

# Florida Department of Education

## Comprehensive Health Education Secondary Toolkit

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The Comprehensive Health Education Secondary Toolkit will assist classroom teachers, school nurses 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](#).

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. Teen dating violence is **only** required in grades 7 - 12.

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

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The required concepts may be offered in a traditional health education course. However, low enrollment prompted the integration of health education benchmarks in 2012, where appropriate. These integrated benchmarks can be found in other content areas courses such as English language arts, fine arts, JROTC, peer counseling, physical education, science and social studies. 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.

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="#">Coping With Stress</a></li> <li>3. <a href="#">Drug and Alcohol Use on School Property Among Florida Public High School Students</a></li> <li>4. <a href="#">Every Kid Healthy™ Week</a> April 25-29, 2016</li> <li>5. <a href="#">FDOE Child Human Trafficking Tool Chapter</a></li> <li>6. <a href="#">FDOE Gang Resources for Parents and Teachers</a></li> <li>7. <a href="#">FDOE Healthy Schools</a></li> <li>8. <a href="#">FDOE Safe Schools</a></li> <li>9. <a href="#">Five Minutes (or Less) for Health</a></li> <li>10. <a href="#">HEADS UP to Youth Sports: Officials Fact Sheet</a></li> <li>11. <a href="#">Health &amp; Academics</a></li> <li>12. <a href="#">Healthy Meeting Toolkit</a></li> <li>13. <a href="#">Helping Children and Adolescents Cope with Violence and Disasters: What Community Members Can Do</a></li> <li>14. <a href="#">Let’s Go! Healthy Workplaces Toolkit</a></li> <li>15. <a href="#">Obesity Resource Toolkit for Healthcare Providers</a></li> </ol>

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<b>Community Health (continued)</b>		<ul style="list-style-type: none"> <li>16. <a href="#">Overcoming Harmful Cultural Norms</a></li> <li>17. <a href="#">Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students</a></li> <li>18. <a href="#">Parent Engagement Fact Sheets</a></li> <li>19. <a href="#">Physical Activity Among Florida Public High School Students</a></li> <li>20. <a href="#">Poison Prevention</a></li> <li>21. <a href="#">Poison Prevention Week Posters</a></li> <li>22. <a href="#">School Health Index (SHI)</a></li> <li>23. <a href="#">School Wellness Toolkit</a></li> <li>24. <a href="#">Safe Routes to School Planning Toolkit</a></li> <li>25. <a href="#">Safe Routes to School</a></li> <li>26. <a href="#">Sexual Behaviors Among Florida Public High School Students</a></li> </ul>
<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>	<ul style="list-style-type: none"> <li>1. <a href="#">CDC Food Safety</a></li> <li>2. <a href="#">CDC Healthy Schools</a></li> <li>3. <a href="#">CDC Healthy Living</a></li> <li>4. <a href="#">Connecting Youth to Quality Health Information</a></li> <li>5. <a href="#">Consumer Health Education</a></li> <li>6. <a href="#">Consumer Reports Health Information, Products &amp; Services</a></li> <li>7. <a href="#">FDOA Food Inspections</a></li> <li>8. <a href="#">FDOA Food Safety</a></li> <li>9. <a href="#">FDOA Living Healthy in Florida</a></li> <li>10. <a href="#">FDOE Healthy Schools</a></li> <li>11. <a href="#">Food Allergy Research &amp; Education (FARE): Resources for Schools</a></li> <li>12. <a href="#">Health &amp; Academics</a></li> </ul>

