



The Poe Center's curriculum follows the NC DPI Essential Standards for Healthful Living Education. Our programs help N.C. educators meet these Essential Standards.

## Program Directory:

### Middle School

#### *Mission Nutrition\**

**Grade Level:** 6th – 8th | **Program Length:** 60 minutes

It's a challenge balancing food and physical activity. Participants will discover the importance of food labels, barriers to healthy eating and the risks associated with over- and under- eating.

#### *Media Smart Youth\**

**Ages:** 11 – 13 years old | **Program Length:** 10 sessions, 90 minutes each

*Media Smart Youth* is designed to teach middle school adolescents the skills they need to understand and critically evaluate media messages. The lessons and activities address media analysis, nutrition and physical activity. A key portion of this program is for the group to create health messages for their peers using media.

#### *Body Machine*

**Grade Level:** 6th – 12th | **Program Length:** 60 minutes

Delve into the skeletal, circulatory, respiratory and digestive systems. Investigate key health concerns and identify current research on keeping the body healthy.

#### *For the Health Of It!*

**Grade Level:** 6th – 8th | **Program Length:** 60 minutes

Students will discover how using drugs and alcohol can damage their brains and bodies. This class is centered around interactive activities that focus on “showing and not telling” kids how their brains are affected by alcohol and drug (inhalants, marijuana) use. Real life scenarios are used to help students analyze how a “drugged” brain affects their actions and decision making skills. Students will also engage in role-play reinforcing refusal skills.

#### *Changing Lanes*

**Grade Level:** 6th | **Program Length:** 60 minutes

Join us on an interactive journey that explores the development associated with puberty, the structure and function of the male and female reproductive systems, the menstrual cycle and conception. Subjects such as distinguishing between healthy and unhealthy relationships, effective refusal skills, and the difference between communicable and chronic are all discussed. Additionally, the benefits of abstinence and communication with parents are emphasized throughout the program.

## *Facts of Life*

**Grade Level:** 7th | **Program Length:** 60 minutes

*Facts of Life* addresses the facts of puberty and the male and female reproductive systems so participants can review the menstrual cycle, fertilization, and implantation. Students will discuss the effects of culture, media, and family values on decisions they make. Facts about Sexually transmitted infections (including HIV and HPV) are introduced. Methods to prevent sexually transmitted infections are summarized. Facts about what sexual harassment is and learning strategies to being safe are also discussed. Interactive activities are utilized to reinforce program content.

## *Myth Busters*

**Grade Level:** 8th – 12th | **Program Length:** 60 minutes

There are so many myths and false information surrounding Sexually Transmitted Infections and Contraception methods. *Myth Busters* breaks those myths by discussing the facts about STI's (including HIV/AIDS) and FDA approved contraception methods while stressing the importance of Abstinence as a positive choice for young people. Students will get to participate in age appropriate interactive activities to reinforce the program content.

## *Healthy Relationships 101*

**Grade Level:** 8th – 12th | **Program Length:** 60 minutes

*Healthy Relationships 101* explores the facets of what makes a healthy relationship. Setting and communicating personal boundaries, identifying warning signs of unhealthy relationships, and identifying societal influences that impact relationships are discussed through engaging activities, multi-media, and thoughtful reflection.

## *The Alphabet of Anti-Bullying*

**Grade Level:** 6th – 8th | **Program Length:** 4 sessions, 60 minutes each

Session One: D Stands for Diverse - Students are introduced to the real meaning of diversity and are encouraged to remember that "I am who I am because of who we are."

Session Two: B Stands for Bullying - Students learn the facts about bullying: how to recognize bullying, the roles of the "Bullying Circle", and what to do from each role's perspective.

Session Three: R Stands for Relationships - Students learn how to recognize and nourish healthy relationships (and how to avoid negative relationships).

Session Four: C Stands for Change - Students wrestle with video clips and role plays to exercise the role of a HERO through empowerment to make a change in their school.

### **Sessions Include:**

Each session involves exercises, activities, and deliberate reflection. Students are challenged to "dig deep" into themselves and overcome real and perceived pressures in order to do the right thing. Each session includes reflection time with journaling responses to thought-provoking prompts, and there is a pledge at the end of all of the sessions, describing what is expected of those who have been through the program.

The Poe Center is a health education center located in Raleigh, NC. Since opening our doors in 1991, the Poe Center has provided innovative health education programming to over 1,000,000 North Carolinians from 90 counties.

**Our Mission:** The mission of the Poe Center for Health Education is to educate and empower North Carolina children, youth and their families to make choices that increase positive health behaviors.

**Our Vision:** The vision of the Poe Center for Health Education is that all North Carolina children and youth become healthy adults.

The Poe Center's curriculum follows the NC DPI Essential Standards for Healthful Living Education. Our programs help N.C. educators meet these Essential Standards.

**Our goal is to help YOU meet YOUR health education goals!**

The Poe Center knows health education. We offer North Carolina youth a curriculum designed by a diverse group of health professionals who specialize in education. With unique, interactive, fun programs, we give children and teens the tools they need to make healthy choices for a healthier future.

### **Program Fees:**

The standard fee for Poe Center programming is:

- \$7.00 per student for one program (for sessions with 25 or more students) or \$175.00 per group for one program (if less than 25 students are in attendance).
- \$11.00 per student for two programs on the same day (for sessions with 25 or more students) or \$275.00 per group for two programs on the same day (if less than 25 students are in attendance).

*\*\$25.00 Offsite Processing Fee will apply for all programming delivered outside of the Poe Center facility.*

*\*Travel charges will apply for programming delivered outside of Wake County.*

### **Free Programs? Do you qualify?**

If more than 50% of your student body qualifies for or receives a free or reduced price lunch, your school is eligible to receive **FREE** physical activity and nutrition programming! Programs included in this offer are noted with an (\*) following their program title. In addition, if you schedule a free program you are able to schedule a second program of your choice (on the same day) for a reduced rate of \$5.00 per student or \$125.00 per group (if less than 25 students are in attendance).

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**[www.poehealth.org](http://www.poehealth.org)**

Facility Hours:  
M – F 8:30 a.m. – 5:00 p.m.