



# Healthy Kids Learn More

First, they must learn to be healthy. That's what Children's Hospital of Wisconsin's e-learning programs are all about. Guided by the Whole School, Whole Community, Whole Child (WSCC) model, Children's e-learning programs for grades K4-8 are a proven, engaging and fun way for kids to learn.

**Bullying prevention**

**Mental and emotional health**

**Nutrition and physical activity**

**Alcohol, tobacco and other drugs**

**Safety and injury prevention**



HealthyKidsLearnMore.com



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# E-learning programs make a difference for students:

- They provide a fun and relevant way for students to learn with technology.
- The programs align with Wisconsin and National Health Education Standards.
- Research proves our programs are effective in producing positive changes in knowledge, attitude and behavior.
- All e-learning programs are brought to you by the health education experts at Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country.
- Children's offers e-learning programs as part of our commitment to improving the health status of all children.

## BULLYING PREVENTION

**Act Now!** is a continuum of bullying prevention courses for K4-8th grade students, school staff and parents, using online lessons and activities and offline classroom and take-home activities. Developed in collaboration with the Wisconsin Department of Public Instruction, Act Now! helps counselors and teachers increase awareness about bullying and gives students the skills they need to prevent and stop it. The staff training program is recommended for optimal success. A PBIS Tier II/III targeted behavioral intervention program and a parent education website are also available.



## MENTAL AND EMOTIONAL HEALTH

**Healthy Minds** is Children's newest e-learning track that focuses on the important topics of mental and emotional health. The first in what will be a continuum of courses for K5-8th grade students is Healthy Minds 3rd Grade. Using online and offline classroom activities, the course focuses on what makes a healthy mind, and introduces the skills needed to help students lead healthy lives, including setting goals and communicating effectively. Students will learn the importance of recognizing their feelings, connecting with others, being physically active, getting enough sleep and other healthy habits that can improve their mental and emotional health.



**Take Five** is a series of free mindfulness videos for K4-12th grade students that can be used throughout the day to improve focus and attention, increase personal wellness and improve overall classroom culture. Find Take Five at [HealthyKidsLearnMore.com](http://HealthyKidsLearnMore.com) under Educator Resources.



## HEALTH AND WELLNESS

Start your students on the road to a healthy lifestyle with **Mission: Health** for grades K5-8. Students will learn how to establish healthy habits, increase physical activity and avoid childhood obesity. Through online lessons and activities and offline classroom activities, students learn how to eat right, stay fit and feel good about their bodies. They will also learn how food and physical activity impact the body, the importance of goal setting in living a healthy lifestyle and ways to develop and maintain a positive self-image.



## ALCOHOL, TOBACCO AND OTHER DRUGS PREVENTION

Through online lessons and activities and offline classroom activities, **It's UR Choice** helps 4th-8th grade students make smart choices when faced with the pressures of using and abusing alcohol, tobacco, marijuana, inhalants, and prescription drugs, and to learn how to stay drug-free. The programs teach students age-appropriate facts about drugs and their effects on the body. Depending on the grade level, students also learn important life skills, such as analyzing influences, how to cope in stressful situations, how to set goals and the difference between positive and negative risk-taking.



## SAFETY AND INJURY PREVENTION

**Safety Ranger Academy** is a teacher-facilitated program for grades K4-4 that empowers students to make positive changes in safety at home. Early elementary students will learn home safety skills and prevention strategies for the top five safety risks: choking, drowning, falls, poisoning, fire and burns through online mini-lessons and classroom and take-home activities



**For more information, visit [HealthyKidsLearnMore.com](http://HealthyKidsLearnMore.com).**

**Evaluation Results:** Research proves that our programs are effective in producing positive changes in knowledge, attitude and behavior. **Evaluation results are available upon request.**