

Summit County Health District



1100 Graham Road Circle
Stow, Ohio 44224
(330) 923-4891

Welcome

- Summit County Health District
- Family Life Education Program

Agenda for Evening

- History
- Video : Age of Innocents – Innocence Lost
- Our Program
- Questions and Answers

History of Our Program

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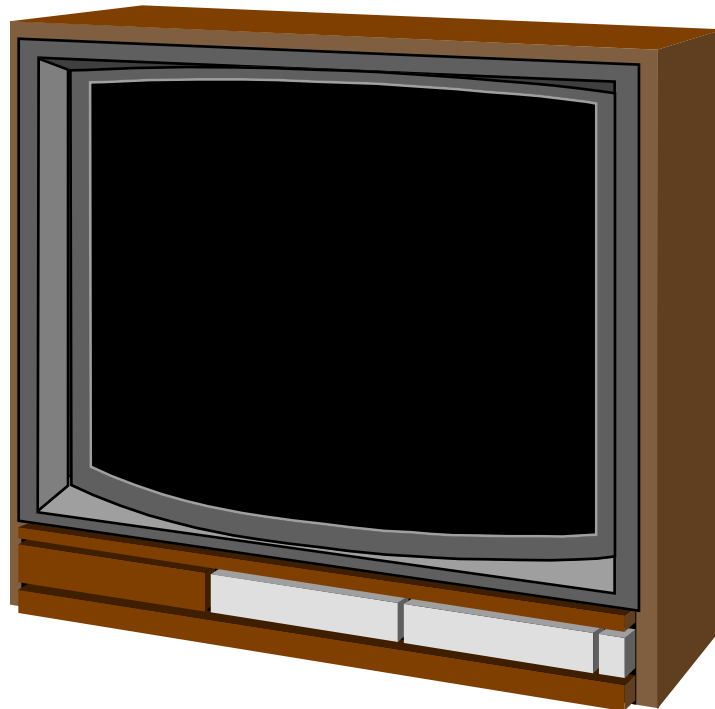
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- Used in other areas of Ohio and the nation

History of Our Program

- Taught by Registered Nurses since the 1950's
- Original curriculum was written by a Summit County Health District Nurse
- Used in other areas of Ohio and the nation
- Normal Classroom Setting

“ Age of Innocents - Innocence Lost”

- Prime Time Live with Diane Sawyer.



Summit County Health District

Our Program

Our Program

- Respect

Our Program

- Respect
- Growth and Development

Our Program

- Respect
- Growth and Development
- Reproduction

Our Program

- Respect
- Growth and Development
- Reproduction
- Health Choices

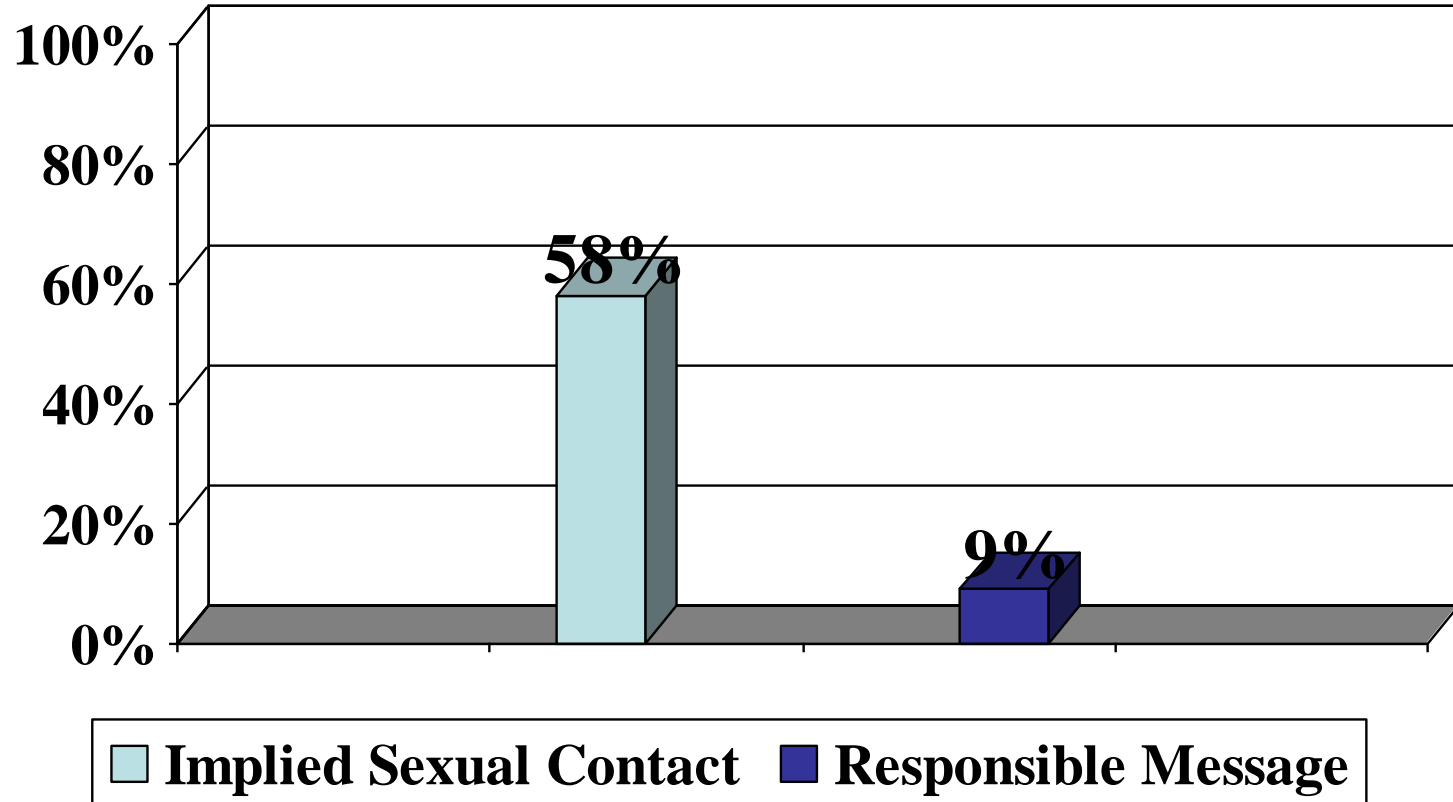
Sexuality Education

- Should your child's education about sexuality be a planned experience?



