



Program Descriptions

7/1/07-6/30/08

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Profile

- **Mission Statement**

The Mission of the Harold W. McMillen Center for Health Education, Inc. is to provide vital and effective preventive health education that promotes physical, emotional, and social well being.

- **Motto**

“Building Healthy Communities One Life at a Time.”

- **Teaching Staff**

McMillen Center professional Health Educators each hold a bachelor’s degree in education or a health related field.

- **Indiana Academic Standards**

Each Core Program is aligned to the Indiana Academic Standards for Health Education. Following each program description is a notation of which standards are met in that program.

- **Fort Wayne South Bend Diocese Approved**

Program titles denoted with a **C** indicate an approved program by the Fort Wayne-South Bend Diocese.

- **Location**

All programs can be presented at the McMillen Center or at your facility. (An additional transportation fee is added for programs taught outside the Center).

Program Descriptions

I. Youth Core Programs: Pre-School through Grade 5

- 1. Safety Bear** **Ages 3-4** **Preschool** **30 minutes**
Youth will learn about safety around the home and general health concepts. A story with Safety Bear along with the use of kid-sized exhibits helps children learn about avoiding injury. The "Magic Monsters" puppet show brings warmth and humor while teaching the basics of staying happy and healthy. Children also learn how much fun exercise can be.
- 2. Scrubby Bear** **Ages 4-5** **Preschool/K** **45 minutes**
A professional Health Educator will lead children through practice hand washing and tooth brushing. Children will visit with our larger than life talking Tooth and with TAM our **T**ransparent **A**natomical **M**annequin. TAM will show the children the placement of the heart in the body and reinforce the importance of hand washing. Interaction with props, individual exercises, and lots of discussion will help children learn that sleeping, eating well, exercising, and taking good care of their bodies will help them stay healthy.
- 3. Kinderhealth** **Ages 5-7** **Kindergarten** **60 minutes**
Youth will participate in a lively, fun-filled adventure that teaches keys to a healthy lifestyle. Eating healthy foods, exercising, getting proper rest, and being happy are covered in this interactive session for five and six year olds. Children exercise, then use an oscilloscope to look and listen to a classmate's heart beating. This program includes a special segment that focuses on the muscular system of the body. Children will have a better understanding of how the muscles work. The program continues with a delightful visit with TAM, our **T**ransparent **A**natomical **M**annequin. TAM explains how the human body works and reinforces ways to stay healthy.
(K: 1.1, 1.2, 1.4, 1.8, 2.3, 3.1, 3.2, 3.4, 3.6, 5.5 6.3, 7.1, 7.2)
- 4. Happy Healthy Me** **Ages 6-8** **Grade 1** **60 minutes**
Youth will learn about Four Keys to staying healthy, including exercise, rest, nutrition, and having a positive attitude. Being happy and healthy is the theme for this program. The children will enjoy learning about healthy living with Charlie Chan the Bony Man, TAM, our **T**ransparent **A**natomical **M**annequin, and our puppet friends. Children will learn how to take care of themselves and care for the feelings of others. Interactive segments include the use of a life-sized food pyramid and group exercise to help introduce healthy lifestyles.
(1: 1.1, 1.2, 1.4, 1.8, 2.3, 3.1, 3.2, 5.2, 5.3, 5.4, 5.5, 6.3, 7.1, 7.2)
- 5. My Sensational Senses** **Ages 7-9** **Grade 2** **60 minutes**
Youth will learn the Four Keys to staying healthy which include exercise, rest, nutrition and having a positive attitude. Professional Health Educators place a special emphasis in this program on the five senses, which are brought to life in our teaching theaters filled with fascinating visual displays. This program involves many hands-on activities and explores the brain's role as the facilitator, demonstrating the sensational nature of the body's senses. Impairment of the senses is also discussed in an age-appropriate manner to encourage acceptance. The visit with TAM, our **T**ransparent **A**natomical **M**annequin, will explain how many of the body organs work as well as provide even more information about the five senses.
(2: 1.1, 1.2, 1.3, 1.5, 1.8, 1.9, 3.1, 3.4, 3.5, 3.6, 6.3, 7.2, 7.3)
- 6. Safe and Sound All Around** **Ages 7-9** **Grade 2** **60 minutes**
Youth will participate in an interactive program teaching skills and rules to use to stay safe while out in public. The Safe & Sound All Around program is designed to teach children the definition of a stranger, rules about "Stranger Danger", a three step safety plan, and information about good, bad, and confusing touches. Children participate in role plays, loud and memorable cheers, read and speak rules, watch a short video segment and all the while are learning effective basic information that may save their lives. This program is also available as a program for children from Grade 1 through Grade 5 (ages 6 through 12) as a Safe & Sound All Around Community Program.
(2: 1.5, 1.9, 2.4, 3.1, 3.4, 3.5, 6.3)

