Health Education
Advocating for best-in-class curriculum

In 2017, JFK received a three-year Colorado Department of Education (CDE) School Health Professional (SHP) grant to hire additional mental health staff to implement substance abuse and social-emotional prevention programming. JFK hired a clinical Social Worker who also has a Master of Public Health (MPH) degree. Given DPS does not require health education as a graduation requirement, JFK is one of only four high schools in DPS offering comprehensive health education to its students. The SHP is working closely with district health education partners this Spring and Summer 2020 to develop a district-wide health education curriculum that will be piloted at JFK and available as a district-wide model.

Health Education Curriculum Available at JFK

➔ Learning to BREATHE (L2B) - facilitates the development of emotion-regulation and stress-management skills in late childhood and adolescence.
➔ EverFi AlcoholEDU & Prescription Drug Safety - innovative digital courses that are proven to reduce negative consequences associated with underage drinking and gives students the opportunity to learn about prescription drug safety.
➔ Stanford Vaping Prevention Program - a theory-based and evidence-informed resource created by educators and researchers aimed at preventing middle and high school students’ use of tobacco, nicotine, and vaping products.
➔ Signs of Suicide & Safe2Tell Suicide Prevention Program - programs proven successful at increasing help seeking by students concerned about themselves or a friend.
➔ Erika's Lighthouse Suicide Prevention Program - program goals include raising awareness of depression and its symptoms, reducing the stigma surrounding mental health issues, and encouraging the utilization of support services if necessary.
➔ Marijuana Prevention Program (MEI) - a progressive, research based prevention and intervention curricula and services to promote an informed understanding of the impact marijuana use has on youth and adolescents.
➔ Not Prescribed - a classroom-based lesson educating teens on the risks of misusing prescription drugs.
➔ EverFi - program empowering teachers to introduce topics including financial education, career readiness, social & emotional learning, health & wellness (including alcohol prevention education) and cultural literacy.
➔ The Colorado Meth Project - a large-scale prevention program aimed at reducing Meth use through public service messaging, public policy, and community outreach.
➔ Comprehensive Sexual Health - a DPS supported curriculum focusing on age-appropriate, medically accurate information on a broad set of topics related to sexuality including human development, relationships, decision-making, abstinence, contraception, and disease prevention.