



Health Education

Carter • Garvin • Jefferson • Johnston • Love • Marshall • Murray • Pontotoc • Stephens



HEALTH PROMOTION

Health Promotion improves and maintains individual and community health through education about lifestyle choices and supportive community environments. It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions.

Health Promotion programs include evidenced-based and informed strategies to affect change at various levels of influence. Health Promotion and Health Education are needed throughout communities in Oklahoma to improve health and to empower Oklahomans to take more control over their health and well-being.



HEALTH EDUCATORS

County Health Educators serve as local specialists who provide education, advocacy and organizational support within communities, schools, health care facilities, businesses, and public and private agencies. Health educators have the skill sets necessary to provide health information to the public.

Health educators are trained professionals in community health and wellness and provide training and technical assistance to individuals and communities. Health educators are “change agents” employed to promote a shared vision for the practice of Health Education and Promotion. This is accomplished through fostering partnerships within the profession and within the community and informing the public about best practices to stay healthy.

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ANY AGE

Diabetes

A practical session on preventing and managing diabetes. Learn what A1C means, how to track glucose, and simple habits to help keep numbers in range.

Disease Outbreak

Focused topics available on request, including information on outbreak prevention, current conditions, and disease response.

Healthy Choices

A straightforward guide to better well-being at every age. Learn smarter food choices, the importance of movement, and simple day to day habits. Communication component explains self-advocacy for personal health.

Heart Health

SHAPE America's "Heart Health (exercise) Stations." Promotes heart health through a series of stations that focus on aerobic, strength, and flexibility exercises.

Rash Illness

Learn common causes, how rashes spread, simple care at home, and when to see a doctor.

Sun Safety

Sun safety for all ages. UV's effect on skin and eyes, risk factors, and simple protection methods.

Vaccine Preventable

Covers vaccine-preventable diseases, who is at risk, and staying up to date on immunizations.

Request Services



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PRE-K & KINDERGARTEN

CATCH | Evidence-Based Curriculum

Lessons on physical, emotional, and oral health, sun safety, nutrition, and more.

Dental Hygiene

MouthScience-based oral hygiene information. Interactive cavity prevention presentation designed to promote oral hygiene practices.

Handwashing

Engaging, age-appropriate session that turns handwashing into a superpower. Covers the why, the when, and the how, with hands-on practice for participants.

Health Smart | Evidence-Based Curriculum

Age specific skill-based lessons for physical, social, and emotional health.

Sun Safety

Sun safety for all ages: what UV does to skin and eyes, who's at risk, and simple protection methods.



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ELEMENTARY

CATCH | Evidence-Based Curriculum

Lessons on physical, emotional, and oral health, sun safety, nutrition, and the effects of vaping.
Vaping for Grade 5 only.

Dental Hygiene

Discussion of oral hygiene practices, noting the science behind cavities, plaque and tartar, along with tooth brushing demonstration.

General Hygiene

A kid-friendly guide to staying fresh and germ-smart. Students discover why soap matters, how to wash hands the right way, and caring for teeth and hair.

Handwashing

Engaging, age-appropriate session that turns handwashing into a superpower. Covers the why, the when, and the how, with hands-on practice for participants.

Health Smart | Evidence-Based Curriculum

Age specific skill-based lessons for physical, social, and emotional health.

Puberty

A comprehensive overview of the physical and emotional changes that occur during this stage of development. It covers topics such as reproductive systems, growth spurts, body hair development, breast growth, and menstruation.

For Grades 4 - 6. Requires memorandum of understanding.

Rash Illness

What to know and when to act. Learn common causes, how rashes spread, simple care at home, and when to see a doctor.

Stress Management

Presentation on stress types, effects stress has on health, identifying stressors, and healthy ways to manage/cope with stress.

Available in Johnston, Marshall, and Pontotoc Counties.

Sun Safety

Sun safety for all ages. What UV does to skin and eyes, who's at risk, and simple protection methods.



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MIDDLE SCHOOL

CATCH | Evidence-Based Curriculum

Lessons on physical, emotional, and oral health, sun safety, nutrition, and the effects of vaping.

Emerging Relationships

Evidence-informed curriculum for Grades 6 and 7 over approximately eight sessions.

Flyer available upon request.

General Hygiene

A kid-friendly guide to staying fresh and germ-smart. Students discover why soap matters, how to wash hands the right way, and caring for teeth and hair.

Healthy Boundaries and Intimate Consent

Understanding consent in relationships.

Healthy Relationships and Friendships

A lesson on developing skills to maintain healthy relationships and friendships with others.

Health Smart | Evidence-Based Curriculum

Age specific skill-based lessons for physical, social, and emotional health. Learn smarter food choices, importance of movement, and simple day-to-day habits.

HIV/AIDS Prevention

Interactive presentation on HIV awareness, resources, general information, prevention, and question and answer discussions.

Human Trafficking

Explores the dangers of the internet and online predators. Discusses online enticement, sextortion, and healthy decision making.