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- 5. Toward Maturity** **Ages 11-15** **Grades 6-8** **90 minutes**
Youth will learn of physical, emotional, and social changes that occur during the journey to adulthood. Concepts presented are qualities to look for in a friend, self respect, and empathy for others. A review of male and female reproductive systems and their organs are featured. Abstinence until marriage and emotional maturity are promoted as foundations to guide students through adolescence.
(6-7: 1.1, 1.3, 3.1, 3.2, 3.3, 4.1, 5.4, 5.5, 5.6, 6.1, 6.2)
- 6. Moving into Maturity^C** **Ages 13-15** **Grade 8** **90 minutes**
Youth will participate in an in-depth program that fosters awareness of physical, emotional, and social changes that occur during the journey to adulthood. Concepts presented are qualities to look for in a friend, self respect and empathy for others. A review of male and female reproductive anatomy, conception and menstruation are featured. Abstinence until marriage and emotional maturity are promoted as foundations to guide students through adolescence.
(8: 1.1, 1.3, 1.9, 3.1, 3.2, 5.4, 5.5, 6.2)
- 7. Incredible Machine – Middle School** **Ages 11-15** **Grades 6-8** **90 minutes**
Youth will explore the wonder of the human body from the intricacy of a single cell, to the complexity of a body system. A Health Educator will review the ten systems of the body and help youth learn amazing facts about each system. Using an interactive game show, youth have the opportunity to exhibit their understanding of this information. They will spend time learning about healthy food choices using the food guide pyramid and how to maintain health with balanced food choices and physical activity.
(6-8: 1.1, 1.2, 1.4, 1.8, 1.9, 2.1, 3.1, 3.2, 3.6, 6.2, 6.4)
- 8. Balance Your Act** **Ages 11-15** **Grades 6-8** **90 minutes**
Youth will learn to maintain a healthy balance between fitness and diet in this high-energy program. Hands-on activities including a game show and the Nutrient Café demonstrate fat content of foods that adolescents favor and show how to use the food pyramid. A segment on exercise and fitness reinforces understanding that a combination of healthy food choices and physical activity is important to achieve total body fitness.
(6-8: 1.1, 1.2, 1.6, 1.9, 2.1, 3.1, 6.2)
- 9. HIV/AIDS – Middle School** **Ages 11-15** **Grades 6-8** **60 minutes**
Youth will receive a brief overview of the Immune System and how it responds to infection. They will also learn how HIV weakens the Immune System and its' effects. The stages of infection are discussed to assist youth better understand the difference between HIV and AIDS. Age appropriate activities are included to enhance education. Values and how one's values are important when making healthy decisions and ways that HIV is NOT transmitted are discussed so any unnecessary fear may be relieved. The HIV program includes updates on statistics, modes of transmission, and the infection process. Four modes of transmitting HIV from an infected person to a non-infected person are discussed (sexual activity, sharing needles as in IV drug use, infected mother to baby and, contact with infected blood). Upon completion, youth will understand that HIV is not easily transmitted, and that avoiding drug use, contact with blood, and abstinence from sexual activity until marriage are ways to protect themselves from HIV infection.
(6-8: 1.1, 1.2, 1.4, 1.6, 1.7, 1.8, 1.9, 2.2, 2.4, 2.6, 3.3, 6.2)
- 10. HIV/AIDS 7-8^C** **Ages 12-15** **Grades 7-8** **60 minutes**
Youth will receive a brief overview of the Immune System and how it responds to infection. They will also learn how HIV weakens the Immune System and its' effects. The stages of infection are discussed to assist youth better understand the difference between HIV and AIDS. Age appropriate activities are included to enhance education. Values and how one's values are important when making healthy decisions and ways that HIV is NOT transmitted are discussed so that any unnecessary fear may be relieved. The HIV program includes updates on statistics, modes of transmission, and the infection process. Four modes of transmitting HIV from an infected person to a non-infected person are discussed (sexual activity, sharing needles as in IV drug use, infected mother to baby and, contact with infected blood). At this age, sexual transmission of HIV is discussed because it is the most common way HIV is passed in the U.S. It has been our experience that most 10 and 11-year-old youth are aware of this means of transmission. Upon completion, youth will understand that HIV is not easily transmitted, and that avoiding drug use, contact with blood, and abstinence from sexual activity until marriage are ways to protect themselves from HIV infection.
(7-8: 1.1, 1.2, 1.4, 1.5, 1.6, 1.8, 1.9, 3.5, 6.2)

