



Hult Center for Healthy Living Youth Health Education Programs

309-692-6650 or info@hulthealthy.org
for details, fees, and scheduling

Social-Emotional Wellness Programs

Social Emotional Learning

Grades 1-6

This program is customizable for each school and utilizes the PATHS® (Promoting Alternative THinking Strategies) curriculum to provide age-appropriate education in a variety of topics in order to promote social and emotional competence and reduce behavior problems in young children. Areas of focus vary by grade level and include a variety of topics including: building empathy, emotion management, problem solving, manners, friendship skills, self-control, respecting others, and bullying prevention. Number and length of sessions varies by school. ***In-house & Outreach**

SOS: Youth Suicide Prevention Program **Grades 5-12**

This program is designed to teach students how to identify the symptoms of depression and suicidality in themselves and others and how to get the help that they need. ***In-house & Outreach**

Youth Mental Health Matters **Grades 6-9**

This program covers a variety of mental health topics and also provides the opportunity for students to request additional counseling services. Sessions vary by grade level and include a variety of topics including: anger management, conflict resolution, bullying & cyber-bullying, suicide & depression, self-esteem, addiction, positive coping skills, body image & eating disorders, as well as self-reflection & trust building. Number and length of sessions varies by school. ***In-house & Outreach**

Youth Mental Health First Aid

Adults

An interactive training designed to teach parents and teachers how to help school-aged children experiencing a mental health or addictions challenge, or what to do if the school-aged child is in crisis. The course introduces common mental health challenges for youth and teaches adults how to identify mental health symptoms and how to approach and interact with school aged children struggling with mental health issues. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Training is 8 hours, and can be conducted for 10-30 individuals. Pricing varies depending on training date, location, and number of participants. ***In-house & Outreach**

Family Life Programs

Michelle

Girls only, grades 4-5

This program discusses the uniqueness of all individuals, female pubescent changes, the female reproductive system, and feminine hygiene products. (90 minutes) ***In-house & Outreach**

Matthew

Boys only, grades 4-5

This program focuses on the uniqueness of all individuals, male pubescent changes, the male reproductive system, and masculine hygiene products. (90 minutes) ***In-house & Outreach**

Life Begins

Grades 5-7

Students will be introduced to genetics, the male and female reproductive systems, fertilization and conception, fetal growth and development, the childbirth process, and the concept of abstinence. (90 minutes) ***In-house & Outreach**

Breast/Testicular Self-Awareness **Grades 9-12**

Single-gender programs discussing incidence, risk factors, anatomy and physiology, signs and symptoms, and breast/testicular self-exam (technique). (45 minutes) ***Outreach**

Teen Talk

Grades 9-12

The Teen Talk program is the Hult Center's sexual health education curriculum, in which lessons and topics are customizable for each school. Lessons are derived from evidence-based comprehensive curriculum and align with the National Sexuality Education Standards. The overall goal of the Teen Talk program is to foster the growth of knowledge, attitudes, skills, and lifelong behaviors that will enable the students to assume responsibility for healthy living and personal wellbeing. Emphasis is placed building self-confidence, positive relationships, and seeking resources in the community. **(Times vary, 60-90 minutes each) *In-house & Outreach**



General Health Education Programs

Your Amazing Body!

Grades Pre K-K

Your Amazing Body! Is a five-part series that highlights the wonders of the human body. Our professional health educators will provide four programs in your classroom, emphasizing the brain, heart, lungs and teeth. Following the on-site component, students will visit the Hult Center here lessons will be reinforced and student interest will be captured by larger-than-life displays and interactive models. **(Four 30-minute site visits plus one 45-minute visit to the Hult Center)**

My Special Body

Grades Pre-K-1

Only offered in March;* Students rotate to different learning centers for hands-on multisensory learning. Topics include heart, lungs, brain, and the five senses. Preferred class size is no more than 24 students. (60 minutes) *In-house only**

Tooth or Consequences

Grades Pre K-1

Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy vs. unhealthy snacks, and the importance of regular checkups. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste, and dental floss! (35 minutes each, 1 or 2 day programs available) ***Outreach only**

Dental Healthy Partners

Pre-K-1

Only offered in February (Dental Health Month)* Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy versus unhealthy snacks, and the importance of regular dental checkups. Students will visit hands-on brushing and flossing stations that utilize dental models. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste and dental floss! (45 minutes) *In-house only**

Super Kids, Super Feelings

Grades K-1

Topics include: uniqueness of each individual, food groups, dental health, healthy behaviors, skeletal system, and getting along with others. (60 minutes) ***In-house only**

Safe Kids, Smart Kids

Grades K-2

In coordination with the Peoria Humane Society, topics discussed in this class include animal safety, safety in the home, stranger danger, how to say “no”, and how to get help in an emergency (60 minutes) ***In-house only**

