Health Education

SPARK has selected **Healthy Lifestyle Choices** (HLC) as their exclusive Health Education partner. HLC is a cross-curricular program with a behavioral focus that has been proven to significantly increase health knowledge and positively impact youth behavior.



HLC's curriculum is flexible and provides a variety of scheduling/implementation options for busy elementary teachers. The lessons can have their own "stand alone" time or be integrated into other core subjects including the physical education class. HLC meets all of the National Health Education Standards, is easy to use, requires few supplies, and every lesson includes an after school/summer camp activity.

Program Components

Healthy Lifestyle Choices Curriculum

HLC's Behavioral-Health Curriculum empowers youth with the knowledge and skills to make healthier choices in six critical areas: decision-making/goal setting, nutrition, fitness, violence prevention, safety and substance abuse prevention. Each grade-specific curriculum binder covers six units that include twenty-four 45-minute lessons. The binders also include additional lesson boosting activities that can be used to strengthen and reinforce each lesson's key message, as well as teacher assessment tools and student self-assessment and reflection exercises.

Training and Continuous Support

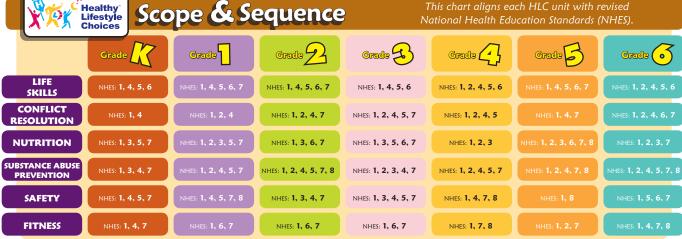
HLC provides free on-line training and web-based resources, including virtual trainings, color downloads, video games, parent information, password protected lesson updates/additions, media messages, answer keys to class activities, and current outcomes from external HLC evaluations.



Please see our
Contact Information
on back

National Health Education Standards (NHES)

- Students will comprehend concepts related to health promotion and disease prevention to enhance health
- 2. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors
- 3. Students will demonstrate the ability to access valid information and products and services to enhance health
- 4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
- 5. Students will demonstrate the ability to use decision-making skills to enhance health
- 6. Students will demonstrate the ability to use goal-setting skills to enhance health
- 7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Students will demonstrate the ability to advocate for personal, family and community health





Healthy Lifestyle Choices



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