

# Florida Department of Education

## Comprehensive Health Education Elementary Toolkit

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Health education is integral to the primary mission of schools. It provides students with a continuum of learning experiences to develop the knowledge and skills necessary to become successful learners and health literate adults. Health literacy is a fundamental part of the school health education program and is essential to the health and wellness of each student. Health education provides students with the knowledge and skills they need to be healthy throughout their lifetime. The intent of a comprehensive health education program is to motivate students to maintain and improve their social, emotional and physical health, prevent disease and avoid or reduce health related risk behaviors.

Comprehensive health education addresses 12 required component areas for K-12 instruction under section [1003.42](#) (2)(n), Florida statutes.

1. Community health
2. Consumer health
3. Environmental health
4. Family life
5. Injury prevention and safety
6. Internet safety
7. Mental and emotional health
8. Nutrition
9. Personal health
10. Prevention and control of disease
11. Substance use and abuse
12. Teen dating violence (**grades 7 through 12**)

The required concepts may be offered in a traditional health education course. The Florida Department of Education's (FDOE) [Course Directory](#) is a great resource for locating the current course listings. The [CPALMS website](#) is the best resource for the current standards, benchmarks and course descriptions.

The Comprehensive Health Education Elementary Toolkit will assist the classroom teacher, school nurse and others who are responsible for the delivery of health education. The toolkit is an electronic resource for the essentials of health education instruction. Each section highlights the component area and provides a litany of tools, websites, lessons and a variety of information. This document is available at the [FDOE Comprehensive Health Education webpage](#).

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Health Education Component Area	Description	Educator Resources
<p style="text-align: center;"><b>Community Health</b></p>	<p>Focuses on individual responsibility; healthy work, school and community environments; community health resources and facilities; community and state agencies; health service careers; safety hazards; community laws and policies related to health issues; data and trends regarding health issues; social marketing and norming; emergency/crisis response plans; community involvement; current issues; trends in medical care; community health planning; private resources (hospitals, clinics and insurance companies); and volunteer resources and organizations (i.e. American Red Cross, American Cancer Society).</p>	<ol style="list-style-type: none"> <li>1. <a href="#">CDC Healthy Living</a></li> <li>2. <a href="#">FDOE Child Human Trafficking Tool Chapter</a></li> <li>3. <a href="#">FDOE Gang Resources for Parents and Teachers</a></li> <li>4. <a href="#">FDOE Healthy Schools</a></li> <li>5. <a href="#">FDOE Safe Schools</a></li> <li>6. <a href="#">Five Minutes (or Less) for Health</a></li> <li>7. <a href="#">HEADS UP to Youth Sports: Officials Fact Sheet</a></li> <li>8. <a href="#">Health &amp; Academics</a></li> <li>9. <a href="#">Healthy Meeting Toolkit</a></li> <li>10. <a href="#">Let's Go! Healthy Workplaces Toolkit</a></li> <li>11. <a href="#">Obesity Resource Toolkit for Healthcare Providers</a></li> <li>12. <a href="#">Overcoming Harmful Cultural Norms</a></li> <li>13. <a href="#">Poison Prevention</a></li> <li>14. <a href="#">Poison Prevention Week Posters</a></li> <li>15. <a href="#">Positive Parenting Practices Fact Sheets</a></li> <li>16. <a href="#">School Connectedness Fact Sheets</a></li> <li>17. <a href="#">School Health Index (SHI)</a></li> <li>18. <a href="#">School Wellness Toolkit</a></li> <li>19. <a href="#">Safe Routes to School Planning Toolkit</a></li> <li>20. <a href="#">Safe Routes to School</a></li> </ol>