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		<ul style="list-style-type: none"> <li>13. <a href="#">Health Communication and Social Marketing</a></li> <li>14. <a href="#">Health Literacy</a></li> <li>15. <a href="#">U.S. Food and Drug Administration</a></li> </ul>
<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>	<ul style="list-style-type: none"> <li>1. <a href="#">CDC Healthy Living</a></li> <li>2. <a href="#">e-Learning on Environmental Assessment of Foodborne Illness Outbreaks</a></li> <li>3. <a href="#">EPA Healthy Schools, Healthy Kids</a></li> <li>4. <a href="#">Hurricane Readiness</a></li> <li>5. <a href="#">Physical Environment</a></li> <li>6. <a href="#">United States Environmental Protection Agency (EPA)</a></li> </ul>
<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>	<ul style="list-style-type: none"> <li>1. <a href="#">Advocates for Youth</a></li> <li>2. <a href="#">Be Yourself/Sé tú mismo: Positive Youth Development for Latino Teens</a> (Video)</li> <li>3. <a href="#">Building Community Commitment for Safe, Stable, Nurturing Relationships and Environments</a></li> <li>4. <a href="#">CDC Asthma Awareness Podcast</a></li> <li>5. <a href="#">CDC Eat Well Podcast</a></li> <li>6. <a href="#">Child Abuse Prevention</a></li> <li>7. <a href="#">Coping With Stress</a></li> <li>8. <a href="#">Concussions HEADS UP to Schools: Parents- English</a> or <a href="#">Spanish</a></li> <li>9. <a href="#">Essentials for Childhood</a></li> <li>10. <a href="#">FDOA Summer Food Service Program</a></li> <li>11. <a href="#">FDOE Child Human Trafficking Tool Chapter</a></li> <li>12. <a href="#">FDOE Healthy Schools- Comprehensive Health Education</a></li> </ul>

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<p><b>Family Life (continued)</b></p>		<ol style="list-style-type: none"><li>13. <a href="#">FDOE Just For Parents Community</a></li><li>14. <a href="#">FDOE Just For Parents Newsletters</a></li><li>15. <a href="#">Family Health History</a></li><li>16. <a href="#">Family Memoir: Getting Acquainted With Generations Before Us</a></li><li>17. <a href="#">Health &amp; Academics</a></li><li>18. <a href="#">Intimate Partner Violence</a></li><li>19. <a href="#">Genomics and Health: Heart Disease and Family History</a></li><li>20. <a href="#">PARC: Pregnancy Prevention for Adolescents and Expectant &amp; Parenting Teens</a> (Video)</li><li>21. <a href="#">Parent Engagement Fact Sheets</a></li><li>22. <a href="#">Parents, Families and Friends of Lesbians and Gays (PFLAG)</a></li><li>23. <a href="#">Parents for Healthy Kids</a></li><li>24. <a href="#">Positive Parenting Practices Fact Sheets</a></li><li>25. <a href="#">Project AIM: Teen Pregnancy Prevention and Positive Youth Development for Rural Youth</a> (Video)</li><li>26. <a href="#">Promoting Health Among Teens: Abstinence-Only Intervention for Urban Youth</a> (Video)</li><li>27. <a href="#">Promoting Parent Engagement in Schools to Prevent HIV and other STDs Among Teens</a></li><li>28. <a href="#">NetSmartz Workshop Sexting</a></li><li>29. <a href="#">School Connectedness Fact Sheets</a></li><li>30. <a href="#">Sexual Risk Behaviors: HIV, STD, &amp; Teen Pregnancy Prevention</a></li><li>31. <a href="#">Suicide: A Major, Preventable Mental Health Problem</a></li><li>32. <a href="#">Teen Pregnancy Prevention Program</a></li></ol>
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		<ul style="list-style-type: none"> <li>33. <a href="#">The Dangers Of Social Media (Child Predator Social Experiment)</a></li> <li>34. <a href="#">The U.S. Office of Adolescent Health (OAH)</a></li> <li>35. <a href="#">Tips for discussing difficult topics with your children</a></li> <li>36. <a href="#">Underage Drinking</a></li> </ul>
<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 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.</p>	<ul style="list-style-type: none"> <li>1. <a href="#">Be Safe in the Sun</a></li> <li>2. <a href="#">CDC Restrain Yourself Podcast</a></li> <li>3. <a href="#">CDC Healthy Living</a></li> <li>4. <a href="#">CPALMS Lesson Plan Heart Rate Activity: Body Positions and Physical Activity</a></li> <li>5. <a href="#">Concussion ABCs: HEADS UP to Schools</a></li> <li>6. <a href="#">FDA Sun Safety</a></li> <li>7. <a href="#">FDOE Healthy Schools- Comprehensive Health Education</a></li> <li>8. <a href="#">FDOT Alert Today Alive Tomorrow</a></li> <li>9. <a href="#">FDOT Florida’s Pedestrian and Bicycle Focused Initiative</a></li> <li>10. <a href="#">HEADS UP Resource Center</a></li> <li>11. <a href="#">Poison Prevention</a></li> <li>12. <a href="#">Poison Prevention Week Posters</a></li> <li>13. <a href="#">Safe Youth. Safe Schools.</a></li> <li>14. <a href="#">Suicide Prevention</a></li> <li>15. <a href="#">Youth Violence Prevention</a></li> </ul>
<b>Internet Safety</b>	<p>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.</p>	<ul style="list-style-type: none"> <li>1. <a href="#">FDOE Safe Schools</a></li> <li>2. <a href="#">Keeping Kids Safer on the Internet</a></li> <li>3. <a href="#">Naming in a Digital World: Creating a Safe Persona on the Internet</a> 9-12 Lesson</li> </ul>

