang". Students can saddle up and ride along to learn all about proper dental health habits.



## SUBSTANCE ABUSE

### Drugs: Shattering the Myths eLearning Kit<sup>©</sup> Grades 7-9

Drugs alter the way the brain and body function. When misused or abused, they carry a heavy burden and can lead to potentially fatal consequences. It's important to know the facts, and separate fact from myth. This interactive kit of 7 activities engages 7th-9th grade students with facts related to the effects of drug use and misuse.



## TOBACCO & INHALANTS

### Huffin' 'N' Puffin' eLearning Kit<sup>©</sup> Grades 4-6

We've brought in master sleuth Alistair Sleuth, to help expose the dangers of tobacco and inhalants to students. In this kit of 11 activities, Alistair Sleuth introduces several suspicious "cases" that students must solve in order to gain an understanding of the impact drugs have on our bodies.

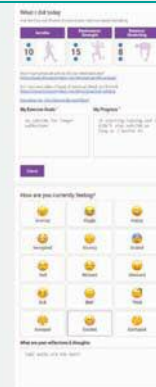
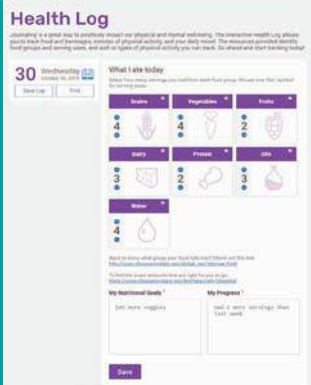


## INDIVIDUAL

Learntobehealthy.org provides a personalized Health Log for kids, teens, and adults ...

## HEALTH LOG

... for tracking daily nutrition, physical activity, and overall mood. There is also a section to record thoughts and set personal goals.



# ADULT PROGRAMS

## DELIVERY PLATFORMS



BHEC Campus



On-Site

## PROGRAM TYPE

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Parenting Programs

Educator Professional Development

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# ADULT PROGRAMS

## DRUG AWARENESS

### Drugs 101: What Parents Need to Know 60 Min. or 120 Min.

This adult-only community program provides parents and/or guardians with current and factual information regarding teenage drug abuse with a mock bedroom scene. The information in this program assists caregivers in identifying signs of drug abuse and empowers them to discuss the dangers of drugs with their children. This program will focus on the signs, symptoms, and current trends in the abuse of tobacco/vaping, alcohol, inhalants, and then your choice of three of the following: cocaine, ecstasy, heroin, marijuana, medicine abuse, methamphetamines, and/or synthetic drugs.

**Program Type:** Parenting Program

**Delivery Platforms:**  

### Drugs 101: What Teachers Need to Know 60 Min. or 120 Min.

This adult-only program provides school personnel with current and factual information regarding teenage drug abuse with a mock locker scene. The information in this program assists in identifying signs of drug abuse and empowers discussion on the dangers of drugs with students. This program will focus on the signs, symptoms, and current trends in the abuse of tobacco/vaping, alcohol, inhalants, and then your choice of three of the following: cocaine, ecstasy, heroin, marijuana, medicine abuse, methamphetamines, and/or synthetic drugs.

**Program Type:** Educator Professional Development

**Delivery Platforms:**  

### Heroin: The Wakeup Call 60 Min.

This program is designed to inform participants about the heroin epidemic in our country, state and region. Parents and/or guardians will learn factual information about what heroin does to the body and how prescription drug abuse can lead to heroin abuse.

**Program Type:** Wellness Program & Parenting Program

**Delivery Platforms:**  



DRUGS 101: WHAT PARENTS NEED TO KNOW  
PARENTING PROGRAM  
ON-SITE

## FITNESS & NUTRITION

### Eating on the Run 60 Min.

Provides participants with tips for helpful time-saving meal preparation. Includes meal-in-a-minute: quick and healthy recipes for the whole family, including tips for getting kids to eat healthy foods and how to survive the fast-food drive-thru window. Learn your restaurant rights and healthy tips for dining out.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### Sugar Shockers 60 Min.

Demonstrates the prominent role that sugar plays in today's food culture. Adults will learn how to measure and convert the grams and teaspoons of sugar in popular sweetened snacks and beverages.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### Super Smart Shopper 60 Min.

This program examines the psychology of grocery store design. Participants will get simple tips for convenient shopping as well as learn how to understand the food label lingo, and learn tips to get the biggest bang for the buck.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### The T.E.N. Program (Tips for Exercise & Nutrition) 60 Min.

Consists of ten, one-hour sessions designed to increase personal knowledge of healthy eating and the basics of physical fitness through discussion and activity. This program takes place for ten consecutive weeks and explores personal behavioral changes that contribute to good nutrition and fitness.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### What's Your Over/Under: Do You Know Your Numbers? 60 Min.

Discusses blood pressure, cholesterol, Body Mass Index and waist circumference and how they relate to your risk for heart disease and other chronic conditions.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### What's Your Over/Under and Down 60 Min.

This program reviews nutrition basics, important numbers to know and helps participants understand calorie expenditure. In addition, the program looks into the difference between healthy fats and unhealthy fats.

**Program Type:** Wellness Program

**Delivery Platforms:**  

# ADULT PROGRAMS

## What's Your Over/Under and Up 60 Min.

This program reviews important numbers to know including blood pressure, BMI, and cholesterol. It also stresses the importance of physical activity and explains the fundamentals of physical fitness and demonstrates basic exercises designed to increase fitness.

