



High School Coordinated Health (9-12)

School Counselor Participation Plan

The school counselor at each campus is encouraged to visit the classrooms using the Healthy and Wise High School Coordinated Health Program to provide additional information on some of the units' featured topics.

Suggested High School Units and Lessons for School Counselor Participation Include:

Unit 1 (Personal Fitness)

- The F.I.T.T Principle and the Components of Fitness

There are numerous social and mental health benefits that are associated with physical activity. Plan to visit the PE classes during this Healthy and Wise lesson to help emphasize all the benefits (physical, emotional, and social) associated with physical activity and exercise. Help teachers include students with disabilities in school sports or physical education class. Remember, counselors can greatly influence a student's health behaviors.

Don't forget to encourage the staff at your campus to be physically active. Think about offering a health tip (physical and mental) each week to encourage and help your colleagues achieve their health goals.

Unit 2 (Nutrition and Health)

- Healthy Vending Machine Options
- Don't Fall for Fast Food

Visit with students this month about the importance of making healthy choices, even when they are short on time and purchase items from vending machines or fast food restaurants. Changing health behaviors can be difficult for some students.

Unit 3 (Body Systems)

- Lifestyle Choices and Their Effects on Body Systems
- Weight and Health

Support this Healthy and Wise lesson by visiting the health and PE classrooms and offering more facts and statistics on health behaviors that can negatively affect health (smoking, using drugs, lack of physical activity). Reinforce the health conditions associated with being overweight and obese, and guide students' thinking towards improving their physical activity levels and eating behaviors. Eating disorders are addressed during this Healthy and Wise unit. Visit with your campus staff to identify any students that might be exhibiting signs of an eating disorder. Counsel with students individually and refer students to appropriate health professionals.

Unit 4 (Growth and Development)

- The Growth and Development Process
- Feeling and Acting Like a Teenager
- Making the Most of your Adolescent Years
- Staying Healthy During Adolescence

Counselors have many opportunities to participate in this Healthy and Wise unit. Give teachers additional instructional ideas and offer to actually teach or reinforce one of the lessons. With the school nurse, plan to visit with girls and boys separately to discuss the physical changes associated with puberty and adolescence. Emphasize the importance of physical activity (exercise) and good nutrition during this growth period. Reinforce the opportunities available during school and after school. Make sure the teachers at your school are able to identify adolescent warning signs. Plan an after-school session with teachers to discuss identification and intervention strategies. Help make students aware of the many opportunities they have in school that they should take advantage of. Consider creating a bulletin board that highlights these opportunities. As you counsel with individual students, guide them towards extra-curricular opportunities as you consider their interests.

Unit 5 – (Avoidance of High Risk Behaviors)

- Smoking – A Path to Disease and Death
- Drugs and Alcohol – Use and Abuse
- Guard Your Health
- Choices that can Affect Your Health and Life
- Too Young to be a Parent
- Abstinence – The Healthiest and Most Effective Choice
- Abuse, Exploitation, and Neglect
- Healthy Relationships and Communication
- Courtship and Marriage

Support as many of this unit's lessons as possible. Help identify students that might fall in a high-risk category for any of the behaviors addressed in the Healthy and Wise lessons. Visit the classes this month to support the Healthy and Wise lesson (Guard Your Health) that presents the facts and health dangers associated with anabolic steroids. Help support this lesson by giving real accounts of how anabolic steroids can affect an athlete's health. Discuss the

legal aspects associated with steroid use. Help reinforce natural ways to increase muscle and strength by using Healthy and Wise strength training exercises in the Strength, Conditioning, and Wellness program guide. This Healthy and Wise unit will give the counselor numerous opportunities to address specific health concerns that some students might be experiencing. Make sure students know the school, district, or community resources available to them if they are experiencing any form of neglect or abuse. If necessary, schedule individual counseling sessions to give at-risk students guidance and support.

Unit 6 – (Using Health Information and the Influence of Media and Technology)

- The Influence of Media and Technology on Health

Visit the classes during this lesson to discuss how the media can influence behaviors. Ask students to give examples and facilitate a discussion. Present “real world” examples, if possible, and help students understand the difference between being informed and being influenced.

Unit 7 – (Environmental and Social Factors Affecting Health)

- Exercise and the Environment

Take this opportunity to promote the emotional and social aspects related to physical activity and exercise. Encourage students to workout together and to plan physical activities rather than dining out as social events. Help staff and students find physical activity options indoors during inclement weather.

Unit 8 – (Safety)

- Avoiding Accidental Injuries
- A Safe and Healthy School Environment
- Teen Driving and Safety

Make sure all students and staff know what to do if an emergency occurs during school hours. Visit with students during this Healthy and Wise unit about the steps taken at your campus to ensure the safety and health of students and staff. Give specific examples and provide students opportunities to practice safety drills (fire drills, code blue drills, etc.). Help support the lesson on teen driving and safety by organizing an awareness week. Invite guest speakers, perhaps even people that have been involved in accidents as teens. Many parents that have lost teenagers to car crashes are willing to speak to young people to help educate them on driving safety. Discuss distractions, such as cell phones and loud music. Think about having your drama club perform skits (relating to teen driving) for your student body. Teen car crashes and fatalities are on the rise, and counselors need to take a primary role at the school to help build awareness.

Unit 9 – Social and Mental Health

- The Strength to Be You!
- Social and Mental Health

- Socially Acceptable Behaviors
- A Healthy Lifestyle: More than Just Physical Benefits

Mental health concepts and related topics are addressed in this Healthy and Wise unit. Let teachers know if you have additional resources or instructional strategies that would be helpful for teaching this unit. Make sure students know the campus and district resources available to them if they are having a difficult time dealing with peer pressure or experiencing a bout with depression. This unit can address some of the underlying factors that lead to school violence.

Counselors should take an active role in supporting this unit. Offer to be a guest speaker during this unit. Help students understand the correlation between physical health and mental health.