Skill-based Activities to engage Students in Health Education

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Introduction

• Lesson “Hooks” to engage students

• Hands-on learning – Kinesthetic Learners

• Skill Based Health Education
  • Analyze influence
  • Access information
  • Interpersonal skills
  • Decision-making skills
  • Goal-setting skills
  • Practice health-enhancing behaviors
  • Advocate for health
## Current Trends

<table>
<thead>
<tr>
<th>Question</th>
<th>Connecticut 2017</th>
<th>U. S. 2017</th>
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</thead>
<tbody>
<tr>
<td>Did not get 8 or more hours of sleep (on an average school night)</td>
<td>*80.0 (77.1–82.6)</td>
<td>74.6 (73.1–76.0)</td>
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<tr>
<td>Were bullied on school property (during the 12 months before the survey)</td>
<td>18.9 (16.7–21.3)</td>
<td>19.0 (17.6–20.5)</td>
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<tr>
<td>Were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)</td>
<td>15.8 (13.8–18.0)</td>
<td>14.9 (13.7–16.2)</td>
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<td>Did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)</td>
<td>10.2 (7.1–14.4)</td>
<td>13.8 (12.0–15.9)</td>
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<tr>
<td>Experienced sexual dating violence</td>
<td>*10.0 (8.2–12.2)</td>
<td>6.9 (6.2–7.6)</td>
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</tbody>
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*p < 0.05, CT data significantly higher than national data, High School Youth Behavior Survey 2017, CDC*
Structure of Presentation

- Stress Management – Nina
- Stress Management – Mark
- Sexual Health (contraceptives) – Megan
- Violence prevention (bullying) – Rosalina
- Violence prevention (sexual) - Victoria
- Conclusion/Comments/Questions
Stress Management

- **Name of Activity:** Cup Stacking Tournament

- **Objective:** Students will be able to identify physical and emotional symptoms related to stress and how to best manage those symptoms when they arise in their everyday lives.

- **Performance Indicator/s:**
  - 1.8.1 Analyze the relationship between healthy behaviors and personal health.
  - 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
  - 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

- **Grade level/s:** 6-8th
Physical & Emotional Side Effects Of Stress

**Physical**
- Increased HR, BP, RR
- Digestive/Intestinal issues
- Shaking/trembling
- Fatigue
- Muscle tension & body aches
- Chest pain
- Teeth grinding
- Shortness of breath
- Sleep disturbances
- Sweating
- Dry mouth

**Emotional**
- Irritable
- Low self esteem
- Moodiness
- Racing thoughts
- Loss of control
- Depression
- Avoidance
- Fear of being crazy
In 2016, nearly two-thirds of college students reported “overwhelming anxiety,” up from 50 percent just five years earlier, according to the National College Health Assessment. (neaToday, 2018)

- 61% of teens say they feel a lot of pressure to get good grades.
- 29% say they feel a lot of pressure to look good and to fit in socially (28%)
- While roughly one-in-five feel similarly pressured to be involved in extracurricular activities and to be good at sports (21% each) (Pew Research Center, 2019)
Stress Management Cont'd

Description of Activity:
1. Everyone will be given 10 cups to stack with.
2. Everyone will have 45 seconds to stack up their cups and stack them back down.
3. Anyone who is not able to complete their stack in the 45 seconds now become part of the cheering OR heckling section.
4. Everyone who is still in it to stack will now only have 30 seconds to assemble and dissemble their stack.
5. The competition will continue as people are not able to complete their stacking and becoming of the spectator squad.
6. Time to stack will continue to decrease to 20 seconds, then to 15 seconds until there are only two individuals left competing.
7. For the final round, the last two individuals will be given five additional cups to stack raising the stakes.
8. Individuals will be given the choice to leave the time they have to complete the stack at 15 seconds or to raise it to 20 seconds.

*FOR THOUGHT*: What were some emotions you may have been feeling as you approached the competition? What were some physical signs you noticed that told you, you may be stressed about it?

