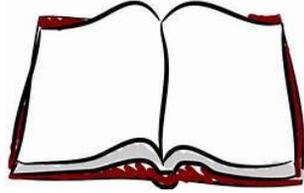


2021

International School Health Education

Conference Agenda

CHANGING THE NARRATIVE



Wednesday, August 4, 2021

8:20-8:30am

Opening Remarks & Welcome! MAHPERD President, Tina Taylor

8:30-9:30am

Keynote Address

Jeff Perotti,

Founding Director of the Massachusetts Department of Elementary and Secondary Education's Safe Schools Program for Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning Students.

Gender Identity, Gender Expression and Sexual Orientation: Promoting Resilience and Healthy

Outcomes for LGBTQ and Gender Diverse Students

This presentation will highlight laws, policies, best practices, and resources for supporting lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) students and families, with a focus on transgender and gender diverse students. As some children are socially transitioning their gender as early as preschool, this session will feature the experiences of students, parents, and educators who have successfully navigated this terrain.

Presenter: Jeff Perrotti is the founding director of the Safe Schools Program for LGBTQ Students, an anti-bullying initiative of the Massachusetts Department of Elementary and Secondary Education and the Massachusetts Commission on LGBTQ Youth. He is the co-author, with Kim Westheimer, of the book, *When the Drama Club is Not Enough*. Jeff has conducted numerous workshops on gender, sexual orientation, and school climate for school administrators, counselors, teachers, health providers, parents, coaches, and students. Jeff is the 2020 recipient of MIAA's Michael J. Kane Award, given in recognition of efforts to promote the health and well being of children and young adults across Massachusetts. Jeff facilitated the development of Massachusetts' pioneering Guidance on Gender Identity and has assisted schools across New England where students have transitioned their gender. Jeff also teaches and advises students at Harvard University, where he has received several awards for excellence in teaching. Jeff can be reached at jmperrotti@gmail.com



9:30-9:40

Virtual Transition to Next Sessions

9:40-10:40am

Session I (Choice of two)

Presentation #1



Strengthen Your Health Education Foundation: Take a deep dive into professional resources that will help you make your health education curriculum even better than it already is! Learn how the SHAPE America Appropriate Practices in School-Based Health Education document, the Health Education/SEL Crosswalk, CASEL's social emotional learning competencies, and the National Health Education Standards all combine to improve your health education curriculum.

Presenter: Jeff Bartlett is the 2021 SHAPE America National Health Teacher of the Year. He's currently teaching middle school health education at the Holten Richmond Middle School in Danvers, Massachusetts. He also coaches cross-country and track and Danvers High School and is an adjunct professor in Cambridge College's Skills-Based/Social Emotional Learning certificate program

Presentation #2



Supporting Health Education for Children with Disabilities: This session will describe the health program developed for older students with disabilities, primarily autism. The information provided will describe topics for class discussion, potential resources, and challenges of the program.

Presenter: Rita Casper – is the Director of Nursing for Andover Public schools, where she has worked for the past 15 years. In her current role, she oversees nursing services for the entire district. Rita completed a four year nursing program at St. Bartholomew's Hospital in England and later completed her Master's degree in Business at Simmon's Graduate School of Management, Boston. She has worked in the nursing field for 38 years, many of those in a management role. Rita has worked in a variety of environments including acute hospital care, community nursing, and the medical practice setting. She also works on weekends as a triage nurse in Urgent Care for Atrius Health, Boston.

10:40-10:50am

Virtual Transition to Next Sessions

10:50-11:50am

Session II (Choice of two)

Presentation #1



Depression Education is Suicide Education: Skills-Based Programs for Grades 4-12

Erika's Lighthouse provides teacher-led programs that educate students about teen depression and empower them to take action, raising awareness, reducing stigma and encouraging help-seeking behavior. Programs meet National Health Education Standards with students learning and applying help-seeking skills. This session will describe how utilizing these programs can have a positive impact on your students and your school's mental health culture. Participants will learn how to immediately access and implement these free turn-key programs.

