HECAT WORK SESSION August 22nd

Attendees: Scott, Charlotte, Amelia, Laurie Smith

Intended Outcomes from the HECAT Work Session

1. Completed surveys from as many schools as possible
2. List of SU priorities for tobacco education
3. Current tobacco curricula/programs being used
4. Best practices and resources being used for tobacco ed.
5. Shared suggestions, ideas, and questions

Discussion Questions

1. What tobacco education and prevention are we currently doing in WRVSU schools?
2. What are our strengths?
3. Where do we have gaps and weaknesses?
4. What are our priorities?
5. What are our needs?

STANDARD 1

PreK-2-- Identifying products, Laurie does all of it since she has students for 4 years,

Charlotte, most kids don't even know what tobacco is this is a gap in education. Second hand smoke should be covered sooner maybe?

3-5 -- Not doing family roles when talking about tobacco use. Power of family influence. Michigan Model, parent sheets to go home are a plus. Not covering social relationships at this age. Varies year to year what is covered. Bethel trying to emphasize skill building - role playing can be inauthentic at a young age. Second hand smoke role play seems important though. "Behavioral Rehearsal" -- not role play.

6-8 ---Project Alert --Theme of using guidance/SAP counselors to follow up with students who show needs and red flags with tobacco issues.

Laurie to look at Bethel's Truth About Drugs resources to see what might be shared.

9-12

STANDARD 2

3-5 --look at advertisements 4th and 5th grades

6-8 -- we should be doing the national YRBS as well.

How to assess? Pre and post tests,

9-12

STANDARD 3

PreK-2 -

3-5 -- How to get valid health information, what good sites are there? Kids Health -kids section, Laurie shows videos from there. List of websites to find things out for themselves (5&6) evaluate if info is reliable and valid.

Laurie to share health skill cues for accessing valid information

Advocates for Youth sexuality curriculum--recommended by Charlotte

Prevent Child Abuse Vermont is a good resource (Scott recommends)

6-8 -- S not feeling like there is time to go into cessation techniques. L made cessation PowerPoint for 5&6.

9-12 ---

STANDARD 4

PreK-2 --

3-5 -- avoiding second-hand smoke, empathetic and compassionate, but also want them to be safe. Important to maintain personal safety. L - explicit goals, remain safe, not get in trouble, to maintain respect. Depending on maturity level keep the conversation. Different ways of communicating to different people, there are things you don't say to a stranger.

6-8 ---

9-12

STANDARD 5

PreK-2 --L- says seems too young to analyze influences, C says there are age appropriate ways of doing this. Proud to be healthy.

3-5 -- Notion that you own your body and own your health, but you don't always have control, if you don't buy the groceries. Proud to be healthy - coats of arms. Empowerment, agency.

6-8 -- Importance of reading the room, Project Alert covers this well

9-12

STANDARD 6

PreK-2 - NA - idea to remind parents about educating parents of young kids re: 2nd hand smoke.

3-5-- NA

6-8 --goal setting, ex. Try three new foods by Christmas. Practice goal setting

9-12 -- Melissa noted to Laurie that tobacco is never on the goal setting list. Seems like a low priority.

STANDARD 7 - Self-management

PreK-2 -- NA

3-5 -- NA

6-8 -- self-reflection - commitment to be tobacco free. VKAT -

9-12

STANDARD 8

PreK-2

3-5 --role modeling healthy choices. Could the 5th grade persuasive essay be rolled into the persuade someone not to smoke

6-8 -- stating a position, collaboration for advocacy piece, helping

9-12

Misc. Notes

Nat'l Science Foundation Junior Scientist Foundation

Charlotte does with 3/4, focuses on the brain, makes brain hat NIDA and Project Alert resources

It would be nice to have a health curriculum that is different year to year.

Prevent Child Abuse Vermont - sexuality education,

Next Steps:

Plan meeting with Bruce, Cynthia, Amelia, and Laurie

Request tobacco work time during SU half day