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QUICK
 curriculum guide

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Character Education														
It Takes Practice														
Where Do Bullies Grow?														
Scapgoat Escape NEW!														
Mean Streets of Middle School														
Relationship Respect NEW!														
Stress Less!														
The Skin We're In														
Toxic Relationships														
Stress: Overcoming the Overload														
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Growth and Development														
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Reproduction Discussion NEW!														
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Human Heredity														
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Health Adventure														
Food Feud														
You Are What You Eat														
Nobody's Perfect														

- Each individual program is 45 minutes and is priced at \$500
- Three or more programs are charged at a day rate of \$1200
- A day rate can include up to six programs
- The programs are designed for an audience of 60 students or fewer but we can accommodate up to 250 per program
- Travel fees are assessed by county and apply to all visits
- Additional fees may apply for parent or teacher programs, outcomes-based testing or health risk behavior surveys
- Partnership plans are available for reduced rates

Pricing and Policies

Weller Health Education Center
 Program Guide for Preschool - Grade 12

KidsHealth
 Educational Partner



NEW PROGRAMS
 to fit your needs

We are pleased to announce the addition of four new programs and one extended program series based on the information received throughout the year from you and from the data gathered from our baseline health risk behavior surveys.

The new programs are:

- Scapgoat Escape, grades 4 - 6, a follow-up to our popular program, Where Do Bullies Grow?
- Reproduction Discussion, grades 5 - 6, a student-driven extension of Life Begins
- Relationship Respect, grades 6 - 8, addresses pre-dating attitudes and behaviors
- Facing the Odds, grades 11 - 12, an evidence-based responsible gambling program
- Six Weeks of Healthy Habits, grades 2 - 3 or 4 - 6, focusing on nutrition, fitness and character education in an extended format

All our programs are outcomes-based and support health, science, math and reading standards. These interactive, high-impact, multi-media presentations make health education fun and memorable!

In addition to our programs the Weller Center offers:

- Free standards-based program enrichment materials at www.wellercenter.org
- Parent workshops and teacher in-service programs in each of our topic areas
- Baseline health risk behavior surveys to identify those health risks specific to your students
- Assistance with meeting and exceeding wellness policy objectives

Since September 2008, we have been presenting all our programs on an outreach basis, to rave reviews! Now there is no need to deal with bussing hassles or leaving your building ... all of our 33 captivating, age-specific programs are presented at your school for a convenient and cost-effective learning experience.

Partner with the Weller Health Education Center to Supplement your health education curriculum!

Call 610.258.8500, ext. 10

Weller

Health Education Center

PROGRAMS

Character Education

It Takes Practice • Grades Pre-K – 1

Learn how to express feelings in a healthy way. Role plays teach students to make new friends through introduction and invitation to play. **Includes: interactive puppet show and group sing-along.**

Where Do Bullies Grow? • Grades 2 – 4

Emotional health and school safety are stressed in this anti-bullying program. Students identify different types of bullying and learn strategies to deal with a bully. **Includes: interactive role plays.**

Scapegoat Escape – **NEW!** • Grades 4 – 5

This program builds on the lessons introduced in “Where Do Bullies Grow?” and explores what it means to be the target of a bully. Students will have the opportunity to learn steps in overcoming adversity, obstacles and developing and maintaining a positive self-image. **Includes: group activities and discussion.**

Mean Streets of Middle School • Grades 5 – 6

Developed for students entering middle school, this program explores the challenges of school social dynamics and practices addressing intimidating behaviors of peer groups in a non-escalating manner to enhance school safety and emotional well-being. **Includes: interactive video clips and student-centered discussion.**

Relationship Respect – **NEW!** • Grades 6 – 8

This new program specifically addresses the issues related to pre-dating attitudes and behaviors to better prepare pre-teens and teens for safe and healthy relationships. **Includes: role-playing and high-impact multimedia clips.**

Stress Less! • Grades 6 – 9

Guided discussion and captivating video help students prepare for and positively cope with life’s inevitable stressors. Grade-specific modules identify symptoms of stress, its effects on the body and appropriate coping strategies. **Includes: problem-solving activity and student-centered discussion.**

The Skin We’re In • Grades 7 – 9

Students explore cultural diversity and how to turn anger into tolerance. Participants are introduced and encouraged to follow non-violent behaviors. **Includes: video presentation and values activity.**

Toxic Relationships • Grades 9 – 12

The characteristics of healthy and unhealthy relationships are explored and how dating, friendships and interpersonal communication and the consequences of sexting can impact their lives. Sexual harassment concepts are also discussed. **Includes: student-centered discussion and communication activity.**

Stress: Overcoming the Overload • Grades 9 – 12

Recognize the symptoms of stress and discuss the physical, emotional and behavioral ramifications. Practice strategies to handle the pressure. **Includes: engaging video segments of real teens from our area discussing the stress in their lives.**

Addiction Prevention

Safety Matters • Grades Pre-K – 1

In this popular program, young students learn about and practice medicine chest safety. Tobacco avoidance is included with an emphasis on fire safety. **Includes: interactive puppet show and 911 role play.**

Smokin’ Joe’s Gotta Go • Grades Pre-K – 2

Smokin’ Joe and his puppet friends explain the negative effects of tobacco use on the body. During an activity, children learn how smoking damages the lungs and the air that we breathe. **Includes: interactive puppet show, the Smokin’ Joe rap and group activity.**

Drugs: Choice or Chance • Grades 3 – 5

The definition of drugs is emphasized as students discover potentially helpful and harmful aspects of chemical substances including medications, alcohol, tobacco, caffeine, energy drinks, steroids and household cleaners. **Includes: Q&A session and peer pressure role play.**

All programs correlate with PA and NJ state academic standards. For a detailed description and a list of standards addressed by each program, visit our Web site, www.wellercenter.org.