Instructional Material/s: 70 stacking cups, timer
Stress Management Strategies: Meditation

• Name of Activity: Guided Meditation

• Objective: Students will be able to gain awareness of their thoughts and feelings through mindfulness by participating in a guided meditation.

• Performance Indicators:
  ▫ 1.8.1 - Analyze the relationship between healthy behaviors and personal health.
  ▫ 7.8.2 - Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
  ▫ 7.12.1 - Analyze the role of individual responsibility for enhancing health.

• Grade levels: 4-12
Meditation Statistics

- As many as 40% of adults have tried meditating at least once (Pew Research, 2014)
- Only around 5% of children have tried some form of meditation (Public Library of Science, 2017)
  - Some schools have made it a part of their curriculum (Bucks County, PA)
- Meditation has been shown to shrink the amygdala (fear and emotion) and make the prefrontal cortex (higher-level thinking) stronger (Harvard Studies)
Group Meditation Experience
Sexual Contraceptives

- **Name of Activity:** Sexual Contraceptives Memory Game

- **Objective:** Students will be able to access reliable/valid information regarding contraceptives that will help their decision-making process.

- **Performance Indicator/s:**
  
  3.12.2 Use resources from home, school, and community that provide valid health information.
  
  3.12.5 Access valid and reliable health products and services.

- **Grade level/s:** 9-12
What is our ultimate goal?!
Sexual Contraceptives cont’d

Description of Activity:
1. Introduce students to the Planned Parenthood website (Contraception section) and help them navigate it. (If no laptops or phones available, print out pages for each contraceptive)
2. Create small groups of students (ideally 2). *Allow for students to pick groups if this topic is uncomfortable for them*
3. Assign each group ONE contraceptive.
4. Each group will use the website to research their contraceptive.
5. Using the already generated questions on the website, students will write the question on one index card, and the answer on another index card. They will do this until they have gone through all of the questions.
6. When they have completed their index cards, each group will trade their cards with another group and play "memory" with the new set of cards.
7. Like the game "Memory", students will pick up an index card. If it is a question, they must find the answer to the question on another index card. If they initially pick up an answer card, they must find the question card. As they collect matches, they will record the question and answer on a separate piece of paper. This will allow them for more opportunities to memorize the information and really understand it. Students are only allowed one chance to try to find a match; if they do not find the answer to the question, or the question to the answer, the next student goes.
8. After the groups have finished, they will switch with another group.
9. Students can use the Planned Parenthood website as a reference when matching the cards, or they can challenge themselves and not use it.

Instructional Material/s: Index cards, pencils/pens, handouts of planned parenthood contraceptives information or computer/phones, blank sheets of paper.
Birth Control

Birth control is how you prevent pregnancy. There are lots of different birth control options out there. We’re here to help you figure it out.

Pick what’s important to you to find your best birth control method:

- Best At Preventing Pregnancy
- Easiest to Use
- Helps with Periods
- Helps Prevent STDs
- Doctor or Nurse Required
- Less or No Hormones

Showing all 18 methods:

- **Low Maintenance**
  - Birth Control Implant
  - 99% Effective
  - Can cost $0 to $1300
  - Lasts up to 5 years
  - [LEARN MORE](#)

- **Low Maintenance**
  - IUD
  - 99% Effective
  - Can cost $0 to $1300
  - Lasts up to 3-12 years
  - [LEARN MORE](#)

- **Used On a Schedule**
  - Birth Control Shot
  - 94% Effective
  - Can cost $0 to $150
  - Get every 3 months
  - [LEARN MORE](#)

- **Used On a Schedule**
  - Birth Control Vaginal Ring
  - 91% Effective
  - Can cost $0 to $200
  - Replace monthly
  - [LEARN MORE](#)

- **Used On a Schedule**
  - Birth Control Patch
  - 91% Effective
  - Can cost $0 to $150
  - Replace weekly
  - [LEARN MORE](#)

- **Used On a Schedule**
  - Birth Control Pill
  - 91% Effective
  - Can cost $0 to $50
  - Take daily
  - [LEARN MORE](#)

