



Use Peer Pressure to Help Students make Safe and Healthy Choices

Peer pressure influences youth to make decisions that will impact their health in positive and negative ways, and often has the potential to be a positive influence on youth. Leading students through self-awareness activities can remind them to value individualism, practice it in their lives, and encourage their friends to make safe and healthy decisions. Use these ideas in the classroom to help guide your lesson:

Define it: Define peer pressure on the board and ask students to expand it by sharing their experiences. Write the examples on the board.

Peer pressure: Social pressure from members of your group to accept certain beliefs or act in certain ways in order to be accepted.

Brainstorm it: Write the following questions on the board and ask students to brainstorm answers to the questions. Make it clear that all answers are acceptable – students are not allowed to laugh or make negative responses to others' answers.



- **What evidence of peer pressure exists in this classroom?** Possible answers include the way kids dress, the kinds of backpacks or notebooks they carry, where kids sit, or hairstyles.
- **How do kids communicate messages of peer pressure?** Possible answers include giggling, talking about other kids, using put-downs, ganging up on someone, starting rumors, leaving kids out, or laughing at someone.
- **How can peer pressure get kids into trouble?** Possible answers include by forcing kids to do something they shouldn't, by excluding kids who may have good things to contribute, or by setting up situations of "them vs. us" instead of teamwork or community.

When is peer pressure a good thing? Possible answers include when it keeps kids out of trouble, when it encourages kids to participate in healthy activities.

Summarize it: Have the students complete the following sentences (write them on the board).

- Peer pressure is POSITIVE when...
- Peer pressure is NEGATIVE when...

Work it: Ask students to think of one positive and one negative example of peer pressure that they've experienced or witnessed within the past week as it relates to health. Ask them to write a few paragraphs describing each example and invite them to share their examples. As students share their examples, point out ways in which the examples relate to the information that students generated in activities 1, 2, and 3.

Practice it: Explain that you are declaring your classroom a "Positive Peer Pressure Zone" and that you will be on the lookout for examples of positive and negative peer pressure. When you see an example of healthy positive peer pressure in action, you will "call it" and reward it. (Before this discussion, decide how you will reward positive peer pressure, e.g., with special privileges, points toward a prize, praise, etc.) Invite students to be part of this process, too, by "calling" positive examples of health that they see in your classroom.

Source: <http://www.teachervision.com>

News You Can Use

New Internet safety resource

The National Education Association has created a comprehensive website to provide educators, parents and other adults with the tools necessary for helping kids to use social technologies in a safe and savvy manner. It is also designed to help educators and parents learn more about the risks and opportunities for technology use and to better guide young teens in using social technology safely. To visit this resource, visit <http://www.bnetsavvy.org>.



Save the Date! 2009 Coordinated School Health Conferenece: June 15-17 & June 23-25

The State Planning Committee for Health Education in Ohio (SPCHEO) will host the Coordinated School Health Conference, now in its 20th year. The conference provides professional development and a forum for school faculty and staff, administrators, and community partners to assess, discuss and respond to health issues that impact a student's ability to achieve academically. For more details and registration information, visit the SPCHEO website: <http://www.spcheo.org/conferences.asp>.

Save the Date! 2nd Annual Bike Columbus, Saturday May 30th!

Columbus Mayor Michael B. Coleman, the City of Columbus and Consider Biking present the 2nd annual Bike Columbus event. This fun filled day is perfect for families and all cyclists-young, old, beginner and experienced. The event will take place from 8am-1pm at COSI and include a 7, 20, and 50 mile ride. More details will be coming soon. For additional information contact Barb Seckler at bjseckler@columbus.gov.



Chicken Kabobs

Heart Healthy Recipe of the Month

Here's a colorful, quick, and easy way to do your veggies and chicken on the grill - with no marinating!

Source: <http://www.allrecipes.com>

Number of Servings: 4 Kabobs

Serving Size: 1 kabob

Ingredients:

4 skinless, boneless chicken breasts, cubed
1 large green bell pepper, cut into 2 inch pieces.
1 onion, cut into wedges
1 red bell pepper, cut into 2 inch pieces
1 cup barbeque sauce
Skewers

Optional veggies: zucchini, squash mushrooms, etc.

Directions

1. Preheat grill for high heat
2. Thread chicken and veggies onto the skewers alternately
3. Lightly oil the grill plate. Place kabobs on the grill and brush with barbeque sauce
4. Cook for about 15 minutes, turning skewers frequently brushing on barbeque sauce

Nutrition Content:

Calories: 210
Total fat: 4.1g
Saturated fat: 0g
Cholesterol: 67 mg
Sodium: 570 mg
Total fiber: 2.8g
Protein: 26.7 g
Carbohydrates: 15.6g

