

iHealth

Course Description



iHealth

- ✓ A **comprehensive, sequential, and relevant** set of learning experiences.
- ✓ Complete set of “ready-to-use today” lessons, assessments, and activities.
- ✓ Supports the development of skills, attitudes, and knowledge of health and well-being.

Best practices

- National health education standards (NHES).*
- Characteristics of an Effective Health Education Curriculum.**
- Covers all health education modules and healthy behavior outcomes (HECAT).***
- Integrated digital learning platform - blended learning + flipped class.

Proven track record

- Lesson plans (playbooks) for every day of the school term - day one to the last day.
- More than 100,000 students have completed iHealth (grades 7 - 12).

*Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.

**U.S. Department of Health & Human Services. Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion

***Centers for Disease Control and Prevention's HECAT (2021).





Health Subjects

Alcohol and other drugs (AOD)

Food and Nutrition (FN)

Mental and emotional health (MEH)

Personal health and wellness (PHW)

Physical activity (PA)

Safety (S)

Sexual health (SH)

Tobacco (T)

Violence prevention (V)



THE INTERACTIVE WAY

HOW WE DO WHAT WE DO



RELEVANT

Lesson titles are the questions learners have on their mind.

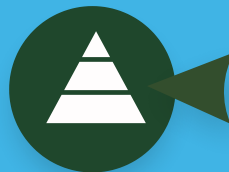
DIGITAL

Use technology to teach without having to teach technology.



Linear

Completion of a lesson unlocks access to the next lesson in the curriculum sequence.



Consistent

A common lesson approach and format. Learners know what to expect.



Brief

Video lessons are typically four to six minutes in length.



FORMATIVE ASSESSMENTS

Lessons allow learners to demonstrate their grasp of the subject material. Unlimited attempts encourages achievement. Scores are the average of attempts.



INDEPENDENT LEARNING

Digital learning platform allow learners a degree of ownership to learn the way they learn best.

WHAT'S THE BIG IDEA?

Each lesson ends with a single "big idea" - a primary message students relate to.



EDUCATOR TOOLKIT



Real time ability to view learner activity, progress, and achievement.





Skills-based health

Lessons, assignments, evaluations, resources, quizzes, and exams are blended learning/flipped classroom-enabled so teachers have more in-school time for classroom activities like:

Small group discussions

Project based learning

Guest speakers

Current events

Role playing

Data access/analysis

Peer presentations

Skill practicing

Advocating

Special projects

. . . and more!



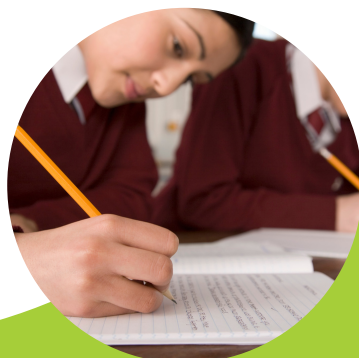


BLENDED LEARNING

An education program in which a student, while attending a "brick-and-mortar" school structure, learns in part through online delivery of content and instruction with some element of ownership over individual learning style.

FLIPPED CLASSROOM

An instructional strategy and a type of blended learning, which aims to increase student engagement and learning by having pupils complete lessons at home and work on live problem-solving during class time.



Units of Study

- 01 Let's Get Started
- 02 Making Healthy Decisions
- 03 Your Feelings
- 04 More About Your Feelings
- 05 All in the Family
- 06 My Friends, My Health
- 07 Out of Harm's Way
- 08 Alcohol
- 09 Up in Smoke
- 10 Substances: Legal and Illegal
- 11 Reproduction
- 12 Infectious/Chronic Diseases
- 13 Making Healthy Decisions
- 14 Your Nutrition
- 15 Your Fitness
- 16 In an Emergency
- 17 Organ/Tissue Donation
- 18 Your Finish Line
- 19 Your Final



Health Literacy

The ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others.



01: LET'S GET STARTED

Welcome to iHealth

What do I need for iHealth?