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- 11. Decisions: It's Up To You** **Ages 11-15** **Grades 6-8** **90 minutes**
Youth will learn that tobacco, alcohol, marijuana, and inhalants are often gateway drugs to using other substances. The professional Health Educator will present the effects these specific drugs have on the human body. Making healthy choices is stressed so youth will be able to understand how decisions today will impact their lives in the future. This fast-paced and comprehensive program incorporates interactive activities using youth volunteers for a game show and using our drunk driving goggles to experience what a drunk driver sees. The audience is able to vote on matters using our voting buttons. Other visuals are used to create excitement while promoting learning and retention.
(6-8: 1.1, 1.2, 1.4, 1.5, 1.6, 1.7, 1.9, 3.3, 3.5, 3.6, 5.5, 5.6, 6.2, 6.3)
- 12. Respect and Responsibility** **Ages 13-15** **Grade 8** **90 minutes**
Youth will be made aware of the consequences of sexual activity. During adolescence, youth begin to make more decisions and face new responsibilities. All sexuality programs presented by the McMillen Center are taught from an abstinence until marriage basis. We know that abstinence until marriage is the only 100% sure guarantee to prevent pregnancy and the transmission of sexually transmitted diseases (STD's). We recognize that abstinence is not always the easiest choice so we teach youth assertive communication skills and equip them with refusal skills. A segment addressing the signs, symptoms and effects of sexually transmitted diseases and a review of the male/female reproductive system are included.
(8-10: 1.1, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.4, 3.3, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 6.1, 6.2, 7.2)
- 13. Parenting: A Reality Check** **Ages 13-15** **Grade 8** **90 minutes**
Youth will receive a "reality check" on the responsibilities of parenting. In today's society, most teens do not understand the overwhelming job of raising children. To demonstrate the physical demands of pregnancy a professional Health Educator will place an empathy belly on a youth to simulate pregnancy by adding weight gain, pressure on the bladder, and feelings of fetal movement. The youth remains "pregnant" throughout the period of the program. To emphasize emotional responsibilities, a male and female youth will be selected as our "teenage married couple with a baby" who are responsible for caring for our baby doll that cries (approximately every 8 minutes) throughout the session. This program also includes financial responsibilities by analyzing a weekly budget supported by a paycheck from a fast food restaurant. Effects of alcohol and other drugs on the unborn baby and a segment about the stages of child development are included with a video explaining the stages of labor and delivery.
(8: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.9, 2.5, 3.3, 3.4, 3.5, 3.6, 4.1, 6.3)

III. Teen Core Programs: Grades 9 through 12

- 1. Respect and Responsibility** **Ages 14-19** **Grades 9-12** **90 minutes**
Youth will be made aware of the consequences of sexual activity. During adolescence, youth begin to make more decisions and face new responsibilities. All sexuality programs presented by the McMillen Center are taught from an abstinence until marriage basis. We know that abstinence until marriage is the only 100% sure guarantee to prevent pregnancy and the transmission of sexually transmitted diseases (STD's). We recognize that abstinence is not always the easiest choice so we teach youth assertive communication skills and equip them with refusal skills. A segment addressing the signs, symptoms and effects of sexually transmitted diseases and a review of the male/female reproductive system are included.
(9-10: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.9, 2.5, 3.3, 3.4, 3.5, 3.6, 4.1, 6.3)
- 2. HIV/AIDS – High School^c** **Ages 14-19** **Grades 9-12** **60 minutes**
Youth will be relieved of any unnecessary fear of HIV and provide accurate information about HIV infection so that youth are able to protect themselves from HIV infection. A professional Health Educator will present the latest facts on HIV/AIDS including updates on statistics, modes of transmission, infection process, medication treatments and prevention. An in-depth look is taken at how HIV works on the Immune System and why different medications are used for individuals with the virus that causes AIDS. Four ways to transmit HIV are discussed. These ways are: 1) sexual activity 2) sharing needles with an infected person as in IV drug use 3) infected mother to baby and 4) contact with infected blood. Upon completion of this program youth will know that HIV is not transmitted easily and that avoiding drug use, contact with blood and abstinence from sexual activity until marriage are ways to protect themselves from HIV infection.
(9-10: 1.1, 1.2, 1.4, 1.6, 1.8, 1.9, 2.4, 3.3, 6.3)

