Bureau of Education & Research

Live Online Seminar or Recorded Version

Strengthening Your HEALTH EDUCATION Program: Innovative Strategies, Activities and Resources (Grades 6-12)





A Unique One-Day Live Online Seminar Presented by

Allison Fink

Award-Winning Health Educator and Presenter

Specifically Designed for Grades 6-12 Health Educators

New and innovative strategies for building or enhancing your grades 6-12 skills-based health education program

The latest health information on mental health, sexuality education, alcohol, drugs, and more

Proven skills-based health curriculum teaching strategies … Strengthen your students' health literacy skills including decision-making, communication and advocacy, and analyzing influences

Practical methods for teaching violence prevention, consent, and peer influences … Help students take greater responsibility for their own and others' personal health and safety

LIVE ONLINE SEMINAR

March 4

9 AM Eastern, 8 AM Central, 7 AM Mountain, 6 AM Pacific

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

Order the recorded version and take the seminar online at your convenience (see page 6)

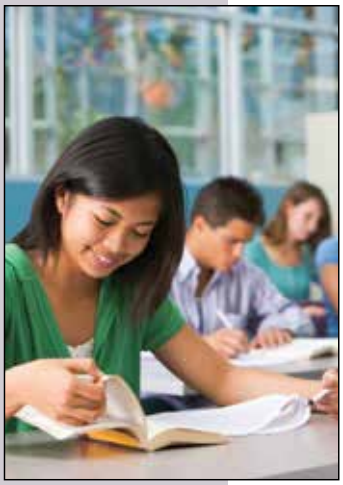
"Absolutely GREAT workshop! I will suggest it to all my health teacher friends!"

– MARY MITCHELL, HEALTH TEACHER

Ten Key Benefits of Attending

"This was one of the best trainings I have attended. The resources and information presented will be invaluable in enhancing my health education classes."

– JULIE CAHOON, HEALTH/PE TEACHER



Who Should Attend

Grades 6-12
Health Educators

1. **Maximize the Benefits of Your Skills-Based Health Program**
   Receive outstanding skills-based instructional strategies you can use to strengthen students' health knowledge … Gain new, innovative strategies perfect for building or enhancing your comprehensive grades 6-12 health education program

2. **Make a Lasting Impact on Your Students' Health**
   Help your students develop and maintain health enhancing behaviors using a skills-based health approach … Teach health skills that improve your students' overall health and wellness and their attitude, behavior, and decision-making skills

3. **Explore Great Ways to Use Artificial Intelligence Tools in Your Health Classroom**
   Discover how AI can enhance learning by personalizing instruction, delivering instant feedback, and simulating real-life health scenarios to deepen student understanding

4. **Integrate the Most Current Alcohol and Drug Abuse Information**
   Explore specific health lessons that address prescription drug abuse, recreational drugs and underage drinking … Help students develop the knowledge and skills needed to make healthy decisions

5. **Address Social Media's Impact on Your Students' Health Behaviors**
   Learn effective strategies that will help you better address the tremendous impact that social media can have on students' knowledge and attitudes of what is appropriate and genuinely healthy

6. **Incorporate the Latest Information on Mental Health**
   The most current health information on mental health and its impact on your student population … Discover effective health education strategies to help you better address the tremendous mental health issues facing students today

7. **Easily Infuse Project-Based Learning in Your Health Instruction**
   Learn doable, timesaving ways to incorporate engaging project-based learning into your curriculum to immerse students in critical health education learning … Improve students' health skills, knowledge, and critical thinking

8. **Utilize Fully Comprehensive Sexuality Education Curriculum**
   Update your sexuality education instruction to incorporate topics of emerging awareness

9. **Sexual Harassment: Equip Students with Tools They Need**
   Gain health education tools to help address and prevent sexual harassment … Utilize specific lessons that allow your students to take greater responsibility for the health and well-being of themselves and others

10. **Receive a Comprehensive Health Education Digital Resource Handbook**
    You will receive an extensive digital resource handbook filled with ideas, strategies, practical concepts, and activities to strengthen your grades 6-12 health education program

Outstanding Strategies You Can Use Immediately

What You Will Learn ...



