



Outreach Program Guide 2017-2018

MISSION: The Ruth Lilly Health Education Center has provided innovative and engaging programming to over 2 million participants since 1989. Our mission is one of empowering youth and adults to make choices that lead to positive changes in Hoosier health. All of our programs align with National and State Academic Standards for Health and Wellness.

All programs are 50 minutes unless noted otherwise. Please contact us for pricing and scheduling information.

General Health

Healthy Tots

Age 3, 40 minutes

- Bones, muscles and body organs
- Daily habits for personal hygiene
- Nutrition and physical activity

Bright Beginnings

Pre-K & Kindergarten, 40 minutes

- Bones, muscles and body organs
- Physical activity, personal hygiene and safety
- Anytime foods vs. sometime foods

Happy Healthy Me

Grade 1

- Structure, function and care of bones and muscles
- Food groups and MyPlate
- Dental health, physical activity, germs, and feelings

My Healthy Body

Grade 2

- Anatomy, function and protection of the five senses
- Food groups and MyPlate
- Dental health

Superbodies

Grade 3

- Simple cell anatomy
- Anatomy, function, and care of the digestive system
- MyPlate and fiber foods
- Dental health

Human Growth & Development

Ready, Set, Grow!

Grade 4, 75 minutes

- Heredity, hormones, and hygiene
- Changes of puberty
- Reproductive anatomy and physiology

Life Begins

Grades 5 & 6, 75 minutes

- Anatomy of male and female reproductive systems
- Physical and emotional changes of puberty
- Development and growth from conception to birth

Teen Transitions

Grade 6, 75 minutes

- Reproductive anatomy and physiology
- Consequences of abstinence vs. sexual activity
- Influences on decision making
- Music/media as an influence on decision making

HIV Enhancement

Grades 5 & 6

Added to Life Begins and Teen Transitions

Additional time as arranged

- The immune system and HIV
- HIV and AIDS: fact vs. myth
- How HIV is and is not spread



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Drug Education

No If, Ands, or Butts

Grades 5-8

- Effects of tobacco on the body
- Media, tobacco, and youth
- The power of personal choice
- Alternative tobacco products

Under the Influence: Drugs, Decisions & You

Grades 9-12

- Facts and statistics about teen drug use
- Consequences of alcohol, tobacco, and other drug use
- The brain, decisions, and drug addiction

Disease Prevention & Control

Testicular Self Exam: It's Up to You!

Grade 9-Adult

- Testicular cancer facts
- Anatomy and function of testicles
- Risk factors and symptoms of cancer
- Positive attitude toward self-awareness

Breast Self Exam: It's Up to You!

Grade 9-Adult

- Breast cancer facts
- Anatomy and function of breasts
- Risk factors and symptoms of cancer
- Positive attitude toward self-awareness

Bullying/Violence Prevention

Stepping Toward Peace

Grades 3 & 4

- Distinguish between peace and conflict
- Healthy vs. unhealthy ways to resolve conflict
- Consequences of peaceful vs. aggressive responses
- Positive communication skills such as "I" statements

Stop: Know What's Right

Grades 5 & 6

- Discipline vs. violence
- Recognizing the signs of abuse
- Breaking the cycle of violence
- Skills to build healthy relationships

Stop: No Excuse for Abuse

Grades 7 & 8

- Defining abuse & the cycle of violence
- Recognizing the warning signs of abuse
- Teen dating relationships: healthy vs. unhealthy

It's Not Cool to Be Cruel

Grades 6-8

- Define bullying and cyberbullying
- Promote the value of a helpful bystander
- Appreciation and tolerance of others' differences

Nutrition

Food for Thought

Grades 4-6

- Calories, fat, and sugar in the American diet
- Hands-on activities about food choice
- Importance of fruits, vegetables, & being active
- Virtual reality experience

Food Power

Grades 7 & 8

- The influence of media/advertising on food choice
- Calories, fat, and sugar in the American diet
- The challenge of childhood obesity in America
- Hands-on activities about food choice

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