Presenter: Ilana Sherman, MPH Director of Education, Erika's Lighthouse- Ilana joined Erika's Lighthouse in September 2019 as Director of Education. She has a Masters Degree in Public Health from the University of Illinois at Chicago. Ilana brings with her over 15 years of non-profit health education programming experience ranging from Outreach Coordinator to Director of Education. Ilana is excited to be part of Erika's Lighthouse to help further the mission and empower preteens, teens, their caregivers and educators to learn and talk openly about adolescent depression.

Presentation #2



No Need to Do It Alone! Implementing the WSCC Model Through Community Partnerships:

This interactive, workshop-style presentation will focus on leveraging community partnerships to implement the WSCC model. The presenters will provide examples of their collaborations, with opportunity for participants to also share community partnership success stories. Participants will be encouraged to identify prospective community partners with whom they may collaborate to implement the WSCC model in their schools. Plan to leave this presentation with an action plan to introduce or strengthen WSCC model implementation in your school!

Objectives- After participating in this session, attendees should be able to: (a) Identify community partners to assist with the implementation of the WSCC Model. (b) Explain how to implement the WSCC model through community partnerships.

Presenters: Kerry D. Morgan, Ph.D., MCHES® is faculty in the Department of Kinesiology and Health Studies at the University of Central Oklahoma. She co-coordinates the public health program and teaches a variety of public health courses. Among Dr. Morgan's professional interests are health literacy, health education in elementary



and secondary schools, and service learning. Her research interests center on intervention research, including peer educator and community health worker approaches to promote health. She earned her doctorate in Health, Leisure, and Human Performance from Oklahoma State University. She also holds a master's degree in Health and Human Performance and a bachelor's degree in Finance from Oklahoma State University. She is a Master Certified Health Education Specialist (MCHES), a Certified Health Coach, and a Tobacco Treatment Specialist.

Charley Daniel is the manager of the It's All About Kids School Health Program with the Tulsa Health Department. She holds a Bachelor's Degree from Oklahoma State University in Health Education and Promotion and is pursuing a Masters in Health Studies from the University of Alabama. She is a Certified Health Education Specialist, Certified Action Based Learning Trainer, and Certified School Health Index Trainer. Over the last 14 years, she has worked in the It's All About Kids School Health Program aligning learning and health through comprehensive health, nutrition, social emotional, and physical education in Tulsa County elementary schools

11:50am-12:30pm EST

Lunch ~ Enjoy! 😊

12:30-1:30pm EST

Session III (Choice of two)

Presentation #1



Breaking the Boy Box - Nurturing Healthier Versions of Masculinity

What's it like to bring a group of teenage boys together to talk about navigating gender roles, sexuality and the expectations of the world around "being a man"? Find out what we've learned from running groups like this for more than 7 years in San Francisco schools, learn about similar groups that are emerging all across the country, and discover tools you can use to get them started in your own school

Presenter: Christopher Pepper, a.k.a. "Mr. Health Teacher" has been helping bring high-quality health education to students in San Francisco public schools for 19 years. He helped create *Be Real. Be Ready.*, the district's groundbreaking sexuality education curriculum, and leads professional development sessions, coaches new teachers, and advocates for comprehensive health education. He has been a featured expert in *USA Today*, *Mother Jones*, and *National Public Radio*, and has written about health education issues for *Edutopia*, *The San Francisco Chronicle* and *The New York Times*. He's the winner of CAHPERD's 2019 Health Education Leadership Award.

Presentation # 2

THE GREAT BODY SHOP, a K-8 comprehensive health education curricular

This session focuses on the essential need to address the National Health Education Skill Standards of analyzing influences, accessing information, communication, decision-making, goal-setting, self-management and advocacy. Moving beyond just acquiring information



to demonstration of health skills is our goal for students! Come learn how THE GREAT BODY SHOP, a K-8 comprehensive health education curricular resource provides students with multiple opportunities to practice skills, specific to the standards, and in a variety of situations. Participants will enjoy an interactive session which will overview the 2020-2021 curriculum and engage participants in several skill-based activities.