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<b>Consumer Health</b>	<p>Focuses on being wise consumers of health information, products and services, including understanding the influences of advertising, media and technology; being able to evaluate and make selection and purchasing decisions about health-related products and medical services; consumer protection laws (product labeling); consumer protection agencies; health agencies and organizations; health insurance; quackery; reliable health products and services and knowing what is available and how to be an educated consumer.</p>	<ol style="list-style-type: none"> <li>1. <a href="#">CDC Food Safety</a></li> <li>2. <a href="#">CDC Healthy Living</a></li> <li>3. <a href="#">Consumer Health Education</a></li> <li>4. <a href="#">Consumer Reports Health Information, Products &amp; Services</a></li> <li>5. <a href="#">FDOA Food Allergies in Schools</a></li> <li>6. <a href="#">FDOA Food Inspections</a></li> <li>7. <a href="#">FDOA Food Safety</a></li> <li>8. <a href="#">FDOA Living Healthy in Florida</a></li> <li>9. <a href="#">FDOE Healthy Schools</a></li> <li>10. <a href="#">Food Allergy Research &amp; Education (FARE): Resources for Schools</a></li> <li>11. <a href="#">Food Safety 101</a></li> <li>12. <a href="#">Health &amp; Academics</a></li> <li>13. <a href="#">Health Literacy</a></li> <li>14. <a href="#">U.S. Food and Drug Administration</a></li> </ol>
<b>Environmental Health</b>	<p>Focuses on causes, prevention and control of environmental pollution, including air, water, soil, radiation, noise and solid waste (recycle, reuse and reduce); effects of environment on health (includes understanding the causes of negative environmental factors and their effects on human health); environmental protection agencies; population growth; worldwide health; and individual and group responsibilities in helping to promote a healthy environment; locally and worldwide.</p>	<ol style="list-style-type: none"> <li>1. <a href="#">EPA Healthy Schools, Healthy Kids</a></li> <li>2. <a href="#">Florida Division of Emergency Management for Kids</a></li> <li>3. <a href="#">Hurricane Readiness</a></li> <li>4. <a href="#">Poison Prevention Week Posters</a></li> <li>5. <a href="#">United States Environmental Protection Agency (EPA)</a></li> <li>6. <a href="#">USDA Emergency Preparedness and Response</a></li> </ol>

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<b>Family Life</b>	<p>Focuses on family structures, roles and responsibilities; gender roles; sexual stereotypes; marriage; divorce; human sexuality education; abstinence; parenting; physical and sexual abuse; building family relationships; child abuse and neglect; the family life cycle; family planning; heredity; and communication skills (verbal, nonverbal and listening).</p>	<ol style="list-style-type: none"> <li>1. <a href="#">CDC Eat Well Podcast</a></li> <li>2. <a href="#">CDC Healthy Living</a></li> <li>3. <a href="#">Concussions HEADS UP to Schools: Parents- <u>English</u> or <u>Spanish</u></a></li> <li>4. <a href="#">Essentials for Childhood</a></li> <li>5. <a href="#">FDOA Summer Food Service Program</a></li> <li>6. <a href="#">FDOE Healthy Schools</a></li> <li>7. <a href="#">FDOE Safe Schools</a></li> <li>8. <a href="#">FDOE Just For Parents Newsletters</a></li> <li>9. <a href="#">Health &amp; Academics</a></li> <li>10. <a href="#">Kids Health</a></li> <li>11. <a href="#">Genomics and Health: Heart Disease and Family History</a></li> <li>12. <a href="#">National Child Abuse Prevention</a></li> <li>13. <a href="#">Parent Engagement Fact Sheets</a></li> <li>14. <a href="#">Parents for Healthy Kids</a></li> <li>15. <a href="#">Positive Parenting Practices Fact Sheets</a></li> <li>16. <a href="#">School Connectedness Fact Sheet for Parents and Families</a></li> <li>17. <a href="#">The Dangers Of Social Media Video</a></li> <li>18. <a href="#">The Ounce of Prevention</a></li> <li>19. <a href="#">Tips for discussing difficult topics with your children</a></li> </ol>
<b>Injury Prevention/Safety</b>	<p>Focuses on attitudes toward safety; causes of accidents; home and school safety; highway safety, including pedestrian, auto, bicycle, recreation vehicle and school bus; natural and weather related disasters; safety practices that reduce risks of</p>	<ol style="list-style-type: none"> <li>1. <a href="#">CDC Restrain Yourself Podcast</a></li> <li>2. <a href="#">CDC Healthy Living</a></li> <li>3. <a href="#">CDC Sun Safety</a></li> <li>4. <a href="#">Concussion ABCs: HEADS UP to Schools</a></li> <li>5. <a href="#">FDOE Comprehensive Health Education</a></li> <li>6. <a href="#">FDOT Alert Today Alive Tomorrow</a></li> <li>7. <a href="#">FDOT Florida's Pedestrian and Bicycle Focused Initiative</a></li> </ol>