- **The best, innovative strategies, activities and resources** for building or enhancing your grades 6-12 health education program
- **Key components of effective** skills-based health curriculum and programs
- Ways to help your students **analyze the internal and external influences** on their own health
- Highly effective, immersive real-world scenarios to **improve healthy decision-making**
- Many valuable resources to **help students critically evaluate** health information
- Practical strategies that **get students advocating for themselves and others** to maintain healthy behaviors
- **Highly effective techniques** to decrease students' discomfort discussing uncomfortable health topics
- **Ways to promote empathy** in students, allowing them to become more aware of the effect their behaviors and attitudes have on others
- **Proven health education strategies** to build students' confidence, self-esteem, self-worth, and healthy decision-making
- **Powerful strategies** to increase students' risk awareness of drug and alcohol use
- **Timesaving, easy-to-incorporate, project-based learning strategies** that increase student retention of important health education skills and concepts
- **Current health information** on prescription drug abuse, recreational drugs and underage drinking
- Health education strategies to help you better **address the tremendous mental health issues** facing students today



"The amount of resources I received today was amazing! Thank you, thank you, Allison!"

– KATIE SAYLER, HEALTH TEACHER

Practical Ideas and Strategies



In this interactive, highly engaging seminar, award-winning health education teacher **ALLISON FINK** will share effective ways to help your students better address the most critical health issues they face today. Allison will present a wealth of practical strategies and the most useful skills-based health education resources to help you better equip your students with the essential information and skills they need to make healthy decisions.

You'll learn new and innovative strategies to help your students develop health promoting attitudes and behaviors. Allison will share the most up-to-date information on mental health, alcohol, prescription drugs, sexuality education, and nutrition. Explore lessons designed to strengthen your students' health literacy skills including decision-making, communication and advocacy, analyzing influences, and more!

You will leave with cutting-edge strategies, engaging activities, and practical resources perfect for building or enhancing your comprehensive grades 6-12 skills-based health education program.

A Message From Seminar Leader, Allison Fink



Uniquely Qualified Instructor

ALLISON FINK is an experienced secondary health education teacher who loves sharing highly engaging and active ideas for strengthening skills-based health curricula. In her consulting work, Allison regularly helps educators simplify and better tailor their skills-based health curricula to inspire students to lead healthy lifestyles. She is passionate about equipping grades 6-12 students with the life skills they need to succeed and make wise decisions to maintain healthy lifestyles. In her state, Allison was recognized as the 2021 Health Teacher of the Year. She has authored multiple publications on the topic of health, physical education, recreation, and dance. Allison is also the author of *Strengthening Your HEALTH EDUCATION Program: Innovative Strategies, Activities and Resources (Grades 6-12),* the extensive health education digital resource handbook that you will receive at the seminar. **Join Allison for a day full of innovative, practical strategies, activities, and resources perfect for building or enhancing your own grades 6-12 health education program.**

Dear Colleague:

In my many years as a grades 6-12 health educator, I've come to realize that health is one of the most beneficial classes our students will ever take. To me, the most rewarding part of teaching health is when students come to feel a greater sense of responsibility for their own and their peers' personal health and safety. My goal is to provide students with rich and meaningful experiences to promote healthy attitudes and behaviors.

I look forward to welcoming you to a day that will be filled with a wealth of practical strategies and activities you can use in your own health education classroom – right away! Not only will these practical resources and strategies increase your students' health knowledge, but they will also enhance your students' health and wellness.

Specifically designed for grades 6-12 health educators, our day will focus on a skills-based health approach as we explore dozens of innovative strategies, engaging activities, and practical resources perfect for building or enhancing your health education program.

Based on the National Health Education Standards, I will share highly effective ways to make best use of a skills-based health education approach. We'll explore many practical techniques and resources you can use to improve your students' overall health and wellness and their attitude, behavior and decision-making skills.

I look forward to meeting you at the seminar.

Sincerely,

Allison Fink

Allison Fink

P.S. You will leave with dozens of resources and strategies that you can implement immediately into your health education classroom.

"I look forward to welcoming you to a day that will be filled with a wealth of practical strategies and activities you can use in your own health education classroom - right away!"