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- 3. Incredible Machine – High School** **Ages 14-19** **Grades 9-12** **90 minutes**
Youth will explore the wonder of the human body, from the intricacy of a single cell, to the complexity of a body system. A professional Health Educator will review the ten systems of the body and help youth learn amazing facts about each system through various interactive activities. Special emphasis is placed on maintaining a healthy lifestyle through use of the food guide pyramid for food choices and developing a lifelong habit of physical activity. Youth will use electronic keypads to reinforce learning.
(9-10: 1.1, 1.2, 1.4, 1.6, 1.9, 2.1, 3.1, 3.3, 3.5, 6.4, 7.2)
- 4. Parenting: Reality Check** **Ages 14-19** **Grades 9-12** **90 minutes**
Youth will receive a “reality check” on the responsibilities of parenting. In today’s society, most teens do not understand the overwhelming job of raising children. To demonstrate the physical demands of pregnancy a professional Health Educator will place an empathy belly on a youth to simulate pregnancy by adding weight gain, pressure on the bladder, and feelings of fetal movement. The youth remains “pregnant” throughout the period of the program. To emphasize emotional responsibilities, a male and female youth will be selected as our “teenage married couple with a baby” who are responsible for caring for our baby doll that cries (approximately every 8 minutes) throughout the session. This program also includes financial responsibilities by analyzing a weekly budget supported by a paycheck from a fast food restaurant. Effects of alcohol and other drugs on the unborn baby and a segment about the stages of child development are included with a video explaining the stages of labor and delivery.
(9-10: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.9, 2.5, 3.3, 3.4, 3.5, 3.6, 4.1, 6.3)
- 5. Drugs: Choices and Consequences** **Ages 14-19** **Grades 9-12** **90 minutes**
Youth will learn the consequences associated with substance abuse are presented in a sensitive, informative manner. This program includes discussion of alcohol, marijuana, cocaine, and hallucinogens. Teen interaction includes participation with drunk driving goggles, role playing activities, and electronic keypads.
(9-10: 1.1, 1.2, 1.4, 1.5, 1.6, 1.9, 3.3, 3.4, 4.1, 5.7, 6.3, 7.2)
- 6. Food and Fitness for Life** **Ages 14-19** **Grades 9-12** **90 minutes**
Youth are challenged to make healthy decisions about food and exercise. They learn about cholesterol and its role in heart disease. The means to determine caloric need, fat grams per day and BMI (body mass index) are presented. Relationships between food, energy levels, and behaviors are discussed to assist youth in achieving total body fitness.
- 7. Breast Self-Exam^C** **Ages 14-19** **Grades 9-12** **90 minutes**
This presentation arms young women with information about early detection of a disease that strikes one of eight U.S. women at some point during their lifetime. Breast cancer pathology, detection methods, and rationale for performing monthly breast self-examinations are explained. Anatomical models are used to teach the proper technique for performing a breast exam.
(9-10: 1.1, 1.2, 1.4, 1.6, 1.7, 1.8, 1.9, 3.3, 3.6, 4.4, 6.2, 6.4)
- 8. Testicular Self-Exam^C** **Ages 14-19** **Grades 9-12** **90 minutes**
Young men are provided with information about early detection of testicular cancer, the number one cancer of males age 15-34. The male reproductive organs and their functions are discussed. Risk factors, symptoms, and treatments about testicular cancer are covered with the use of anatomical models to teach the proper technique for performing testicular self-exams.
(9-10: 1.1, 1.2, 1.4, 1.6, 1.9, 3.3, 3.6, 4.4, 6.6)