What do I need to learn in iHealth?

How am I graded?

What is the best way to take iHealth?

What is the iHealth honor code?

Let's Review



02: MAKING HEALTHY DECISIONS

What does health really mean?

Who is in charge of my health?

How long will I live?

What does quality of life mean?

What are the biggest risk factors?

What are the most significant decisions a person makes?

How should I make decisions?

What is a healthy behavior outcome?

Healthy Behavior Outcomes (HBOs) - A





03: YOUR FEELINGS

How does my personality affect my health?

What causes stress?

How does stress affect my body?

What's the best way to deal with stress?

What is my self-image?

How do I boost my self-esteem?

How do I cope with my emotions?

What are defense mechanisms?

Healthy Behavior Outcomes (HBOs) - B



04: MORE ABOUT YOUR FEELINGS

How do I express my feelings in a healthy way?

Are mental disorders real?

Are there different types of mental disorders?

How do I deal with setbacks?

What are the signs of depression?

What is love?

What should I do when I get angry?

Healthy Behavior Outcomes (HBOs) - C





05: ALL IN THE FAMILY

Are all families alike?

What causes family stress?

What can I do to help keep the family healthy?

How can I reduce family conflict?

Why can't I make my own rules?

What's my role in the family?

How do I deal with divorce?

Healthy Behavior Outcomes (HBOs) - D



06: MY FRIENDS, MY HEALTH

Are there different types of friends?

How do my friends define me?

What should I look for in a friend?

How can I be a good friend?


Why do problems arise in friendships?

What does a genuine apology look like?

What's up with cliques?

Healthy Behavior Outcomes (HBOs) - E





#besate

07: OUT OF HARM'S WAY

How do most fights start?

Is cyberbullying real?

Can I avoid violent situations?

Is hazing ever acceptable?

Is sexual harassment legal?

How should I act if I am stopped by an officer of the law?

What is distracted driving?

Healthy Behavior Outcomes (HBOs) - F



08: ALCOHOL

Why do so many people drink alcohol?

If alcohol is a drug, why is it legal?

What does alcohol do to my body?

Are there benefits associated with drinking alcohol?

Why do I have to be 21 years old to consume alcohol?

What is BAC and what does it mean?

What drinking laws do I need to know?

What factors influence drinking?

What is binge drinking?

What is alcoholism?

What is the cost of drinking?

Healthy Behavior Outcomes (HBOs) - G





09: UP IN SMOKE

Why do people start to smoke?

What does tobacco do to my body?

Are there benefits to smoking?

Why is tobacco legal?

What about vaping?

Is smokeless tobacco safe?

What about secondhand smoke?

How much does it cost to be a smoker?

Is it too late to quit smoking?

Healthy Behavior Outcomes (HBOs) - H



10: SUBSTANCES: LEGAL, ILLEGAL

Why do people use drugs?

Is there an issue if substances make people feel good?

What's the difference between legal and illegal substances?

What substances are free from side effects?

What are the most commonly abused substances?

What are the dangers of substance abuse?

Isn't marijuana legal now?

What is the cost of a dependency?

How can I rise above the influence?

Healthy Behavior Outcomes (HBOs) - I





11: REPRODUCTION

What causes my body to change?

Am I ready to date?

Is everyone sexually experienced?

Is it safe to be sexually intimate?

Does birth control really work?

Is abstinence realistic?

What about self-exams?

Healthy Behavior Outcomes (HBOs) - J

Show Your Skills - SH



12: INFECTIOUS, CHRONIC DISEASES

What's the difference between bacteria and viruses?

How do germs spread?

What do I need to know about STIs?

What's the difference between AIDS and HIV?

Why do some people have allergies and some don't?

Do I have sitting disease?