Making a Difference

An evidence-based sexual health education program designed to provide youth with the knowledge, attitudes, and skills to reduce their risk for sexually transmitted infections (STIs), HIV, and pregnancy.

learn more



Presentations may require a memorandum of understanding.

MIDDLE SCHOOL

P3 | Positive Prevention Plus

An evidence-based, comprehensive sexual health education program designed to build young people's skills for reducing their risk for sexually transmitted infections (STIs) and unplanned pregnancy.



Puberty

A comprehensive overview of the physical and emotional changes that occur during this stage of development. It covers topics such as reproductive systems, growth spurts, body hair development, breast growth, and menstruation.

For Grades 3-6. Requires memorandum of understanding.

Public Health Careers

Discusses the roles and career field of public health. Mock interviews available upon request.

For career fairs and classroom settings.

3Rs | Rights. Respect. Responsibility.

The 3Rs curriculum is a high-quality, evidence-informed curriculum designed to build young people's skills for reducing their risks regarding safety and healthy relationships. The lessons have been adapted and align with Oklahoma Health Education Standards. The curriculum is comprised of middle- and high-school series available for use with youth ages 11-18 in a school or community setting.

Flyer available upon request.

Safety

Multiple topics. Bullying prevention, sex trafficking, internet use, bicycle safety.



MIDDLE SCHOOL

Sexually Transmitted Infections

Interactive presentation on STI prevention, resources, and general information. Includes question and answer discussions.

Requires memorandum of understanding.

Stress Management

Presentation on stress types, health effects, identifying stressors, management, and coping techniques.

Available in Johnston, Marshall, and Pontotoc Counties.

Substance Use

Multiple topics. Vaping, alcohol, tobacco, marijuana, opioids, etc. Presentation modifiable to cover one or more subjects.

Vaccine Preventable

Covers vaccine-preventable diseases, who is at risk, and staying up to date on immunizations.



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Looking for another topic?
Click "Request Services" to inquire about the availability of additional subjects.

HIGH SCHOOL

CATCH | Evidence-Based Curriculum

Lessons on physical, emotional, and oral health, sun safety, nutrition, and the effects of vaping.

Healthy Boundaries and Intimate Consent

Understanding consent in relationships.

Healthy Relationships and Friendships

A lesson on developing skills to maintain healthy relationships and friendships with others.

Health Smart | Evidence-Based Curriculum

Age specific skill-based lessons for physical, social, and emotional health. Learn smarter food choices, importance of movement, and simple day-to-day habits.

HIV/AIDS Prevention

Interactive presentation on HIV awareness, resources, general information, prevention, and question and answer discussions.

Human Trafficking

Explores the dangers of the internet and online predators. Discusses online enticement, sextortion, and healthy decision making.

Love Notes

Love Notes is an evidence-based, comprehensive healthy relationship education program designed to teach youth how to build healthy, romantic relationships, as well as how to reduce their risk for dating violence, unintentional pregnancy, and sexually transmitted infections (STIs), including HIV. Skills taught throughout this curriculum can be applied to many areas of life, resulting in healthier outcomes for youth.

Love Notes is intended for youth and young adults ages 17-24.

[learn more](#)



P3 | Positive Prevention Plus

An evidence-based, comprehensive sexual health education program designed to build young people's skills for reducing their risk for sexually transmitted infections (STIs) and unplanned pregnancy.

[learn more](#)



Presentations may require a memorandum of understanding.

HIGH SCHOOL

Power Through Choices

Power Through Choices is an evidence-based sexual health education program specifically designed for young people involved in systems of care.



Public Health Careers

Discusses the roles and career field of public health. Mock interviews available upon request.
For career fairs and classroom settings.

3Rs | Rights. Respect. Responsibility.

The 3Rs curriculum is a high-quality, evidence-informed curriculum designed to build young people's skills for reducing their risks regarding safety and healthy relationships. The lessons have been adapted and align with Oklahoma Health Education Standards. The curriculum is comprised of middle and high school series available for use with youth ages 11-18 in a school or community setting.

Safety

Multiple topics. Dating violence prevention, sex trafficking, impaired driving, internet use, bicycle safety.

Sexually Transmitted Infections

Interactive presentation on STI prevention, resources, and general information. Includes question and answer discussions.

Requires memorandum of understanding.

Stress Management

Presentation on stress types, health effects, identifying stressors, management, and coping techniques.

Available in Johnston, Marshall, and Pontotoc Counties.

Substance Use

Multiple topics. Vaping, alcohol, tobacco, marijuana, opioids, etc. Presentation modifiable to cover one or more subjects.



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PARENTS & CAREGIVERS

Car Seat Safety

Child Passenger Safety Technicians educate caregivers on how to correctly transport children, including car seat installation and securing children.

Healthy Boundaries and Intimate Consent

Understanding consent in relationships.

Families Talking Together

Families Talking Together (FTT) is an evidence-based program designed to help caregivers talk to adolescents aged 10-14 about the prevention of sexual risk behaviors, healthy relationships, refusal skills, and preventing unplanned pregnancy. FTT promotes caregivers as the primary sexual educator focusing on building healthy communication within the family.

This is a one-on-one, single hour program.