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<b>Injury Prevention/Safety (continued)</b>	unintentional injuries (e.g., fire, bike, home, weapon and babysitting safety); survival skills; environmental hazards; personal safety precautions, including assault and child abuse and neglect prevention; violence prevention; bullying prevention; internet safety; dating violence; first aid/CPR/AED and emergency health care procedures to follow in case of an injury, health problem, disaster or violence; resources and agencies; safety rules and laws; and intentional injury.	<ol style="list-style-type: none"> <li>8. <a href="#">HEADS UP Resource Center</a></li> <li>9. <a href="#">Kids Health Sun Safety</a></li> <li>10. <a href="#">Poison Prevention</a></li> <li>11. <a href="#">Poison Prevention Week Posters</a></li> <li>12. <a href="#">Safe Youth. Safe Schools</a></li> <li>13. <a href="#">Youth Violence Prevention</a></li> </ol>
<b>Internet Safety</b>	Focuses on the knowledge of maximizing the personal safety and security risks while using the internet and the self-protection from computer crime and predators.	<ol style="list-style-type: none"> <li>1. <a href="#">Cyberbullying Training Video For Teachers</a></li> <li>2. <a href="#">FDOE Child Human Trafficking Tool Chapter</a></li> <li>3. <a href="#">FDOE Safe Schools Internet Safety</a></li> <li>4. <a href="#">Keeping Kids Safer on the Internet</a></li> <li>5. <a href="#">NetSmartz Workshop</a></li> <li>6. <a href="#">Safe Florida</a></li> </ol>
<b>Mental/Emotional Health</b>	Focuses on human emotions (joy, anger, fear, stress, etc.) and their impact; positive coping skills, including stress management; building self-esteem; positive social relationships; responsible decision making; suicide prevention; other intentional injury prevention; depression and other mental illnesses; and communication skills.	<ol style="list-style-type: none"> <li>1. <a href="#">CDC Healthy Living</a></li> <li>2. <a href="#">Child Behavior Disorders</a></li> <li>3. <a href="#">FDOE Safe Schools</a></li> <li>4. <a href="#">Learning Disorders</a></li> <li>5. <a href="#">Mental and Emotional Fitness</a></li> <li>6. <a href="#">National Dissemination Center for Children with Disabilities (NICHCY)</a></li> <li>7. <a href="#">National Institute of Mental Health (NIMH)</a></li> <li>8. <a href="#">Positive Parenting Practices Fact Sheets</a></li> <li>9. <a href="#">FDOE Student Support Services Project- Instructional Support Services</a></li> </ol>

