

Elements of Effective Health Education

The role of Health Education is to provide students with knowledge, skills and resources so they can make healthy decisions and lead healthy lives.

The three domains of Health Education are:

- I. **Functional Knowledge:** The content specific health knowledge that is essential to know in order to be safe, healthy and academically successful.
- II. **Health Education Skills:** The seven developmental personal and social skills, when mastered, enable students to enhance personal, family and community health and safety.
The skills are: *self-management, relationship management, stress management, communication, planning and goal setting, decision-making and advocacy.*
- III. **Attitude:** Lessons must cultivate attitudes that are conducive to understanding functional knowledge and practicing health education skills. For example, such attitudes include students' full engagement in lessons; their willingness to consider how the lessons apply to their own lives; and their recognition that they have a responsibility to themselves and others to practice healthy behaviors.