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		<ol style="list-style-type: none"> <li>4. <a href="#">NetSmartz Workshop</a></li> <li>5. <a href="#">Real Life Stories and Teaching Material</a></li> <li>6. <a href="#">Safe Florida</a></li> </ol>
<b>Mental/Emotional Health</b>	<p>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.</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Bullying Prevention</a></li> <li>2. <a href="#">CDC Healthy Living</a></li> <li>3. <a href="#">Child Behavior Disorders</a></li> <li>4. <a href="#">FDOE Safe Schools</a></li> <li>5. <a href="#">Genomics and Health</a></li> <li>6. <a href="#">Health and Academics</a></li> <li>7. <a href="#">Learning Disorders</a></li> <li>8. <a href="#">Mental and Emotional Fitness</a></li> <li>9. <a href="#">Mental Health</a></li> <li>10. <a href="#">Positive Parenting Practices Fact Sheets</a></li> <li>11. <a href="#">Substance Abuse</a></li> <li>12. <a href="#">Suicide: A Major, Preventable Mental Health Problem</a></li> <li>13. <a href="#">Suicide Prevention</a></li> <li>14. <a href="#">Teacher ESP - Effectiveness and Stress Prevention</a></li> <li>15. <a href="#">Teen Depression</a></li> <li>16. <a href="#">The Substance Abuse and Mental Health Services Administration (SAMHSA)</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. <a href="#">CDC Eat Well Podcast</a></li> <li>2. <a href="#">CDC Healthy Living- Nutrition</a></li> <li>3. <a href="#">CPALMS Lesson Plan- Diabetes: More Than Just Sugar</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="#">Healthy Meeting Toolkit</a></li> <li>17. <a href="#">Intro: Making Healthy Food Choices</a> Pgs. 13&amp;14</li> <li>18. <a href="#">Let's Go! 5210 K-5 Toolkit</a></li> <li>19. <a href="#">Let's Go! 5210 Middle and High School Toolkit</a></li> <li>20. <a href="#">KickinNutrition.TV</a></li> <li>21. <a href="#">National Nutrition Month</a></li> <li>22. <a href="#">Nutrition Facts</a></li> <li>23. <a href="#">President's Council on Fitness, Sports &amp; Nutrition</a></li> <li>24. <a href="#">School Health Guidelines to Promote Healthy Eating and Physical</a></li> </ol>
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<b>Nutrition (continued)</b>		<p style="text-align: center;"><u><a href="#">Activity</a></u></p> <ol style="list-style-type: none"> <li>25. <a href="#">Tips for Teachers- Promoting Physical Activity and Healthy Eating</a></li> <li>26. <a href="#">Think Your Drink handout</a></li> <li>27. <a href="#">Tools for Schools: Focusing on Smart Snacks</a></li> <li>28. <a href="#">USDA Foods Toolkit</a></li> <li>29. <a href="#">USDA School Breakfast Program Toolkit</a></li> </ol>
<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>	<ol style="list-style-type: none"> <li>1. <a href="#">CDC Healthy Living</a></li> <li>2. <a href="#">CPALMS Lesson Plan Heart Rate Activity: Body Positions and Physical Activity</a></li> <li>3. <a href="#">Childhood Obesity Facts</a></li> <li>4. <a href="#">Coping With Stress</a></li> <li>5. <a href="#">Dental Health</a></li> <li>6. <a href="#">Eating Disorders Awareness</a></li> <li>7. <a href="#">FDOA Living Healthy in Florida</a></li> <li>8. <a href="#">FDOE Healthy Schools- Comprehensive Health Education</a></li> <li>9. <a href="#">Five Minutes (or Less) for Health</a></li> <li>10. <a href="#">Genomics and Health</a></li> <li>11. <a href="#">Growth and Development for Teens</a></li> <li>12. <a href="#">HEADS UP Resource Center</a></li> <li>13. <a href="#">Health &amp; Academics</a></li> <li>14. <a href="#">Healthy Teeth</a></li> <li>15. <a href="#">Healthy Weight</a></li> <li>16. <a href="#">Health and Academic Achievement Overview</a></li> <li>17. <a href="#">Limit Recreational Screen Time</a></li> </ol>