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Prime Time T.V. Shows



Sources of Information



Summit County Health District

Do Not Underestimate Your Importance as a Parent



- Research has shown that parental expectations are powerful influences on children's behaviors

Purpose and Summary of Course



Summit County Health District

Overview of Topics

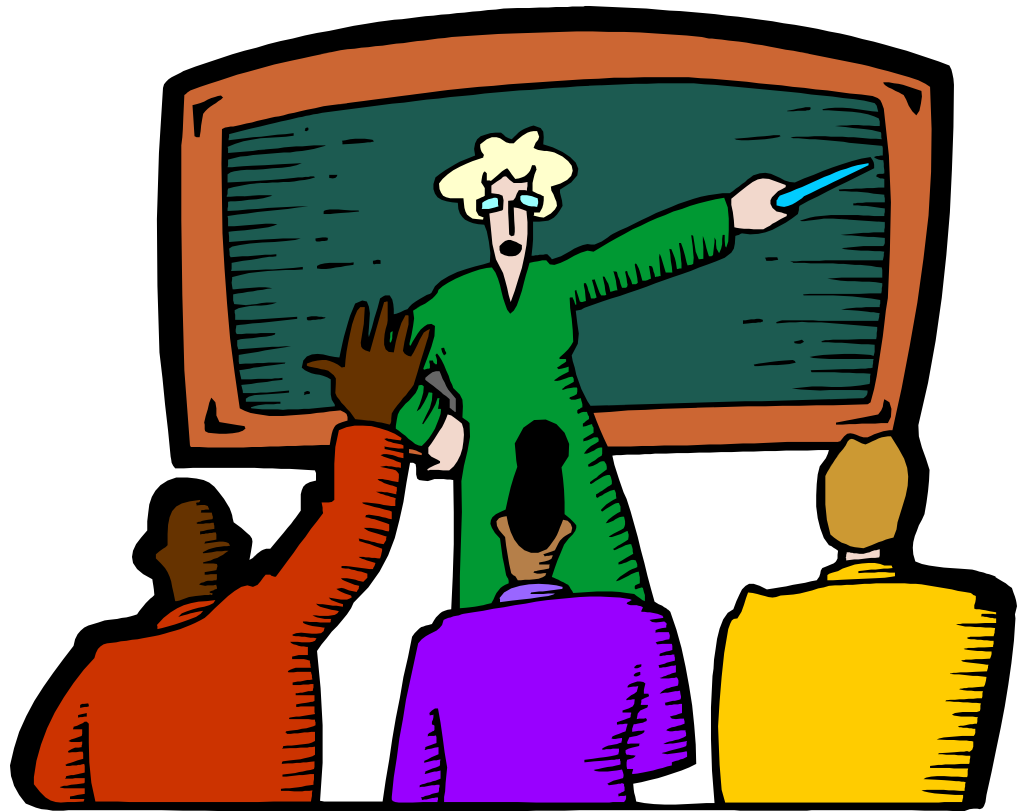
- **Unit 1**
 - Introduction
 - You are Special

Overview of Topics

- **Unit 2**
 - Building Systems
- **Unit 3**
 - Puberty and Adolescence
 - Children grow at their own rate
 - Uneven growth
 - Basic physical changes

Overview of Topics

- **Units 4 and 5**
 - Just for Girls
 - Just for Boys



Overview of Topics

- **Unit 6**
 - Development and Birth of a Baby

- **Unit 7**
 - Planning for Health
 - Define Health
 - Health Choices

Students name: _____

FAMILY LIFE EDUCATION
WHAT ABOUT ME?



DEVELOP GOOD HEALTH HABITS BY MAKING GOOD CHOICES EVERYDAY.

THINK ABOUT THE CHOICES YOU MAKE AND MARK THE BOXES BELOW.

	Yes	No	Sometimes
I sleep at least 9 hours a night.			
I watch 2 hours or less of TV everyday.			
I eat at least 1 fruit or vegetable each meal.			
I wear a helmet when I ride a bike.			
I exercise everyday.			
I talk to an adult when I am worried.			
I keep my fingernails neat and clean.			
I			
I			
I			

(Write health habits you think are important in the blank boxes.)

YOU CAN DO EVEN BETTER!

The statements above are only a few of the many health choices. Make it a habit to think about the choices you make everyday.

Pick a "No" or "Sometimes" that you can change by yourself. What can you do to make a better health choice? Write a plan on the back of this page. If you are not satisfied with the results of your plan, you may need to write a new plan, or ask for advice from a parent or trusted adult.



...before everyone else does.

For More Information:

Summit County Health District
Nursing Division

Family Life Education Program

Penny Riley, R.N. , B.S.N., Supervisor
330-926-5703

Web Sites: www.parentstv.org
www.familydoctor.org

“Talking with Kids About Tough Issues”

- Call:
 - **1-800-CHILD-44** or
- Download your copy at:
 - www.childrennow.org
 - www.talkingwithkids.org
 - www.everythingnick.com