- **Use Every Time**
  - Condom
  - 85% Effective
  - Can cost $0 to $2
  - Use every time
  - [LEARN MORE](#)

- **Use Every Time**
  - Internal Condom
  - 79% Effective
  - Can cost $0 to $3
  - Use every time
  - [LEARN MORE](#)
Birth Control Implant

In This Section

1. Birth Control Implant
2. How effective is the implant?
3. How can I get the implant?
4. What happens when the implant is inserted?
5. How safe is the implant?
6. What are the benefits of the implant?
7. What are the disadvantages of the implant?
8. What happens when the implant is removed?

Once a nurse or doctor inserts the birth control implant into your arm, it's almost mistake-proof, making the birth control implant one of the safest, most effective, and convenient methods available.

How effective is the implant?

The implant is one of the best birth control methods out there – it's more than 99% effective. That means fewer than 1 out of 100 people who use Nexplanon will get pregnant each year. It doesn't get much better than that.

The implant is so effective because there's no chance of making a mistake. Since it's in your arm, you can't forget to take it, or use it incorrectly. It protects you from pregnancy all day, every day for up to 5 years. If you decide you want to get pregnant, a nurse or doctor can take it out and you can get pregnant right away.

The implant doesn't protect you from STDs, so use condoms along with the implant to help protect you from both pregnancy and STDs. That's how you make sex worry-free.

How long does it take for the birth control implant to work?

If you get Nexplanon during the first 5 days of your period, you're protected from pregnancy right away.

If you get the implant at any other time in your cycle, use some other form of birth control (like condoms) during the first week. After that first week, the
Things to think about:

• Adding a symbol or number to the corner of each index card to ensure correct match. (I.e. a matching set both have stars in the corner of the card)
• Creating your own sets of cards to save time and laminating them for future use.
• Let students use website or handouts when playing game to make it easier or challenging them by not allowing them to use any resources.
• Make it into a challenge between partners, who obtained the most matches?!
• Have them recite and record the questions and answers; have them speak in a funny voice or an accent to keep attention!
• How will you assess their learning? Possibly a project where they need to advocate for a birth control contraceptive, or a project that compares two contraceptives, a mini quiz with a few questions regarding each contraceptive....
Various Forms of Bullying

- Verbal
- Social
- Physical
- Cyber

According to National Center of Education Statistics, 28% of students aged 12-18 have been bullied, and 9% experienced cyberbullying.
Bullying Violence Prevention

- Name of Activity: Bullying Awareness Rap

- Objectives: Students will be able to write an anti-bullying message to help spread awareness throughout the school and community.

- Performance Indicators:
  2.8.5 Analyze how messages from media influence health behaviors.
  7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

- Grades: 4-12
Bullying Violence Prevention

• Description of Activity: Students will be given 15 seconds to group with at least four other students in the class (Groups of 5 Students - Depending on class size).

• Students will be given roughly about 8-10 minutes to come up with a Bullying Awareness Rap. It is important that the rap is language/topic appropriate. There is no specific length requirement, but all students will work together in developing a rap/dance movement to help spread bullying awareness to the class.

• Following the rap, the instructor will allow an opportunity for all groups to share their rap. It is okay if a group does not want to share because at the end of the activity all groups will hand in their rap written down on a piece of paper with everyone’s names on the top.
Sexual Violence Prevention
Sexual Violence Prevention

- **Name of Activity:** Sexual Violence Prevention-Scenarios. What would you do to prevent sexual violence?

- **Objective:** Students will be able to identify ways in which they can prevent sexual violence from occurring.

- **Performance Indicators:**
  - 4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.
  - 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
  - 4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
  - 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

- **Grade:** 12
Sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient.

- U.S. Department of Justice Office on Violence Against Women
Sexual Violence Prevention- Activity

- Description of activity: Students will be given different scenarios to read within small groups. Once read, they will discuss their thoughts and how they could prevent sexual violence from occurring.