



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:

High School

*Wellness Works**

Grade Level: 9th – 12th | **Program Length:** 60 minutes

Take part in an interactive investigation on the influence that media has on body image and nutrition. Practice reading food labels to decipher nutritional value and to help build nutritionally balanced meals.

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.

The Science of Addiction

Grade Level: 9th – 12th | **Program Length:** 75 minutes

The Science of Addiction presentation will address the neurological ramifications when a psychoactive drug is introduced in the brain. At the end of the presentation, students will be able to categorize drugs hallucinogens, stimulants, and depressants and explain the characteristics of each, identify the neurotransmitters impacted by the introduction of the psychoactive drugs and describe the symptoms of drug use based on the neurotransmitters involved. In addition, students will understand the biological constructs of tolerance and withdrawal. The Science of Addiction is an interactive presentation involving discussion and role play.

What's All the Buzz?!

Grade Level: 9th – 12th | **Program Length:** 60 minutes without speaker, 90 minutes with speaker

Teenagers live in a world of choices. Explore the risks and consequences associated with decision making; specifically those involving alcohol, drugs and personal injury/accidents. Students will learn about the consequences of experimenting with alcohol, marijuana, prescription and over-the-counter drug abuse. Students may also engage in a discussion with an individual who has sustained a major life-changing spinal cord injury as a result of his decision to abuse alcohol and drugs.

Myth Busters

Grade Level: 7th – 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.

Reproduction: Healthy Responsibility

Grade Level: 9th – 12th | **Program Length:** 60 minutes

Reproduction: Healthy Responsibility focuses the benefits of delaying pregnancy. The health, legal, financial, and social consequences of adolescent pregnancy and parenthood are discussed through engaging prompts, activities, and videos. Participants recall the benefits of abstinence until marriage as well as review the FDA approved methods of contraception.

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 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).

Alice Aycock Poe Center for Health Education

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Facility Hours:

M – F 8:30 a.m. – 5:00 p.m.