It's That Easy

It's That Easy! (ITE) is an evidence-informed program that helps parents and caregivers have intentional, values-based conversations with youth about relationships, sexual health, and development. Designed for families of children 0-18, ITE empowers adults to serve as their child's primary sexual health educator at every stage of life, guided by their own family's unique expectations, beliefs, and values.

Recommended for caregivers with youth ages 11-18.

[learn more](#)



PARENTS & CAREGIVERS

Rash Illness

Learn common causes, how rashes spread, simple care at home, and when to see a doctor.

Safety

Multiple topics. Teen dating violence prevention, sex trafficking, impaired driving, internet use.

Sexual Health

Multiple topics. HIV/STI, Healthy Relationships, and Consent are included in this category.

Substance Use

Multiple topics. Vaping, alcohol, tobacco, marijuana, opioids, etc. Presentation modifiable to cover one or more subjects.

Vaccine Preventable

Covers vaccine-preventable diseases, who is at risk, and staying up to date on immunizations.



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ADULTS

Bloodborne Pathogens

Understanding the risks of bloodborne pathogens. Explains how to prevent exposure to microorganisms in blood, such as Hepatitis B, Hepatitis C, and HIV. Covers the risks associated with occupational exposure, and the methods to reduce these risks, including work practices and proper use of personal protective equipment (PPE).

Disease Outbreak

Focused topics available on request, including information on outbreak prevention, current conditions, and disease response.

Injury Prevention

Injury prevention for every age. Topics include car seat safety, fall prevention, sexual violence prevention, and more. Multi-week classes may be available for Tai Chi, Moving for Better Balance, and SAIL.

Rash Illness

Learn common causes, how rashes spread, simple care at home, and when to see a doctor.

Sexually Transmitted Infections

Interactive presentation on STI prevention, resources, and general information. Includes question and answer discussions.

Stress Management

Presentation on stress types, health effects, identifying stressors, management, and coping techniques.

Available in Johnston, Marshall, and Pontotoc Counties.

Vaccine Preventable

Covers vaccine-preventable diseases, who is at risk, and staying up to date on immunizations.



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COMMUNITY & ORGANIZATIONS

Adolescent Health

A variety of topics related to adolescents, including sexual health, substance use, teen pregnancy prevention, human trafficking, internet safety, and more.

Bloodborne Pathogens

Understanding the risks of bloodborne pathogens. Explains how to prevent exposure to microorganisms in blood, such as Hepatitis B, Hepatitis C, and HIV. Covers the risks associated with occupational exposure, and the methods to reduce these risks, including work practices and proper use of personal protective equipment (PPE).

Car Fit | Ages 55+

Certified technicians will verify proper seat, steering wheel, and mirror placement while testing vehicle functionality.

Disease Outbreak

Focused topics available on request, including information on outbreak prevention, current conditions, and disease response.

Injury Prevention

Topics include car seat safety, fall prevention, sexual violence prevention, and more.

Matter of Balance | Ages 55+

A Matter of Balance (MOB) is an evidence-based eight-week program specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults.

Available in Carter, Garvin, Love, Murray, Stephens, and Jefferson counties.

Rash Illness

Learn common causes, how rashes spread, simple care at home, and when to see a doctor.

Staying Active and Independent for Life | Ages 65+

Staying Active and Independent for Life (SAIL) is an evidence-based fitness program designed for adults ages 65 and older that focuses on strength, balance, and fitness to prevent falls and maintain independence.

Available in Carter, Garvin, Love, Murray, Stephens, and Jefferson counties.



Looking for another topic?

Click "Request Services" to inquire about the availability of additional subjects.

COMMUNITY & ORGANIZATIONS

Sexually Transmitted Infections

Interactive presentation on STI prevention, resources, and general information. Includes question and answer discussions.

Stress Management

Presentation on stress types, health effects, identifying stressors, management, and coping techniques.

Available in Johnston, Marshall, and Pontotoc Counties.

Tai Chi | Health, Arthritis, and Fall Prevention

Tai Chi for Arthritis and Fall Prevention is an evidence-based program that uses slow, gentle movements to improve balance, muscular strength, flexibility, and reduce falls and pain. Led by a certified instructor, the program consists of weekly classes that teach core tai chi forms and include warm-ups, cool-downs, and breathing exercises.

Available in Garvin, Johnston, Marshall, Murray, Pontotoc, and Stephens Counties.

Tai Chi: Moving for Better Balance | Ages 55+

Tai Chi: Moving for Better Balance is a program that helps older adults improve their balance and reduce the likelihood of falling. Research has shown that people who complete the program are half as likely to fall and are less fearful about falling.

Available in Garvin, Johnston, Marshall, Murray, Pontotoc, and Stephens Counties.

Vaccine Preventable

Covers vaccine-preventable diseases, who is at risk, and staying up to date on immunizations.

Virtual Dementia Tour

The Virtual Dementia Tour is the original patented, evidence-based scientific method of building a greater understanding of dementia by building awareness and empathy in individuals caring for people living with dementia. The VDT is an education and training tool for building empathy to improve the care provided to people living with dementia.



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