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<b>Nutrition</b>	<p>Focuses on the importance of a balanced diet, how food provides energy and nutrients to the body; additives; activity and weight management (energy in/energy out), recommended U.S. dietary guidelines; MyPlate; healthy food choices; reading and understanding food labels (selecting foods low in cholesterol, fat, sugar, salt); safe food preparation and storage; and world food supply.</p>	<ol style="list-style-type: none"> <li>1. 5210 Poster- <a href="#">ENGLISH</a> and <a href="#">SPANISH</a></li> <li>2. <a href="#">CDC Eat Well Podcast</a></li> <li>3. <a href="#">CDC Healthy Living</a></li> <li>4. <a href="#">Drink Comparison Chart Display</a></li> <li>5. <a href="#">Eating Disorders Awareness</a></li> <li>6. <a href="#">FDOA Food Allergies in Schools</a></li> <li>7. <a href="#">FDOA Living Healthy in Florida</a></li> <li>8. <a href="#">FDOA Fresh for Florida Kids</a></li> <li>9. <a href="#">FDOA Summer Food Service Program</a></li> <li>10. <a href="#">FDOE Healthy Schools</a></li> <li>11. <a href="#">FSU Healthy Me Florida</a></li> <li>12. <a href="#">Food Allergy Research &amp; Education (FARE): Resources for Schools</a></li> <li>13. <a href="#">Fruits &amp; Veggies More Matters</a></li> <li>14. <a href="#">Healthy Eating and Academic Achievement Podcast</a></li> <li>15. <a href="#">Healthy Eating for a Healthy Weight</a></li> <li>16. <a href="#">Let's Go! 5210 K-5 Toolkit</a></li> <li>17. <a href="#">KickinNutrition.TV</a></li> <li>18. <a href="#">National Nutrition Month</a></li> <li>19. <a href="#">Nutrition Facts</a></li> <li>20. <a href="#">School Health Guidelines to Promote Healthy Eating and Physical Activity</a></li> <li>21. <a href="#">Super Kids Nutrition</a></li> <li>22. <a href="#">Tips for Teachers- Promoting Physical Activity and Healthy Eating</a></li> <li>23. <a href="#">Think Your Drink handout</a></li> </ol>
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<b>Nutrition (continued)</b>		<ul style="list-style-type: none"> <li>24. <a href="#">Tools for Schools: Focusing on Smart Snacks</a></li> <li>25. <a href="#">USDA Foods Toolkit</a></li> <li>26. <a href="#">USDA School Breakfast Program Toolkit</a></li> </ul>
<b>Personal Health</b>	<p>Focuses on personal fitness and lifetime activities; cardiovascular health; personal hygiene (including oral health); vision and hearing; positive health habits and choices (sleep, rest, relaxation, recreation); aging; personal wellness plans; growth and development; and care of human body systems and functions.</p>	<ul style="list-style-type: none"> <li>1. <a href="#">CDC Healthy Living</a></li> <li>2. <a href="#">CDC Healthy Weight</a></li> <li>3. <a href="#">Childhood Obesity Facts</a></li> <li>4. <a href="#">Dental Health</a></li> <li>5. <a href="#">Eating Disorders Awareness</a></li> <li>6. <a href="#">FDOA Living Healthy in Florida</a></li> <li>7. <a href="#">FDOE Healthy Schools</a></li> <li>8. <a href="#">FDOH CHARTS</a></li> <li>9. <a href="#">Five Minutes (or Less) for Health</a></li> <li>10. <a href="#">Growth and Development</a></li> <li>11. <a href="#">HEADS UP Resource Center</a></li> <li>12. <a href="#">Healthiest Weight Florida</a></li> <li>13. <a href="#">Healthy Teeth</a></li> <li>14. <a href="#">Limit Recreational Screen Time</a></li> <li>15. <a href="#">Promote Healthy Viewing Habits</a></li> </ul>
<b>Prevention/Control of Disease</b>	<p>Focuses on causes, transmission, prevention, early detection, and treatment of chronic and communicable and non-communicable diseases and disorders, including allergies, asthma, diabetes, cancer, cold and flu, and HIV/AIDS; sexually transmitted diseases/infections; immunizations and vaccines; lifestyles and</p>	<ul style="list-style-type: none"> <li>1. <a href="#">Be Safe in the Sun</a></li> <li>2. <a href="#">Birth-18 Years &amp; "Catch-up" Immunization Schedules</a></li> <li>3. <a href="#">CDC Asthma Awareness Podcast</a></li> <li>4. <a href="#">CDC Avoiding Secondhand Smoke Podcast</a></li> <li>5. <a href="#">CDC Save Your Skin Podcast</a></li> <li>6. <a href="#">CDC Staying Ahead of Childhood Diseases Podcast</a></li> <li>7. <a href="#">CDC Stay Flu Free Podcast</a></li> <li>8. <a href="#">CDC Healthy Living</a></li> </ul>

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	diseases; eating disorders; community efforts; genetic disorders; neurological diseases; and medical care services.	<ol style="list-style-type: none"> <li>9. <a href="#">Genomics and Health: Heart Disease and Family History</a></li> <li>10. <a href="#">Genomics and Health: Skin Cancer Awareness</a></li> <li>11. <a href="#">Head Lice Treatment: Heading Off an Ancient Adversary</a></li> <li>12. <a href="#">Poison Prevention</a></li> <li>13. <a href="#">Pre-teens Vaccines</a></li> <li>14. <a href="#">Stopping the Spread of Germs</a></li> <li>15. <a href="#">Vaccines &amp; Immunizations</a></li> </ol>
<b>Substance Use/Abuse</b>	Focuses on the use and misuse of alcohol, tobacco, marijuana and inhalants, prescription and over-the-counter drugs, other illegal drugs (cocaine, methamphetamine, LSD, heroin, etc.); the classification and effects those substances have on the body; addiction; the health problems associated with drug dependence, including formation of habits and their influence; positive decision-making; and individual responsibility. It also includes effects on family members; family roles; risk behavior reduction; refusal and coping skills; societal and legal issues, including consequences; impact of media messages; and community resources.	<ol style="list-style-type: none"> <li>1. <a href="#">Florida Tobacco Prevention Training for Educators</a></li> <li>2. <a href="#">Kids Health: E-Cigarettes</a></li> <li>3. <a href="#">Poison Prevention</a></li> </ol>
<b>Teen Dating Violence (TDV)</b>	Focuses on the pattern of behavior that includes physical, emotional, verbal or sexual abuse used by one person in an intimate relationship to exert power and control over another. TDV is generally defined as occurring among individuals between the ages of 13-19 years old.	<b>ONLY in grades 7- 12</b>

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