

Approved Programs

- **Happy Bear – PK – 1**
 - "Happy Bear" is an innovative practical personal safety program designed to teach and reinforce the three R's of safety: *RECOGNIZE*, *RESIST*, and *REPORT* abuse. It also covers the topic of *bullying* and what children should do in case they are faced in that situation.
 - Provided by The Advocacy Center for the Children of El Paso.

- **Growth and Development for Boys and Girls “Always Changing”- Grade 5:**
 - Students will learn about the emotional and physical changes that accompany the life stages of adolescence and puberty. The presentations are normally taught in separate sessions for each gender.
 - **NOTE:** This program is geared for 5th grade students. However, a parent /legal guardian, health care provider or school employee may recommend a 4th grade student to participate in the program.

- **Game Plan – Grades 6-8**
 - A program designed to help students discover the “strong message” that abstinence is the safest, healthiest choice for teens to prevent pregnancy and STDs.
 - Abstinence is a good decision which will help them achieve academic excellence and accomplish their goals and dreams.

- **Choices Two Should Know- Grades 7-12**
 - This is an abstinence based presentation which includes separate lessons on Abstinence, Dating Violence, STD’s, and Contraceptives. The content of the curriculum includes teaching of contraception and condom use in terms of human use reality rates instead of theoretical laboratory rates.

- **No Means NO / Risky Trends and Behaviors – Grades 6-12**
 - No Means No is educational sessions that provide teenage youth with the tools to have healthy responsible relationships now and in the future. These workshops provide an awareness and prevention program regarding legal ramifications of sexual assault (rape), dating violence, and improper photography with mobile phones, internet safety and other related crimes. No Means NO addresses how to prevent becoming a victim or perpetrator so all youth can experience healthy relationships free from abuse or violence.
 - Provided by the Center Against Sexual and Family Violence.

- **Teen Talks - Grades 6 - 12**
 - Teen Talks is a Youth Health Education Program that provides 2-days or 5-days of abstinence strong presentations, with a teen parent panel. They focus on sexuality, reproductive health, body image, substance use awareness, mental health, and issues of diversity and anti-violence.
 - Provided by the Child Crisis of El Paso.

- **Navigator - Grades 9 - 12**
 - A program designed for high school students to learn the importance of saving all sexual activity for marriage.
 - Explores issues important to teenagers by using research, statistics and real life stories.

- **HIV/AIDS Prevention - Grades 9 - 12**
 - This presentation defines and provides the difference between HIV Infection and AIDS.
 - A description of the progression of HIV from initial infection to disease, the modes of transmission of HIV, and the ways to prevent HIV infection are discussed.
 - Provided by Department of Public Health.

- **International AIDS Empowerment - Grades 8 - 12**
 - Local, state, national statistics, knowledge and information on risks on HIV/AIDS/STDs are presented.
 - Students discuss attitudes and beliefs towards respecting personal limits, transmission, incubation, and symptoms of AIDS.

- **International AIDS Empowerment – OUTright Community Center – Grades 6-12**
 - This community center is an approved resource and has also been approved to provide speakers for students and parents.

- **Draw the Line/Respect the Line - Grades 6-8**
 - The primary message conveyed through this program is that postponing sexual activity during adolescence is the healthiest choice.
 - Program sessions encourage participants to discuss social and peer pressures about having sex, to set limits, to abstain from sexual intercourse, and to stay clear of risky situations.
 - Draw the Line /Respect the Line also provides information on HIV, other STD's, and pregnancy prevention.

- **Youth Risk Behavior Survey - Grades 9-10**
 - Use of the survey as is, monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including:
 - Behaviors that contribute to unintentional injuries and violence
 - Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection
 - Alcohol and other drug use
 - Tobacco use
 - Unhealthy dietary behaviors
 - Inadequate physical activity
 - The survey also measures the prevalence of obesity and asthma and other priority health-related behaviors plus sexual identity and sex of sexual contacts. This will be the tool to collect data that we can use to learn about our Canutillo community. It will be administrated to freshmen and sophomores.
 - Provided by the Paso de Norte Health Foundation.

In accordance with state law, below is a summary of the district’s approved curriculum regarding health and wellness instruction:

Health Education	University Medical Center
CPR Training	(Students, faculty, staff, parents) Providence Topics: Hands Only CPR, AED, Choking, Child CPR, Child Choking
Emergence Health Network	(Faculty, staff, parents) Youth Mental Health First Aid
Emergence Health Network	(Faculty, staff, parents, students) Topics: Self-harm, Suicide Prevention, Depression, Bipolar, Schizophrenia
El Paso Behavioral	(Faculty, staff, parents, students) Topics: Suicide Prevention, Owing the Consequences of Our Actions, Deescalating of an Angry Child
FBI	(Faculty, staff, parents, students) Topics: Cyber Safety and Bullying, Social Networking

Available Presentations from Department of Public Health

SHAC has provided a list of available public health presentations to secondary Physical Education and Health teachers. These sessions will be conducted by trained Health Education and/or Promotion Specialists from the Department of Public Health.

The topics are as follows:

- Blood borne Pathogens
- Border Health Issues
- Dental Health
- Disease Prevention
- Eating Disorders
- Exercise and Weight Management
- Food Safety
- Nutrition
- Personal Hygiene
- Stress Management
- Summer or Winter Survival