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		<ul style="list-style-type: none"> <li>18. <a href="#">President's Council on Fitness, Sports &amp; Nutrition</a></li> <li>19. <a href="#">Promote Healthy Viewing Habits</a></li> </ul>
<p style="text-align: center;"><b>Prevention/Control of Disease</b></p>	<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 diseases; eating disorders; community efforts; genetic disorders; neurological diseases; and medical care services.</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> <li>9. <a href="#">Eating Disorders Awareness</a></li> <li>10. <a href="#">Genomics and Health: Heart Disease and Family History</a></li> <li>11. <a href="#">Genomics and Health: Skin Cancer Awareness</a></li> <li>12. <a href="#">Get Tested National HIV and STD Testing</a></li> <li>13. <a href="#">HIV and Tuberculosis</a></li> <li>14. <a href="#">Poison Prevention</a></li> <li>15. <a href="#">Pre-teens Vaccines</a></li> <li>16. <a href="#">Sexual Risk Behavior: HIV, STD, &amp; Teen Pregnancy Prevention</a></li> <li>17. <a href="#">Sexually Transmitted Infections- Adolescents and Young Adults</a></li> <li>18. <a href="#">Vaccines &amp; Immunizations</a></li> <li>19. <a href="#">World AIDS Day</a></li> </ul>

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<p><b>Substance Use/Abuse</b></p>	<p>Focuses on the use and misuse of alcohol, tobacco, marijuana and inhalants, prescription and over-the-counter drugs and 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.</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Alcohol and Public Health</a></li> <li>2. <a href="#">CDC Alcohol Use</a></li> <li>3. <a href="#">CDC Healthy Living</a></li> <li>4. <a href="#">CDC Don't Drink and Drive Podcast</a></li> <li>5. <a href="#">Facts About Underage Drinking</a></li> <li>6. <a href="#">Florida Tobacco Prevention Training for Educators</a></li> <li>7. <a href="#">Florida Youth Tobacco Survey (FYTS)</a></li> <li>8. <a href="#">Kids Health: E-Cigarettes</a></li> <li>9. <a href="#">CDC Illegal Drug Use</a></li> <li>10. <a href="#">Long-Term Effects of Drugs on the Brain</a>- Grades 9-12</li> <li>11. <a href="#">Poison Prevention</a></li> <li>12. <a href="#">The Teen Brain: Still Under Construction</a></li> </ol>
<p><b>Teen Dating Violence (TDV)</b></p>	<p>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.</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Break the Cycle- "Dating Violence 101"</a></li> <li>2. <a href="#">CDC Teen Dating Violence- Understanding TDV</a></li> <li>3. <a href="#">FDOE Healthy Schools- Comprehensive Health Education</a></li> <li>4. <a href="#">FDOE Safe Schools</a></li> <li>5. <a href="#">Florida Coalition Against Domestic Violence- Teen Dating Violence: New Curriculum available for Educators</a></li> <li>6. <a href="#">Florida Statutes 1006.148</a></li> <li>7. <a href="#">Intimate Partner Violence</a></li> <li>8. <a href="#">Positive Parenting Practices Fact Sheets</a></li> <li>9. <a href="#">Sexual Risk Behaviors: HIV, STD, &amp; Teen Pregnancy Prevention</a></li> <li>10. <a href="#">Stalking Awareness</a></li> </ol>

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