Healthland

Grades 2-3

Every child should understand the criteria for making healthy decisions and developing healthy habits. This program will teach just that through discussion on the main food groups, the five senses, and how to care for them. (60 minutes) ***In-house only**

Food, Fitness & FUN

Grades 2-5

Students will learn about portion sizes and explore the differences between healthy and unhealthy foods and fats. Students will also learn the importance of exercise in a fun, heart-healthy activity that will raise their heart rates. (90 minutes) ***In-house only**

Healthy Adventure

Grades 3-4

Students will take a tour through the human body, uncovering everything from cells and tissue to organs and body systems. They will learn about the digestive system, healthy nutrition, and what it takes to truly care for and respect the body they live in. (60 minutes) ***In-house only**

Healthy Kids, Healthy Classrooms (HKHC)

Grades 4-6

Students use Turning Technologies© response system to answer a series of questions about: nutrition, exercise, substance abuse, tobacco, puberty, and social/emotional health. After Hult staff reviews the students’ results, three targeted interventions are provided to the students that focus on their two areas of greatest need. Following the interventions, the students complete a post-test to assess knowledge gain and positive behavior change as a result of the program. (Five sessions, 60-90 minutes each) ***Outreach only**

Our Incredible Machine- Heart Adventure

Grades 4-5

Only offered in September;* Topics discussed in the program include cells, organs and body systems, with particular focus on the respiratory and circulatory systems. Students will have the opportunity to run, scoot, and dribble their way through the “Heart Adventure Challenge Course” where they will be encouraged to raise their heart rate as they race through a series of tubes designed to show the flow of blood through the body. (90 minutes) *In-house only**

Fueling Around

Grades 5-9

Food and nutrients are as important to our bodies as gasoline is to a car. Students will learn about portion sizes, reading food labels and the roles of fiber and calcium. They will also learn the difference between healthy and unhealthy fats and nutrient-dense and empty-calorie foods. They will walk away with an understanding of the importance of exercise and maintaining a healthy weight. This program engages students through interactive remotes. (90 minutes) ***In-house and Outreach**

Substance Abuse Education Programs

Drugs: Choice or Chance? Grades 4-5

This program discussed tobacco, alcohol, and marijuana and teaches students how to deal with peer pressure. It will engage critical thinking among students as well as collaboration through interactive remotes. (90 minutes)
*In-house only

Steroids & Supplements in Sports Grades 6-12

Students will participate in a competitive “game” format using interactive remotes. They will be presented with information on anabolic steroids, supplements, diet and exercise and then answer questions about them. (45 minutes) *In-house & Outreach

Decisions: It’s Up to You Grades 8-12

Whether it’s alcohol, marijuana, or the latest designer drug, use of these substances always has consequences. Students will learn about each as well as how to deal with peer pressure. This program engages critical thinking and student communication through interactive remotes. (90 minutes) *In-house only

Generation Rx Grades 8-12

Participants will realize the impact prescription drugs have on the body and dangers of their use/abuse. They will discuss opioids, CNS depressants, stimulants, and over-the-counter drugs. Students will also learn about the dangerous and sometimes fatal consequences of mixing alcohol and prescription drugs through an interactive activity. (45 minutes) *In-house & Outreach

LifeSkills Training Grades 5 to 8

Comprehensive, evidence-based curriculum for educating youth about the harmful effects of tobacco and substance abuse. Focuses on all of the most important factors that lead adolescents to use one or more drugs by teaching them a combination of health information, general life skills, and drug resistance skills. Examples of these sessions are: Making Decisions, Smoking: Myths and Realities, Alcohol: Myths and Realities, and Communication Skills. This program engages student interaction through Turning Technologies© response system. (5 sessions, 45-60 minutes each)

School-Wide Programming



Healthy U is the Hult Center’s school-wide initiative to improve students’ and teachers’ overall health and wellness. This program utilizes the evidence-based **CATCH** (Coordinated Approach to Child Health) curriculum that promotes physical activity and healthy food choices in preschool through middle school aged children and their families. **CATCH** promotes healthy changes within your school’s cafeteria, classrooms, and physical education setting, as well as within your community. **CATCH** improves moderate-to- vigorous physical activity during P.E. classes, along with students’ self-reported eating and physical activity behaviors. In **CATCH** schools, children are not just learning about health they are living healthier lives.

Healthy U is implemented over an entire school year and involves extensive training of school administration, teaching staff, cafeteria staff, and more, with the overall goal of making your school a **CATCH** school. To accomplish this, one of the Hult Center’s Certified Health Education Specialists will help transform your school by establishing a Healthy U advisory committee, conducting a variety of trainings for school staff, engaging parents and caregivers in improving the health of their children, and helping your team to coordinate healthy school events.

Healthy U is quoted based on the needs of each school, per school year.

Don’t see what you’re looking for? Contact us at 309.692.6650 or info@hulthealthy.org to have the Hult Center’s team of educators create a program that will be perfect for the needs of your school!