Presenter: Barbara Burditt is the Director of Professional Development and Instructional Support for The Children's Health Market, publisher of THE GREAT BODY SHOP comprehensive health education curriculum. Barbara designs curriculum implementation plans, and provides training, support, and technical assistance for school systems across the United States. She also designs and implements professional development workshops on several topics, including Child Sexual Abuse Prevention/Erin's Law, Content Literacy, Bullying Prevention, and Active Learning. Prior to joining the team at The Children's Health Market, she was a middle school teacher in Maine.

1:30-1:40pm EST

Virtual transition to next session

1:40-2:00pm EST

Introductions of Authors & Books

2:00-3:00pm EST

Session IV

Book Talks with Authors!



Author ~ Melissa Pintor Carnagey, LBSW

Sex Positive Talks to Have With Kids: *A guide to raising sexually healthy, informed, empowered young people*

About the book: *Sex Positive Talks to Have With Kids* is a bestselling comprehensive guide that helps caregivers create the kind of bond that keeps kids safer, informed, and empowered in their sexual health. Melissa Carnagey, renowned sexuality educator for youth and families, walks you through over 150 conversation starters, reflection exercises, and activities you can begin implementing at every age and stage on topics such as: bodies, feelings, safe and unsafe touch, consent, relationships, menstruation, pleasure, online porn, gender, sex, and more. This book is perfect for any parent or caregiver that's ready to normalize the talks and become the trusted adult we all needed growing up.



Author ~ Safia Zaloom

Sex, Teens & Everything in Between

The New and Necessary Conversations Today's Teenagers Need to Have about Consent, Sexual Harassment, Healthy Relationships, Love, and More

About the book: *Sex, Teens & Everything in Between* is a book that is approachable, engaging, and with real-life scenarios and discussion questions in every chapter. It is a must-have resource that gives parent and educators the tools they need to have meaningful conversations with teens about what sex can and should be.

3:00-3:10pm

Wrap-up for the Day! ~ President Tina Taylor

8:30-9:30am

Session I (choice of two)

Presentation #1



Promoting Public Health and Student Advocacy

In this engaging workshop, participants will focus on Public Health and student advocacy. Together we will explore the social and systemic factors that create barriers to student health and well-being, examine how these factors affect populations differently and stress the importance of health equity and literacy. Strategies to empower young people to be agents of change in their communities will also be presented. Participants will leave with lessons and resources that enhance student's understanding of Public Health and challenge them to reimagine their responsibilities for advancing health equity.

Presenters: Cheryl Todisco, Health Education Director, Boston Public Schools; Jackie Salvesen, Health Educator, Andover Public Schools



Presentation #2



Applying Health Skills to our Mental and Emotional Health

This session will focus on Mental and Emotional health centering around Goal Setting, Self-Management and Interpersonal Communication. Help your students apply these life skills to their overall Mental and Emotional wellbeing.

Presenter: Maria Schneider, Health and Life Skills Teacher Brecksville-Broadview Hts. Middle School; BEES Gymnastics Head Coach
2021 SHAPE Midwest Health TOY

Virtual transition to next session!

9:30-9:40am

9:40-10:40am

Session II (choice of two)

Presentation #1



SEL Strategies & Student Check Ins

Learn a variety of student-centered SEL and check in strategies that you can use in your classroom at the start of a lesson, in the middle of a lesson, or as students are leaving for the day. A variety of technology based strategies and low-tech strategies will be shared. All activities are aligned to CASEL Core Competencies of self-awareness, social awareness, responsible decision-making, self-management and relationship skills.

Presenter: Jeff Bartlett is the 2021 SHAPE America National Health Teacher of the Year. He's currently teaching middle school health education at the Holten Richmond Middle School in Danvers, Massachusetts. He also coaches cross-country and track and Danvers High School and is an adjunct professor in Cambridge College's Skills-Based/Social Emotional Learning certificate program.

