

# Health Education Framework



COMMUNITY OF PRACTICE

Presenter: Lauren Aranguren, SBCEO

## Topics include -

**Session 1:** Introduction to the Health Education Framework

**Session 2:** Nutrition and Physical Activity; Growth, Development, and Sexual Health

**Session 3:** Injury Prevention and Safety; Alcohol, Tobacco, and Other Drugs

**Session 4:** Mental, Emotional, and Social Health; Personal and Community Health

Learn about the Framework's up-to-date, relevant guidance for teaching comprehensive health education in grades K-12. Each session in this **four-session series** consists of two parts: **asynchronous**, self-paced learning through online modules **and synchronous** discussion, networking, and reflection on health education resources with other Santa Barbara County health educators.

**Audience:** Teachers, School Nurses, Counselors, Administrators supporting health education, and Community Health Educators working in schools.

Our first synchronous meeting will be **Thursday, October 29th 3:30-5:00 pm via Zoom.**

Other meeting dates in early 2021 (TBD).

There is no cost, but **registration is required.** Access to the online course and virtual meetings will be shared after your registration is confirmed.

Register online at  
<http://sbceo.k12oms.org>