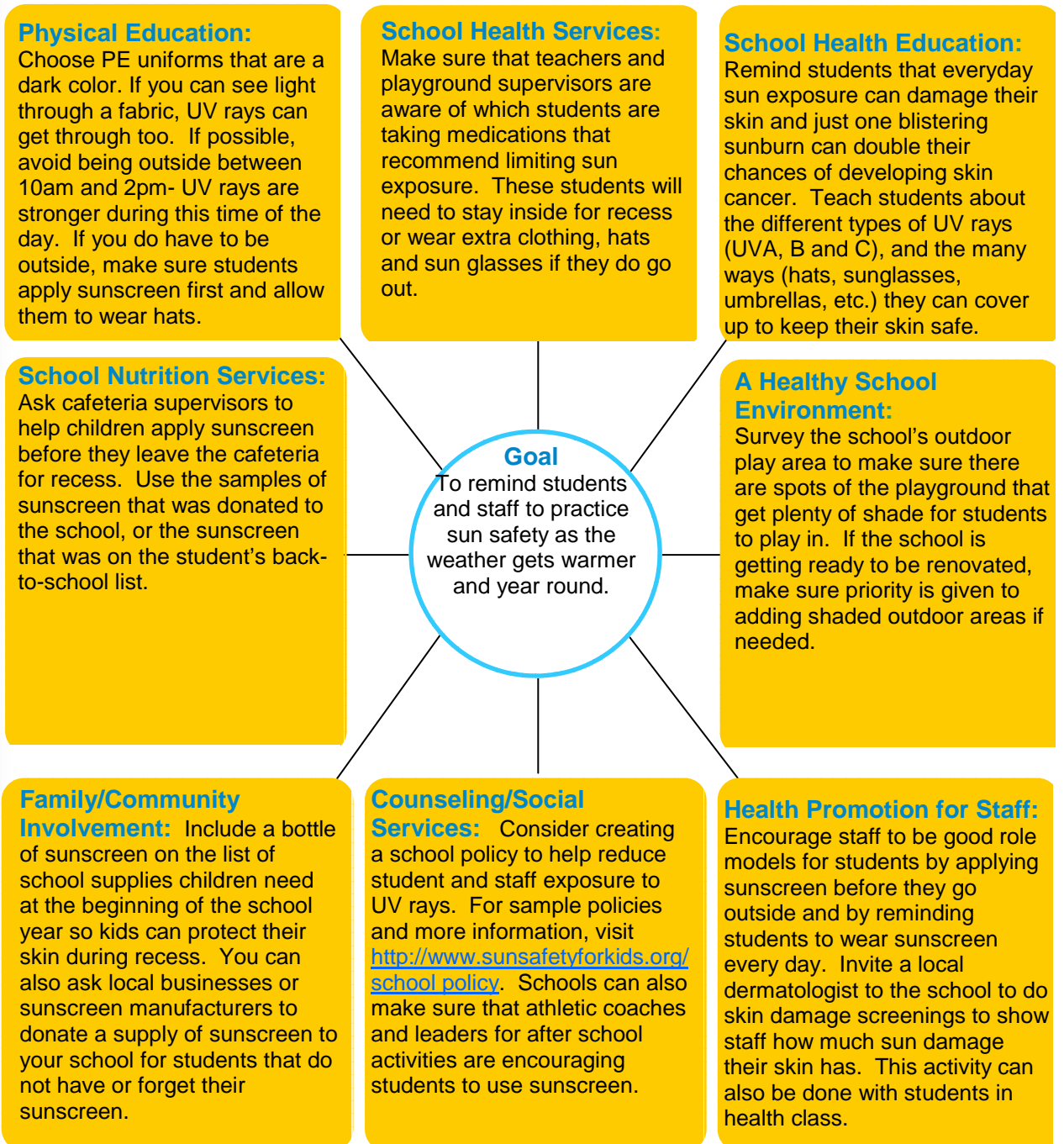


Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This month's Health and Nutrition Flash focuses on how to promote sun safety to students and staff!

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model



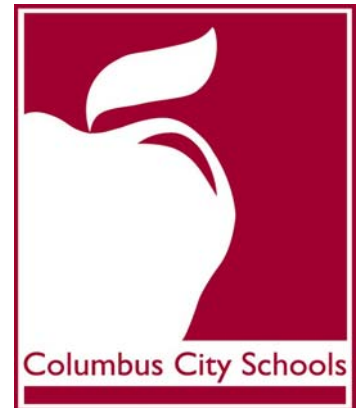


Staff Wellness

Employee Wellness Program in the Spotlight: Columbus City Schools!

From February to May, 2009, the Columbus City Schools (CCS) Wellness Initiative began offering an array of staff wellness seminars at no cost for their employees. Staff indicated interest in seminars in their responses to the Employee Wellness Survey, which was developed and distributed by the Staff Wellness Committee in the 2007-2008 school year. The Comprehensive Benefit Consultants company helped the Staff Wellness committee to choose seminars focused on conflict resolution, effective workplace communication, stress management, planning for retirement, and coping for caregivers.

The Columbus City School district currently has 125 school buildings, not including administrative buildings, distribution centers, bus garages, etc. Communicating to staff about employee wellness programming can be a challenge. The Staff Wellness Committee spread the word about these seminars by sending all CCS e-mail users a flyer advertising the seminars approximately 2 weeks prior to the date and again 2 days prior to the seminar. The information is also provided via the Intercom, (a staff newsletter that is sent to all CCS e-mail users). Each building has a "wellness champion" who helped to promote the seminars by hanging the flyers in their building.



Because CCS has so many buildings, the Staff Wellness Committee had to be creative in scheduling the seminars in a manner that would encourage more staff to attend. For example, Conflict Resolution was offered at West High School and Walnut Ridge at the same time on the same day. The Employee Wellness committee also chose the locations carefully, in attempt to make it convenient for staff in every quadrant of the city to attend. For example, the seminar taking place on March 25th is being held at Northgate Center on Sharon Woods Blvd and the Africentric Early College on Livingston and Grant.

The Heart Health Network would like to congratulate The Employee Wellness Committee and Columbus City Schools for their hard work in creating a heart healthy environment at work! Keep up the good work!



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.