Presentation #2



CATCH My Breath is a peer-reviewed evidenced based nicotine vaping prevention program (*Public Health Reports*) developed by The University of Texas Health Science Center at Houston (UT Health) School of Public Health that has been proven effective at reducing the likelihood that students will experiment with vaping. The Substance Abuse and Mental Health Services Administration (SAMHSA) recently named CATCH My Breath as the only recommended school-level youth vaping intervention in the evidence-based resource guide series *Reducing Vaping Among Youth and Young Adults*. The program provides up-to-date information to teachers, parents and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes. CATCH MY Breath utilizes a peer-led teaching approach for grades 5-12 and meets National and Massachusetts State Health Education Standards. Through a partnership with Discovery Education and CVS Health Foundation supplemental resources have been added to the already free CATCH My Breath curriculum including virtual field trip, video topic series, and lessons for STEM and Humanities. All lessons use a variety of educational strategies including cooperative learning groups, group discussions, goal setting, interviews, and analyzing mass media. During this session, participants will learn how schools across the country are addressing its need for e-cigarette prevention by using the CMB program. Through discussion and small group activities participants will learn about the four lesson curriculum and how a variety of educational strategies and activities increase students' knowledge and motivations to abstain from e-cigarettes and build skills for resisting peer and media influences.

Presenter: Marcella Bianco, Marcella Bianco is the Program Director for the *CATCH My Breath* youth e-cigarette prevention program. Marcella is responsible for managing and disseminating the CATCH My Breath Program in states across the Nation. Marcella has over 17 years of experience working in tobacco prevention and control. Her career in tobacco prevention began in 2004 when she worked for Floridians for Youth Tobacco Education (FYTE) as the South Florida Field Director. Marcella oversaw 13 south Florida counties to ensure requirements were met to pass FYTE (Amendment 4) and restore funding for youth tobacco prevention including the Students Working Against Tobacco (SWAT), a movement mobilizing youth to stand up and fight against the tobacco industry. Amendment 4 passed in the 2006 election by almost 70% majority vote and changed Florida's Constitution. Marcella then worked for the Florida Department of Health in St. Lucie County as the Tobacco Prevention Program Manager mobilizing the community for change in tobacco policy. In 2015, Marcella and her family relocated to Nashville, Tennessee for an opportunity to work at the Tennessee Department of Health as the Tobacco Prevention Program Director for the state. Through her local and state work experience Marcella has built relationships with local, state and National partners to change policy and social norms around tobacco.

10:40-10:50am

Virtual transition to next session

10:50-11:50am

Session III (Choice of two)

Presentation #1



Identifying Bias in Health and Fitness Imagery in Social Media: A Teaching Strategy: Many people use social media daily. While sites can facilitate valuable information sharing and support personal connection, sites can also support and/or reinforce negative behaviors. This interactive presentation will share the results of a study which explored if people could distinguish between images on social media of women used to promote fitness versus images meant to promote disordered eating. Additionally, a teaching strategy will be shared which uses a smaller version of this study to explore the influence of gender ideology and social media imagery on our understanding of healthy behavior choices and body image.

Session Objectives and Learning Targets:

Session participants will:

- 1.) Explore the impact of social media imagery on health and fitness sites on positive self-esteem, self-concept, body image, and personal behavior choices.
- 2.) Explore social media imagery on health and fitness sites to determine if they are able to identify if the image is considered healthy or unhealthy.
- 3.) Learn a teaching strategy which encourages students to explore the influence and impact of social media imagery on personal safety, personal healthy, and perceptions of gender.

Presenter: Heather Van Mullem is a Professor of Kinesiology and Health in the Division of Movement and Sport Sciences at Lewis-Clark State College. An award winning professor, she has held a variety of leadership roles in professional organizations including President of Northwest District SHAPE America, President of Idaho SHAPE, and President of Western Society of Kinesiology and Wellness. Heather played collegiate basketball at Eastern Washington University and Green River Community College where she was inducted into the Athletic Hall of Fame in 1997. She frequently presents at national conferences on topics related to issues facing female athletes and wellness. She holds a PhD from the University of Kansas and teaches classes primarily in the fields of Sport Studies and Health Education. Her research interests are in gender, sports, and the media.

