



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.