

Health Education in Schools 101

Skills-based health education helps students learn practical skills and knowledge to take care of their own health and support others' well-being.

Encouraging students to think about the complexities of health, recognize their unique strengths, and understand how they can positively impact their own well-being and their community helps them grow — and they need support along the way.

DIMENSIONS OF WELLNESS

ADOPTION OF HEALTHY BEHAVIORS

Health education in schools equips students with the knowledge and skills to make informed health decisions, leading to healthier lifestyle choices.

ENHANCED ACADEMIC ACHIEVEMENT

Healthy students are better learners. By promoting physical and mental well-being, health education contributes to improved concentration, attendance, and overall academic performance.

DEVELOPMENT OF PERSONAL AND SOCIAL SKILLS

Health education addresses mental health topics, teaching students coping mechanisms, stress management, and communication skills. This fosters resilience and creates a supportive school environment.

Health and well-being isn't just about being free from illness — it's about feeling good in all areas of life. True well-being means having energy, a sense of purpose, and strong connections with others. It's about handling stress in healthy ways and making time for activities that bring you joy and fulfillment. It also includes learning new things, being creative, spending time outdoors, and using technology in a balanced way.

The **ten dimensions of wellness** — **physical, emotional, financial, spiritual, social, career, intellectual, creative, environmental, and digital** — all work together to support a happy, healthy life. Even small changes, like setting aside time for self-care or limiting screen time, can make a big difference.



UNDERSTANDING HEALTH EDUCATION CLASS

Functional Health Information (FHI) is the age-appropriate health information that you need to be able to use — it's the information paired with a skill that leads to a healthy behavior (FHI + Skill = Healthy Behavior). Examples of how this information is paired together in a skills-based health education class can be found below. The possible combinations are nearly endless!

Oral Health + Practicing Healthy Behaviors = Regularly Brushing Teeth and Flossing

Digital Wellness + Goal Setting = Reduction in Screen Time

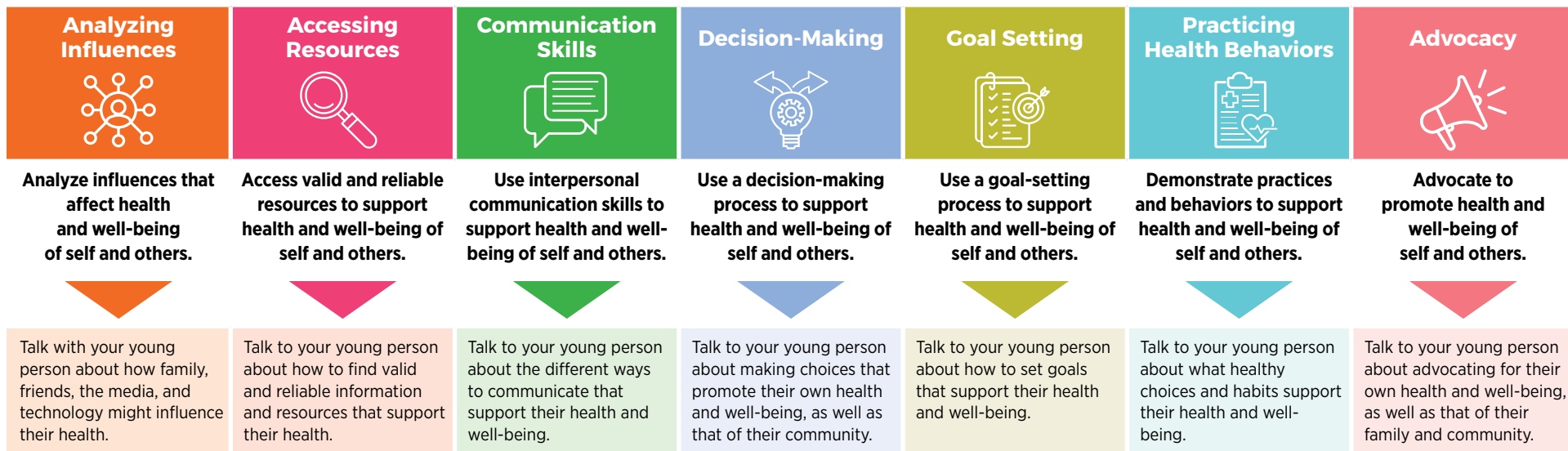
Healthy Relationships + Communication Skills = Setting Boundaries With a Romantic Partner



Functional Health Information

Use functional health information to support health and well-being of self and others.

Talk to your young person about the kind of health information that is most relevant to supporting their health and well-being.



Parents can support their children's health education by providing real-life opportunities to apply these skills beyond the classroom. Here are a few examples of how you can support your young person's learning at home.

MEDIA INFLUENCE

Talk to your student about how ads on YouTube videos can influence the type of products they want or the choices they make. Ask them if they have ever seen an advertisement that made them really want something and discuss how companies use colors, music, and celebrity endorsements to make products seem more appealing.

BUILDING HEALTHY RELATIONSHIPS

Talk about what makes a good friend and why healthy relationships are important. Share examples from your own life and ask them how they handle conflicts or support their friends during tough times.

MANAGING STRESS

Share a time when you felt stressed and talk about how you handled it. Encourage your child to describe what makes them feel stressed and brainstorm together some healthy ways to manage it, like deep breathing, taking a break, or talking to someone they trust.

DIGITAL WELLNESS

Ask your child how much time they think they spend on screens each day. Compare their estimate with actual screen time reports (if available) and discuss ways to balance online activities with other healthy habits, like physical activity, reading, or spending time with family.

HEALTHY EATING

Involve your child in grocery shopping by looking at food labels together. Ask them to compare different snacks and talk about which options provide the best fuel for their body. Challenge them to find a new healthy food to try.

EVALUATING ONLINE INFLUENCERS

Talk to your student about how to know if information from their favorite influencers is true or not. Ask them what they have learned from influencers recently and encourage them to think critically by asking: Who created this content? What is their goal? Where can we fact-check this information? Show them how to use reliable sources to verify claims before believing or sharing them.