Healthy Behavior Outcomes (HBOs) - K

Show Your Skills - PHW

Show Your Skills - MEH





13: MAKING HEALTHY DECISIONS

- How do I set my own health goals?
- How can I be a wise consumer?
- How does media and technology affect health?
- What web sources can I trust?
- What are the signs of personal maturity?
- How often should I see a doctor?
- How much does healthcare cost?
- How do I just say no (yes)?
- Show Your Skills - S



14: YOUR NUTRITION

- How many calories do I burn in a day?
- How many calories do I burn during physical activity?
- What is the real scoop on calories?
- How do I make the calories in-calories out connection?
- How do I read the nutrition label?
- What does the nutrition label tell us?
- What is the best food plan?
- Can I "out-exercise" poor eating?
- What's the real scoop on bread, carbs, and grains?
- What's the skinny on fats?
- Show Your Skills - N





15: YOUR FITNESS

What is physical fitness?

What is the best activity for health and fitness?

How often should I be active?

What does it mean to be physically healthy?

What is the secret to movement?

How does daily movement improve my school day?

Is vigorous movement necessary?

Who is in charge of my movement?

Show Your Skills - PA

Show Your Skills - T



16: IN AN EMERGENCY

How should I respond in an emergency?

What is hands only CPR?

How do I perform CPR?

Should I perform CPR on children?

Show Your Skills - AOD

Show Your Skills - V

Healthy Behavior Outcomes (HBOs) - L





17: ORGAN/TISSUE DONATION

Why should I sign up to be an organ donor?

Myth busters: what do you know about organ donation?

How does signing up as a donor help others?

What organs can be donated?

A donor hero story

More Myth Busters

How are people saved and healed with tissue donation?

What about living donations?

What now? How do I sign up?

Where can I find more information?

Tell us what you think.



18: YOUR FINISH LINE

Self assessment - A

Course evaluation

Self assessment - B

Practice Final

EXTRA CREDIT: Change the World

Final Examination





Healthy Behavior Outcomes (HBOs)

Alcohol and other drugs (AOD: 8)

- Use prescription and over-the-counter medications correctly.
- Avoid misuse and abuse of over-the-counter and prescription drugs.
- Avoid the use of alcohol.
- Avoid the use of illegal drugs.
- Avoid driving while under the influence of alcohol and other drugs.
- Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.
- Quit using alcohol and other drugs if already using.
- Support others to be alcohol- and other drug-free.

Food and Nutrition (FN: 12)

- Follow a healthy eating pattern that meets individual preferences and needs for growth and development.
- Choose a variety of options within each food group.
- Eat lots of fruits and vegetables.
- Choose to eat whole grain products.
- Choose to eat or drink fat-free or low-fat dairy or fortified dairy alternatives.
- Drink lots of water.
- Avoid sugary drinks.
- Limit foods high in added sugars, saturated fats, trans fats, and sodium.
- Choose to eat or drink nutrient-dense foods and beverages when dining.
- Prepare good-tasting, nutrient-dense foods for yourself and others.
- Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture, and budget.
- Support healthy eating patterns for others.





Healthy Behavior Outcomes (HBOs)

Mental and emotional health (MEH: 9)

- Express feelings in a healthy way.
- Engage in activities that are mentally and emotionally healthy.
- Manage interpersonal conflict in healthy ways.
- Prevent and manage emotional stress and anxiety in healthy ways.
- Use self-control and impulse-control strategies to promote health.
- Get help for troublesome thoughts, feelings, or actions for oneself and others.
- Show acceptance of difference in others.
- Establish and maintain healthy relationships.
- Practice habits that promote mental and emotional wellbeing.

Physical activity (PA: 7)

- Engage in moderate to vigorous physical activity for at least 60 minutes every day.
- Regularly engage in physical activities that enhance cardio-respiratory endurance, flexibility, muscle endurance, and muscle strength.
- Engage in warm-up and cool-down activities before and after structured exercise.
- Drink plenty of water before, during, and after physical activity.
- Follow a physical activity plan for healthy growth and development.
- Avoid injury during physical activity.
- Support others to be physically active.

