

## **Pre- / Post-Conference Workshop Summaries**

### **Healthy Bodies, Healthy Minds: The Mental Health Connection**

#### **80th Annual ASHA School Health Conference**

**October 11 - 14, 2006**

**Millennium Hotel / St. Louis, Missouri**

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### **Pre-Conference Workshops**

Wednesday, October 11

1 - 5 pm

#### **The New National Health Education Standards: Applying Research-Based and Effective Standards to Curriculum, Instruction, and Student Assessment**

*Katherine Wilbur, Susan Telljohann*

The first National Health Education Standards were produced in 1995 and supported schools in meeting the essential goal of enabling students to acquire the knowledge and skills to promote health. Since 1995, there have been recognized research-based advances related to effective practice in health instruction. Because of this new research, a new panel of organizations and professionals convened to review and revise the National Health Education Standards.

This workshop will provide participants with the rationale for the changes in the 2006 National Health Education Standards (NHES), and explain the process, theories, and characteristics of effective health education curricula used to develop the NHES.

The workshop will include a detailed explanation of the individual standards and performance indicators at each grade span. In addition, ideas for designing a standards-based health education curriculum and linking instructional practices and student assessments to the NHES will be presented.

The workshop also will provide information on how state and local education agencies; education professionals; parents and families; community agencies; businesses; organizations; institutions of higher education; and local and national organizations will need to work together to provide access and equity for all students to rigorous standards-based health education.

#### **The Mariner Model: A Six-Step Process Model for the Continuous Improvement of Health-Promoting Schools**

*Tena Hoyle, Ann S. Junk, Beverly B. Samek, Susan E. York*

Schools with a positive climate and culture of health promotion are equipped to address a variety of student health issues as well as barriers to student achievement, staff effectiveness, and school success.

In this high-energy, engaging workshop, nationally recognized School Health Coordinators/Trainers will showcase their utilization of a systematic process model for the continuous improvement of Health-Promoting Schools, facilitating skill-building activities related to each of six steps: 1) Gaining Commitment from Stakeholders; 2) Identifying Issues from a Local Perspective; 3) Determining Priorities (Goals and Objectives) for Programming; 3) Incorporating Scientifically-Based Strategies into a School Health Improvement Plan; 5) Implementing the Plan; and 6) Monitoring and Evaluating the Results.

Materials will be available, and real-life examples will be provided.

Utilizing graphic organizers, cooperative learning, role playing, and future planning

activities, participants will place their own local program activities within the six-step model to determine gaps and needs for further programming. Participants will have an opportunity to select from topical roundtables dedicated to the six steps of the model in which presenters will provide targeted technical assistance dealing with the questions and concerns of participants, assisting them in identifying strategies for dealing with common barriers and strengthening local improvement efforts.

Participants will begin development of a School Health Improvement Plan (SHIP) that is based on theories of individual and system change; includes goals, objectives, strategies, and performance indicators; and ensures effective program documentation and evaluation.

### **Post-Conference Workshops**

Saturday, October 14

1 - 4 pm

#### **Effective Instruction on Mental Health Issues**

*Jon Hisgen, Linda Caldart-Olson*

This post-conference workshop will review the work done by the Wisconsin Dept. of Public Instruction in the area of suicide prevention and mental illness awareness. Participants will learn about the process used in developing the instructional units, and will practice delivering the lessons. Each lesson has a segment that the student will deliver so it has a strong authentic assessment component.

Participants will receive copies of the units and a CD that contains all the lessons plus units in other health content areas.

#### **Too Sexy, Too Soon: Young Teens & Oral Sex**

*Nora Gelperin*

Media reports abound about the frequency of young teens engaging in oral sex. These incidents involve young girls giving oral sex to boys, and provoke tremendous concern and fear among adults. This trend in adolescent sexual behavior may reflect a new cultural value and meaning for oral sex, evolving from an intimate act between two consenting adults, to non-committal foreplay or "third base" in teen culture.

Educators, parents, and concerned adults need to examine their feelings and opinions about young teens engaging in oral sex and struggle with their perspective about this issue. Comparing adult beliefs about young teens and oral sex to teens' perceptions about the same behavior can create some useful insights into how best to educate teens about the possible risks and consequences. Adults must instead check their biases and develop curricula and programs that are appropriate for young adolescents. We need to help teens to understand oral sex within the continuum of possible sexual behaviors including their potential risks for infections and pregnancy.

This workshop is designed to provide health teachers, school counselors, health educators, school and public health nurses, and youth-serving professionals with the opportunity to clarify their values about young teens engaging in oral sex. Participants will be encouraged to take off their "adult glasses" and examine oral sex and young teens from a developmental perspective. Activities to help young people recognize the risks of engaging in oral sex will be demonstrated.

Pre- and Post-Conference Workshops require an additional \$45 registration fee.