

INSTRUCTION

Philosophy of Comprehensive Health Education

School health programs play a major role in meeting the broad educational and emotional needs of students. The Okemos Board of Education recognizes the importance of a program of instruction in health education within the total philosophy of the school system. The school is in a unique position to offer a carefully planned sequential program of instruction that supplements the role of the home and community. This partnership continues from kindergarten through twelfth grade.

Health education is a continuum of learning experiences that enable people to make informed decisions, modify behaviors, and change social conditions in ways that are health enhancing. Students learn to obtain, interpret, and apply health information and services in ways that protect and promote personal, family, and community health. In doing so, students are given the information and skills they need to make health choices that are truly healthy choices.

Components of the Okemos Public Schools comprehensive health education program shall include:

- personal health
- nutrition
- growth and development
- violence, safety and injury prevention
- tobacco, alcohol, and other drug abuse prevention
- family living and sexuality education
- consumer and community health
- communicable and chronic disease prevention
- mental and emotional health

A health-educated student should be able to:

- Apply health promotion and disease prevention concepts and principles to personal, family, and community health issues;
- Achieve and maintain health-enhancing behaviors throughout life;
- Identify and manage controllable health risks;
- Respect and promote the health of others;
- Select and use health services, products, and information.

Policy

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