Physical health and wellness (PHW: 12)

- Practice appropriate hygiene habits.
- Get an appropriate amount of sleep and rest.
- Prevent vision and hearing loss.
- Prevent damage from the sun.
- Practice behaviors that prevent infectious diseases.
- Practice behaviors that prevent chronic diseases.
- Practice behaviors that promote mental and emotional wellbeing.
- Practice behaviors that prevent foodborne and waterborne illnesses.
- Prevent serious health problems that result from common chronic diseases and conditions, such as allergies, asthma, diabetes, and epilepsy.





Healthy Behavior Outcomes (HBOs)

Physical health and wellness (continued)

- Prevent serious health problems that result from common chronic diseases and conditions, such as allergies, asthma, diabetes, and epilepsy.
- Use healthcare services to address common infectious diseases and manage chronic diseases and conditions.
- Seek out healthcare professionals for appropriate screenings and examinations.
- Prevent health problems that result from fads or trends.

Safety (S: 8)

- Follow appropriate safety rules when riding in or on a motor vehicle.
- Avoid driving a motor vehicle – or riding in a motor vehicle driven by someone – while under the influence of alcohol or other drugs.
- Use safety equipment appropriately and correctly.
- Apply safety rules and procedures to avoid risky behaviors and injury.
- Avoid safety hazards in the home and community.
- Recognize and avoid dangerous surroundings.
- Get help for oneself or others when injured or suddenly ill.
- Support others to avoid risky behaviors and be safe.

Sexual health (SH: 10)

- Recognize developmental changes experienced by self and others during childhood and adolescence.
- Establish and maintain healthy relationships.
- Treat all people with dignity and respect with regard to their gender identity and sexual orientation.
- Give and receive consent in all situations.
- Be sexually abstinent.
- Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.
- Engage in behaviors that prevent or reduce unintended pregnancy.
- Support others to avoid or reduce sexual risk behaviors.
- Avoid pressuring others to engage in sexual behaviors.
- Use appropriate health services to promote sexual and reproductive health.





Healthy Behavior Outcomes (HBOs)

Tobacco (T: 5)

- Avoid using (or experimenting with) any form of tobacco.
- Avoid exposure to second-hand smoke and aerosol.
- Support a tobacco-free environment.
- Support others to be tobacco-free.
- Quit using tobacco, if already using.

Violence Prevention (V: 10)

- Manage interpersonal conflict in nonviolent ways.
- Manage emotional distress in nonviolent ways.
- Avoid bullying or being a bystander to bullying.
- Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.
- Avoid situations where violence is likely to occur.
- Avoid associating with others who are involved in or who encourage violence or criminal activity.
- Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting, and hate crimes.
- Get help to prevent or stop unwanted or inappropriate touching.
- Get help to stop being subjected to violence or physical abuse.
- Get help for oneself or others who are in danger of hurting themselves.

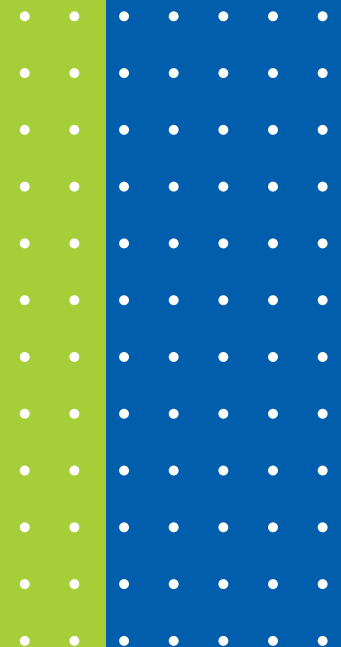




RATIONALE

WHY IHEALTH?

- ✓ Fast track to skills-based health education.
- ✓ Improve learning outcomes and educator efficacy.
- ✓ Reduce staff stress and turnover.
- ✓ Educational technology is here to stay.
- ✓ Logical next step beyond the health textbook.
- ✓ Cost effective - futureproof curriculum without upfront investment.



Ready for a curriculum walk-through?
Contact: glemke@interactivepe.com