**Program Type:** Wellness Program

**Delivery Platforms:**  

## GENERAL HEALTH

### Braveheart 60 Min.

This program will help participants identify personal risks for heart disease and stroke. In addition, participants will learn the questions to ask the doctor about heart health and screenings and understand ways to control high cholesterol/blood pressure.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### Cyberwise 60 Min.

Focuses on digital citizenship and the “three C’s” of good digital citizenship including appropriate content, conduct, and contact. Participants will learn about the everlasting nature and potential consequences of actions online. This program emphasizes the principles of engaging positively, knowing one’s online world, and choosing consciously in order to be a responsible digital citizen.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### I Got Your Back 60 Min.

This program designed about bullying will explain the definition, types, myths, and signs of bullying. With the help of advice from experts, this program provides parents and/or guardians with the tools needed to keep their children safe and happy.

**Program Type:** Parenting Program

**Delivery Platforms:**  

### Jumpstart Your Heart 60 Min.

Incorporates all of the information from the Braveheart program with the addition of a physical activity component.

**Program Type:** Wellness Program

**Delivery Platforms:**  

## PUBERTY

### Boys & Dads 120 Min.

This program for dads and their sons focuses on puberty and the natural changes that occur during adolescence. Topics include stages of human development, the major events of puberty, and reproductive system basics. These issues are discussed in a simple way with a comforting atmosphere by an exceptionally qualified health educator. Since dad and son are learning together, the barriers for conversation are reduced.

**Program Type:** Parenting Program

**Delivery Platforms:** 

### Girls & Moms 120 Min.

This program for moms and their daughters focuses on puberty and the natural changes that occur during adolescence. Topics include stages of human development, the major events of puberty, reproductive system basics, and the menstrual cycle. These issues are discussed in a simple way with a comforting atmosphere by an exceptionally qualified health educator. Since mom and daughter are learning together, the barriers for conversation are reduced.

**Program Type:** Parenting Program

**Delivery Platforms:** 

### Moms & Sons 120 Min.

This program for moms and their sons focuses on puberty and the natural changes that occur during adolescence. Topics include stages of human development, the major events of puberty and reproductive system basics. These issues are discussed in a simple way with a comforting atmosphere by an exceptionally qualified health educator. Since mom and son are learning together, the barriers for conversation are reduced.

**Program Type:** Parenting Program

**Delivery Platforms:** 

### Puberty Program for Special Learners (Girls & Boys) 120 Min.

This program is designed for students living with Autism, Down Syndrome, learning disabilities and developmental delays. All programs are taught by experienced Special Education Teachers and contain biological, social and behavioral components about puberty. This program is presented to boys and girls separately.

**Program Type:** Parenting Program

**Delivery Platforms:**  

### The Talk 101 90 Min.

This adult-only community program is designed for parents and/or guardians to help with discussing the subject of sex with their child. Topics covered include difficulties with talking about sex, reproductive system basics, sexually transmitted infections, and tips for making positive encounters with your child regarding this sometimes uncomfortable subject.

**Program Type:** Parenting Program

**Delivery Platforms:** 

# ADULT PROGRAMS

## MENTAL HEALTH

### Breaking the Silence -Adult- 120 Min.

This program is designed to increase awareness of student mental health issues among school personnel. Through factual information, interactive activities and discussion of classroom initiatives, participants will learn to recognize signs and symptoms of mental illness and adopt a proactive approach to caring for students with mental health issues.

**Program Type:** Educator Professional Development

**Delivery Platforms:**  

## SAFETY

### Driven to Distraction 60 Min.

Designed to raise awareness about the dangers of distracted driving, participants of this program will be given a chance to participate in a driving simulator experience. Other topics include types of distractions, distracted driving laws, and ways to curb distracted driving.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### Move It Like You Mean It 60 Min.

Explore the basic anatomy of the spine and common causes of back injury and muscle strain. Participants will be provided tips for prevention, proper sitting, standing, sleeping, and lifting and will learn stretches for a healthy back, shoulders, arms, and wrists.

**Program Type:** Wellness Program

**Delivery Platforms:**  



**BREAKING THE SILENCE -ADULT-  
EDUCATOR PROFESSIONAL DEVELOPMENT  
ON-SITE**

## STRESS MANAGEMENT

### Healthy Happy Holidays 60 Min.

Examines how to put a wrap on holiday stress and deal with the holiday “four f-words”: food, family, finances, and friction. Learn how to avoid holiday weight gain and practice a holiday relaxation technique for anyone, anytime.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### Suspending Stress 120 Min.

Participants will learn practical and proven techniques to calm the mind and body. Explore and experience these techniques during the program, and learn how to create a relaxing atmosphere at home and at work.

**Program Type:** Wellness Program

**Delivery Platforms:**  

### Swimming with the Sharks 60 Min.

Learn how to deal with difficult people and identify your personal communication styles. This program will focus on the elements of assertive communication and the importance of non-verbal communication. In addition, participants will learn how to create a positive workplace and increase customer satisfaction by building better personal and professional relationships.

**Program Type:** Wellness Program

**Delivery Platforms:**  

## TEAM BUILDING

### True Colors: Working Together 60 Min. or 120 Min.

The focal point of this program is understanding basic concepts related to personality differences. Participants are engaged by “coloring” themselves according to the different personality types. Determining one’s own personality traits and understanding the traits of others lays the foundation for learning how to incorporate team building.

Specifically for the Wellness Program this helps with adult bullying prevention.

The Educator Professional Development program helps teachers know how each student learns best, by recognizing their basic traits which leads to a more dynamic and cohesive classroom.

**Program Type:** Wellness Program & Educator Professional Development

**Delivery Platforms:**  

*Educate.  
Inspire.  
Prevent.*



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