Tobacco Free, You and Me • Grades 3 – 5

High impact images and creative activities demonstrate the dangers and consequences of using tobacco to both smokers and those around them. **Includes: building a cigarette activity.**

Myth Busting • Grades 6 – 8

Common misconceptions about drugs are dispelled while exploring the media’s portrayal of drug use. The program offers an in-depth look at alcohol and marijuana. **Includes: multimedia clips and a student demonstration.**

Smoke-N-Croak • Grades 6 – 8

Learn the dangers of tobacco use and its short- and long-term damaging effects on the body. Students are introduced to a young man whose tobacco use quickly changed his body and his life forever. **Includes: demonstration with pig lungs and multimedia clips.**

In the NO • Grades 9 – 12

Participants learn how abusing medications including prescription drugs can change the body’s function, alter personality and lead to devastating consequences. The program includes an analysis of the science behind addiction. **Includes: group discussion and high-impact video clips.**

Binged to Death • Grades 9 – 12

The grim consequences of alcohol poisoning, alcohol abuse and binge drinking are explored. Students learn to identify and respond to the signs of alcohol poisoning. **Includes: high-impact video clips and the use of fatal vision goggles.**

Facing the Odds – **NEW!** • Grades 11 – 12

An evidence-based responsible gambling program that helps older adolescents better understand how addiction works in the brain and the dangers associated with addiction and compulsive gambling. **Includes: role-playing and multimedia clips.**

Growth and Development

Life Begins • Grades 5 – 6

A sensitive presentation of how life begins, including the reproductive systems, fetal development and birth with an emphasis on personal responsibility. **Includes: multimedia clips and student-centered discussion.**

Reproduction Discussion – **NEW!** • Grades 5 – 6

A more in-depth, student-driven approach on the topics of reproductive health, hygiene, fetal development and birth with activities that emphasize the tremendous responsibilities placed on the parent of a child. This program was developed as a continuation of Life Begins and intended to be presented in a smaller group setting with a maximum of 60 students. **Includes: hands-on activities and student-centered discussion.**

Big Changes, Big Choices • Grades 6 – 8

This program will teach students how to protect their reproductive health by reviewing the physical, emotional and social changes during puberty. Explores the consequences of intimate contact and sexting. **Includes: multimedia clips and student-centered discussion.**

Human Heredity • Grades 6 – 9

Through an in-depth discussion of scientific concepts, students learn how genetics explain human characteristics and health conditions which are delivered at fertilization. **Includes: live demonstrations and group activity.**

Who Do You Trust? • Grades 8 – 10

This hard-facts presentation highlights HIV/AIDS and reviews other common sexually-transmitted infections (STIs). Modes of transmission, risk behaviors and health consequences of sexual contact are presented as strategies for avoiding STIs. **Includes: immune system demonstration.**

Better Start Early (females only) • Grades 9 – 12

This program reviews female reproductive health and hygiene, breast cancer symptoms and risk factors and the importance of early detection. Using anatomical models, students practice the technique of breast self-exam. **Includes: multimedia clips and Q&A session.**

Hygiene

Handful of Healthy Habits • Grades Pre-K – 1

Introduces students to the world of healthy habits with activities emphasizing good nutrition, exercise and keeping clean. **Includes: interactive puppet show and group sing-along.**

Dental Detectives • Grades 1 – 3

Learn how to care for your precious pearly whites with proper mouth care, healthy eating and dental visits. **Includes: tooth head parade and cavity demonstration.**

Mysterious Microbes • Grades 2 – 3

Larger-than-life microbes show how germs are spread. Explore the immune system, disease prevention and preventive measures such as hand washing and sneeze control. **Includes: video and germ demonstration.**

Hygiene Confidential • Grades 4 – 5

Students will enjoy playing detectives on a mission to find out where body odor and other foul smells come from and how to prevent them. **Includes: Grossology and hand washing demonstration.**

Nutrition and Fitness

Handful of Healthy Habits • Grades Pre-K – 1

Introduces students to the world of healthy habits with activities emphasizing good nutrition, exercise and keeping clean. **Includes: interactive puppet show and group sing-along.**

Kids in Motion • Grades 1 – 3

Kids “get moving” during a mini-workout lead by one of our high-energy instructors. The program emphasizes the role of bones and muscles in exercise and the importance of staying fit and eating healthy. Sneakers are a must! **Includes: student exercise session.**

Health Adventure • Grades 3 – 4

Discover why healthy eating is so important for energy and overall health through this in-depth look at the digestive system. Students will love unraveling 23 feet of small intestine from a digestive apron! **Includes: Grossology activity and multimedia clips.**

Food Feud • Grades 3 – 5

Students will be jumping out of their seats to participate in this interactive game show that teaches them about calories, nutrients, energy expenditure and reading food labels. **Includes: student participation and exercise activity.**

You Are What You Eat • Grades 5 – 8

Ever wonder what is really in the food we eat? Students make the connection between nutrition and the ingredients in the foods they love, as well as the importance of eating for energy throughout the day. **Includes: video presentation and interactive activities.**

NoBody’s Perfect • Grades 8 – 12

Debunk the myth of the perfect body and learn steps to a healthy you during this interactive presentation of body types, eating patterns and exercise routines. **Includes: group activity and multimedia clips.**

New! Extended Programs

Six Weeks of Healthy Habits

An intensive series of six weekly programs focusing on nutrition, fitness and character education for elementary school students in grades 2 - 3 or 4 - 6.

After School Programs

All of our programs can be adapted to accommodate an after-school format for both content and time considerations. We can schedule programs weekly, monthly or however best fits your schedule.

Call 610.258.8500, ext. 10