Expanding Nutrition and Agriculture Education in K - 12 Schools

During this panel, the Collaborative will introduce their project to improve and expand food system education -- including nutrition education, agriculture education, food justice, and culinary skills -- in K - 12 schools in Massachusetts. Panelists will talk about the importance of these topics to their students and their school community and how their classroom or school is engaging students in these subjects. Panelists will discuss the resources needed to implement similar programs in other schools and answer questions from the audience about how to expand food system education throughout the state.

Presenter: Brittany Peats is the Program Manager at the Massachusetts Food System Collaborative, where she works to network local food policy councils, advocate for food waste reduction legislation, and co-wrote the Creating a Culture of Inclusion at Mass Farmers Markets Toolkit. She is currently working to improve and expand food system education in K - 12 schools in Massachusetts. She has a master's degree in Food Policy and Applied Nutrition from the Friedman School at Tufts University and previously worked for Project Bread, the Office of Food Initiatives at the City of Boston, and Food Links **Panelists:** Health educator: Nicolette McMaster 'Coach Mac,' ; William Blackstone Elementary School Health and Physical Education Teacher; Classroom Teacher; School Administrator

Presentation #2



11:50am -12:30pm

Lunch ~ Enjoy! ☺

12:30-1:30pm

Presentation # 1

Session IV (Choice of two)



Inclusive Curricula: Incorporating LGBTQ Topics in the Classroom This workshop will introduce resources for addressing sexual orientation and gender identity in the k-12 curriculum. Participants will explore curricular units across several subject areas. This interactive session will address relevant state policy, best practices, and strategies for addressing the process of incorporating LGBTQ topics in the curriculum.

Presenter: Jeff Perrotti, Founding Director of the Massachusetts Department of Elementary and Secondary Education's Safe Schools Program for Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning Students

Presentation # 2



P-O-R-N: How Can Schools Teach About it? Porn sites receive more regular traffic than Netflix, Amazon, and Twitter combined each month, and a lot of young people find these sites when they are looking for sexual health information. Despite its ubiquity, many health teachers never talk to their students about porn. Should they? Learn how one district is using a media literacy lens to address this important - but controversial - topic, and leave with a ready-to-go lesson you can use with high school students.

Presenter: Christopher Pepper, a.k.a. "Mr. Health Teacher" has been helping bring high-quality health education to students in San Francisco public schools for 19 years. He helped create *Be Real Be Ready*, the district's groundbreaking sexuality education curriculum, and leads professional development sessions, coaches new teachers, and advocates for Comprehensive Health Education. He has been a featured expert in *USA Today*, *Mother Jones*, and *National Public Radio* and has written about health education issues for *Edutopia*, *The San Francisco Chronicle* and *the New York Times*. He's the winner of CAHPERD's 2019 Health Education Leadership Award.

1:30-1:40pm

Virtual transition to next session

1:40-2:00pm

Introduction of Authors

2:00-3:00pm

Session V

BOOK TALKS WITH AUTHORS!

Author: Ina Park, MD



Strange Bedfellows *Adventures in the Science, History, and Surprising Secrets of STD's*

About the book: “Ina Park has been pushing boundaries to empower and inform others about sexual health for decades. With *Strange Bedfellows*, she ventures far beyond the bedroom to examine the hidden role and influence of these widely misunderstood infections and share their untold stories.” (MacMillan Publishers)

Author: Zenda Walker



Zara's Wash Day

About the book: It's wash day and Zara is not excited about wearing her hair in the same styles as Mama usually creates. But once Mama takes Zara on a cultural journey to help her understand the significance of each style, wash days will never be the same!

Dedication: Zenda dedicates this book to all the sons and daughters of African descent who may experience self-doubt connected to their hair. This is a story about how our hair's texture and cultural styles are linked to our colorful and layered ancestral story.

3:05-3:10pm

Maria Melchionda, Executive Director MAHPERD