What Your Colleagues Say About Allison Fink

*"It was great collaborating with other health teachers across the country. I'm leaving with **many new ideas to implement in my classroom.**"*

– Jeffrey Tripp, Health/PE Teacher

*"This seminar was **very informational and engaging! Allison was amazing.**"*

– Kevin Wilson, Health Teacher

*"Allison, thank you for a great day – **outstanding ideas and content!** I really appreciate it!"*

– Julie Flanagan, Health/PE Teacher

*"**Allison was an outstanding presenter** – very attentive to our individual needs and highly knowledgeable about health content and effective teaching strategies. I wanted concrete ideas and activities to implement in my curriculum and Allison provided a HUGE variety! This was a valuable seminar I would recommend to others. Thank you!"*

– Amy Kohlberg, Health Teacher

*"**Allison was a great presenter** and I appreciate all the resources she shared with us. I also enjoyed the opportunity to discuss and share ideas with other health educators."*

– Nicole Aydt, Health/PE Teacher







About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

Program Guarantee

As we have for 50 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Special Benefits of Attending



"Allison was outstanding. I'm so glad I attended this seminar. Great resources!"

– PHIL CONLEY, HEALTH/PE TEACHER

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Health Education Digital Resource Handbook

You will receive an extensive digital resource handbook specifically designed for this seminar. Included in the handbook are:

- Practical resources and strategies for building and enhancing your skills-based health education program
- Engaging activities designed to enhance your students' knowledge and promote healthy decision-making
- Doable, timesaving ways to incorporate project-based learning in the health classroom
- Lesson ideas and resources for important health topics, including prescription drugs, alcohol, nutrition, sexuality education, mental health, and more

Meet and Share

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in building or enhancing effective skills-based health education programs.

Consultation Available

Allison Fink will be available for consultation regarding your questions and the unique needs of your own program.

Meet Inservice Requirements / Earn State CEUs

Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/ceus

Earn One to Four Graduate Semester Credits

University of Massachusetts Global A nonprofit affiliate

Up to four graduate-level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at www.ber.org/credit

Can't Attend?

Other Professional Development Options:

Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have 90-day access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit www.ber.org/credit

Related On-Demand Online Courses

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On-Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at www.ber.org/online

Strengthening Your HEALTH EDUCATION Program: Innovative Strategies, Activities and Resources (Grades 6-12)

Registration (THF7S1)

☐ **1. March 4, 2027** (Start time: 9 AM Eastern)

—or —

☐ **2. I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR NUMBER: _____ (Please see list above)

List additional registrants on a copy of this form

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE ZIP CODE

SCHOOL PHONE NUMBER HOME PHONE NUMBER

( ) ( )

Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)

HOME MAILING ADDRESS

CITY & STATE ZIP CODE

IMPORTANT – PRIORITY ID CODE: ETHF7S1

METHOD OF PAYMENT – Team Discount Available

The registration fee is $295 per person;
for teams of three or more registering at the same time, the fee is $275 per person. **Payment is due prior to the program.** No cash, please.

☐ A check (payable to **Bureau of Education & Research**) is attached

☐ A purchase order is attached, P.O. #_____
(Be sure to include priority ID code on the P.O.)

☐ Charge my: ☐ MasterCard ☐ VISA ☐ Discover

Account # _____ Exp. Date: _____
MO/YR

Billing Zip Code: _____ 3 Digit CVV Code: _____
(Found on back of card)

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Please print name as it appears on card

FIVE EASY WAYS TO REGISTER:

SCAN QR code or visit: **at.ber.org/regTHF**

EMAIL this form to: **register@ber.org**

PHONE toll-free: **1-800-735-3503**
(Weekdays 5:30 am - 5:00 pm Pacific Time)

FAX this form to: **1-425-453-1134**

MAIL this form to: **Bureau of Education & Research**
3000 Northup Way
Bellevue, WA 98004

Program Hours

All **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

Fee

The registration fee is $295 per person, $275 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

WA residents: visit www.dor.wa.gov/TaxRateLookup to find your required WA sales tax rate.

Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a $15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **www.ber.org**



THF7S1

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An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

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Live Online Seminar or Recorded Version





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Presented by

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Award-Winning Health Educator and Presenter

- **New and innovative strategies** for building or enhancing your grades 6-12 skills-based health education program
- **The latest health information** on mental health, sexuality education, alcohol, drugs, and more
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- **Practical methods for teaching** violence prevention, consent, and peer influences … Help students take greater responsibility for their own and others' personal health and safety