

Workshop Objectives

Workshop 1: Navigating Your Health

PURPOSE

This workshop is designed for facilitators to build rapport with students and learn about students' values and attitudes about taking actions for their health. It will preview the concepts of access and agency and the health skills that will be covered in upcoming workshops.

In this workshop, students will...

- **(R.2) Predict how healthy behaviors can affect overall health.**
 - Define and explain the concept of health.
 - Identify behaviors related to physical, social, and mental health.
 - Identify a personal reason to engage in healthy behaviors.
- **(R.3) Examine the role of knowledge, skills, and confidence in taking action for one's health.**
 - Assess confidence levels with health skills to identify where support may be needed.
- **(AR.1) Understand the importance of accessing resources to personal health.**

Workshop 2: Your Health and You

PURPOSE

This workshop is designed to introduce the concept of identity and the importance of examining that how we see and feel about ourselves can impact how we take action for our health.

In this workshop, students will...

- **(R.1) Analyze how identity can influence health and health decision-making.**
 - Recognize the diversity of identity to support social awareness when discussing health.
 - Recognize the value of self-identification to respecting self and others when discussing health.
 - Define and explore major aspects of identity.
 - Distinguish between gender, attraction, and sex assigned at birth.
 - Assess how society interacts with identity to influence access and agency.

Workshop 3: Accessing Resources

PURPOSE

This workshop is designed to show students how to access health information and determine if resources are valid, accurate, and relevant to support students in effectively advocating for their health.

In this workshop, students will...

- **(R.1) Analyze how identity can influence health and health decision-making.**
 - Assess how society interacts with identity to influence access and agency.

PEER HEALTH EXCHANGE

- **(AR.2) Identify valid sources of health information from home, school, and community.**
 - Understand the value of using valid sources of health information.
 - Identify sources where young people can seek health information.
 - Evaluate the validity of common sources of health information for young people.
 - Evaluate the validity of online health resources.
- **(AR.3) Determine the accessibility of resources that enhance health.**
 - Identify factors that may enable or inhibit a young person's use of health resources.

Workshop 5: Let's Talk Mental Health

PURPOSE

This workshop is designed to introduce students to information about mental health (e.g. warning signs that someone may need help with their mental health) to support decision-making in when to ask for help.

In this workshop, students will...

- **(R.2) Predict how healthy behaviors can affect overall health.**
 - Describe mental health and identify health behaviors that impact mental health.
 - Determine when to seek help for mental health.
 - Distinguish between healthy and unhealthy ways of coping with life challenges.
 - Describe help-seeking behaviors for self or others.
- **(CA.3) Demonstrate how to ask for and offer support to enhance the health of self and others.**
 - Identify stigma as a barrier to talking about mental health.

Workshop 6: Asking for Help

PURPOSE

This workshop creates space for students to practice asking for help for themselves and/or a friend and increase their confidence in asking for help.

OBJECTIVES

In this workshop, students will...

- **(R.2) Predict how healthy behaviors can affect overall health.**
 - Analyze how asking for help can improve a young person's mental health.
- **(CA.1) Determine the value of using communication and advocacy to avoid or reduce health risk.**
 - Determine the value of communication and advocacy in combatting stigma.
- **(CA.3) Demonstrate how to ask for and offer support to enhance the health of self and others.**
 - Determine when to seek help for mental health.
 - Demonstrate how to offer support to enhance the health of others.
 - Examine how to advocate on behalf of a friend to improve mental health.

Workshop 7: Advocating for Health

Empowering young people to make healthy decisions

PEER HEALTH EXCHANGE

PURPOSE

This workshop is designed to build awareness and understanding of how personal agency can be used to advocate for the health of self or others using social media.

OBJECTIVES

In this workshop, students will...

- **(AR.4) Access valid and reliable community health services.**
 - Identify factors related to both access and agency that may enable or inhibit a young person's use of health resources.
- **(CA.1) Determine the value of using communication and advocacy to avoid or reduce health risk.**
 - Determine the value of advocating on social media platforms to reduce stigma.
- **(CA.4) Advocate for improving personal, family, or community health.**
 - Identify social media as a tool for communication and advocacy.
 - Create social media posts to advocate for improving community health.
 - Analyze the efficacy of social media as a tool for stigma reduction.

Workshop 8: Let's Talk Alcohol

PURPOSE

This workshop is designed to introduce information about alcohol use (e.g. the effects of alcohol on the brain) to support decision-making that reduces risks in alcohol-related situations. Additionally, it provides students with practice in applying the "4 Cs" of decision-making.

OBJECTIVES

In this workshop, students will...

- **(DM.3) Predict the potential short-term and long-term outcomes of possible choices on self and others.**
 - Identify risks of drinking alcohol.
 - Identify methods of reducing harm when presented with the opportunity to use substances (harm reduction behaviors).
- **(DM.4) Identify and examine influences on healthy decision-making.**
 - Examine how alcohol affects the brain and a young person's behaviors.
- **(DM.5) Apply a thoughtful decision-making process to a health-related situation.**
 - Apply the "4 Cs" decision-making process to alcohol-related situations.
- **(CA.3) Demonstrate how to ask for and offer support to enhance the health of self and others.**
 - Determine how to help a friend in an alcohol-related crisis.
- **(CA.4) Advocate for improving personal, family, or community health.**
 - Advocate for improving community health through creating PSAs about harm reduction.