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- 2. Menu Makers** **Ages 6-12** **Grades 1 – 5** **60 minutes**
 Youth will experience a wall-sized food pyramid and will make food choices. Educators teach children how to make good food choices and create menus that make the most of the food groups. Through the program, children also learn about the digestion process.
- 3. Noggin Knowledge** **Ages 4-12** **Grades Pre K – 5** **60 minutes**
 Youth learn about the five senses and how the brain interprets the information collected through the senses. How messages are sent and how the left and right sides of the brain are different are also explored using student volunteers. Keeping our brains healthy and safe is emphasized, as this program focuses on the incredible brain and the functions of each section.
- 4. Food, Fun & Fitness** **Ages 4-12** **Grades Pre K – 5** **60 minutes**
 Youth will learn about general health, fitness and safety studying the 4 Keys – Eat Right, Sleep Right, Exercise and Have a Positive Attitude – is fun when children get to exercise and participate in various activities. Planning meals with the use of our wall size pyramid teaches children about food choices. Children learn about safety through role-plays and interactive discussion. Based on the age level of the children attending, activities can also include a puppet show, “stranger danger” skills, or how and when to call 911.
- 5. Safe & Sound All Around** **Ages 6-12** **Grades 1 – 5** **60 minutes**
 Youth learn the definition of who is a stranger and 4 rules to help them stay safe around strangers. “Stranger Danger” skills are reinforced to help each child avoid problems with strangers. The program introduces emergency rules for dangerous situations. Role plays and student volunteers help reinforce the concepts presented. Children also learn about good, bad, and confusing touches in a non-threatening manner.

VI. Girl Scout Programs: Brownies and Junior Level

Programs fulfill badge requirements. Badges are not included in the fee for the Girl Scout programs, however each participant received a McMillen Center participation patch.

- 1. Eat Right Stay Healthy** **Brownie** **60 minutes**
 Girls learn to make healthy food choices in today’s fast food/snack oriented world. A wall size food pyramid illustrates how the pyramid is organized and how to use it to make good choices. Brownies will learn to look for various names for salt and sugar on food labels. Using adult help, the scouts will have the chance to actually read parts of a food label.
- 2. Senses** **Brownie** **60 minutes**
 Girls will have the opportunity to learn how the brain and these body parts work together using larger than life models of the eye, ear, skin, tongue, and nose. After gaining some basic information, Scouts will have the chance to work through five senses stations and observe how well their senses work.
- 3. My Body** **Brownie** **60 minutes**
 Girls will learn about the amazing human body with hands-on activities and exciting exhibits. Learning cool facts about specific body organs and how the brain coordinates the whole body shows girls the importance of staying healthy. Health educators will emphasize ways to stay healthy during this program.
- 4. Becoming a Teen** **Junior** **90 minutes**
 Girls will learn of the changes associated with puberty. This program focuses on the female and includes menstruation and conception. Abstinence from sexual intercourse until marriage is stressed as a healthy decision. A segment on sanitary supplies gives Junior level girls confidence that they can handle the process of menstruation. Parents are encouraged to attend with their girls as a way to open a conversation about this important time of her life.

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5. **Highway to Health** **Junior** **90 minutes**
Girls will learn that stress is a normal part of life and they will learn some ways to handle stress in a positive fashion. Using many hands-on activities, role plays and interactive discussion, girls will learn that they have control over many aspects of their lives including their health. From such basic information as how well do you wash your hands to how can you control stress, educators will emphasize Keys to being Healthy so that the girls will be able to make healthy choices everyday.

VII. Adult Community Programs

1. **Bully: CSI 'Critical Steps to Intervention'** **Adult Mentor** **60 minutes**
Adults will compare their past and present experiences with bullying using an electronic response keypad. Discussion regarding different types of bullying behaviors, reasons for bullying and possible causes revolves around statistics and personal experiences. Adult mentors will review effective methods for youth to use in handling bullying situations and how to encourage youth to use these methods as situations arise. These methods include ignoring disrespectful behavior, reporting bullying to adults, being an active bystander and to choose the right behavior in every situation. Adults will learn they truly are an important resource in the lives of the young people with whom they interact.
2. **Bullieve You Are Powerful** **Education Professional** **60 minutes**
A Professional Health Educator will use a question and anonymous answer format to look at the audience's experience with bullying and being the target of a bully, discuss reasons for bullying and types of bullying. This program will also provide some suggestions for how to handle and prevent bullying without trying to offer a "cookie cutter" approach. Skills that adults need to teach children are stressed since this program approaches this topic from a preventative viewpoint. Participants will have an opportunity to share experience with others in the group and learn insights from others as well.