



McMillenHealth
EDUCATION • CURRICULUM • MEDIA

Program Guide



education today for a healthy tomorrow

Welcome to McMillen Health!

The McMillen Center for Health Education educates youth and adults in northeast Indiana, around the United States, and Canada. This year we reached a record number of students – over 51,000! Our mission of providing preventive health education is the same, but how we meet the mission has changed just like the needs of our community have changed.

While we continue to deliver education here at our Center and in the schools, our IVC studio allows us to provide live education around the world and to film educational videos. In the coming years you will see us moving more into curriculum development to reach youth with unique McMillen programming.

Our first curriculum *Brush!* has been an astounding success, currently reaching over 60,000 preschoolers nationwide. We've also published three children's books on oral health and developed a musical assembly based on our *I Need My Teeth* book.

The success of the McMillen Center continues to be cultured by the generous support we receive from our donors, including foundations, individuals, and corporate sponsorships.

Program Guide - Classes Offered

All programs align with national standards for health education.

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Schedule an Interactive Experience

Plan a Field Trip

Our five themed teaching theaters and Great Hall have kids learning and moving. Whether they're putting their arm down the giant mouth, moving to check their heart rate, viewing plastinated human organs or planning their next meal - kids leave with an appreciation of the wonders of the human body. We're located off of I-469 and US 27 South, just seven minutes from downtown Fort Wayne.

We'll Come to You

Bring the fun and excitement of McMillen Health right to your classroom with Outreach Education. Our professional educators travel within 100 miles of Fort Wayne, Indiana. All of our programs are available in this format. No matter if it's a single classroom or a larger group of students, our educator brings all the props that make a McMillen experience unforgettable.

Distance Learning

Students locally and from across the globe connect with a McMillen Health educator to receive vital health education via IVC. This real-time learning environment can be as effective as a face-to-face interaction, but without the hassle and costs of travel. Props are shipped to you to enhance the learning experience.

Schedule a Class
schedule@mcmillencenter.org

Contact Us
McMillen Center for Health Education
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(260) 456-4511 ▪ (888) 240-7268

www.mcmillencenter.org



On a budget? Save on your next visit!

Save 10%...

when you schedule 33% or more of your building. For example: K-5 building, all of grades 2 and 3 schedule to receive programming - the per student cost drops to \$4.50.

Save 20%...

when you schedule 50% or more of your building. For example: K-5 building, all of grades 2, 3 and 4 schedule to receive programming - the per student cost drops to \$4.00.

Acelink Programming

Your Distance Learning sessions may be FREE OF CHARGE. If you teach in a public school in Allen county, or at Bishop Dwenger High School, please call for information.

General Health

Scrubby Bear Ages 4-5 Preschool 45 minutes

Children hear from King Wisdom Tooth and TAM (Transparent Anatomical Mannequin) or Mannequin Man about the importance of dental care and hand-washing. Activities help children learn that sleeping, eating well, exercising and taking good care of themselves keeps them healthy.

Kinderhealth Ages 5-7 Kindergarten 60 minutes

Youth participate in a lively, fun-filled adventure which teaches the keys to a healthy life. Children exercise and use a heart monitor to see the effect exercise has on their heart. This program includes special segments on the muscular system and good nutrition.

Indiana and National Health Education Standards:

K: 1.1, 1.2, 1.4, 2.1, 2.4, 3.1, 3.2, 5.1, 6.2, 7.1

Happy Healthy Me Ages 6-8 Grade 1 60 minutes

Children learn to be happy and healthy by viewing the exciting Jungle Jam puppet show. Interactive segments include the use of a larger-than-life sized My Plate, exercise and TAM (Transparent Anatomical Mannequin) or Mannequin Man.

Indiana and National Health Education Standards:

1: 1.1, 1.2, 2.1, 4.1, 5.1, 7.1, 7.2, 8.1

Circulate & Oxygenate: It's Your Fate Ages 6-12 Grades 3-5 45 minutes

All systems are a go at the McMillen Center! Discover this "heart-throbbing" and "breath-taking" program about the circulatory and respiratory systems. Students discuss basic functions of both body systems, interact with hands-on experiments and learn about ways to stay healthy.

Indiana and National Health Education Standards:

1: 1.1, 5.1, 6.1, 7.1, 7.2

2: 1.1, 5.1, 6.1, 7.1, 7.2

3: 1.1, 5.1, 5.3, 5.4, 5.5, 6.1, 7.1, 7.2

4: 1.1, 5.1, 5.3, 5.4, 5.5, 6.1, 7.1, 7.2

5: 1.1, 5.1, 5.3, 5.4, 5.5, 6.1, 7.1, 7.2

My Sensational Senses Ages 7-10 Grade 2-3 60 minutes

Emphasis in this program is on the senses of the body. Using fascinating, larger-than-life displays, children discover how to stay healthy while solving a mystery. Students become aware of just how much they learn about the world through the five senses.

Indiana and National Health Education Standards:

2: 1.1, 1.2, 1.3, 1.4, 1.5, 3.1, 4.1, 7.1, 7.2

3: 1.1, 1.4, 3.1, 4.1, 5.1, 6.1, 7.1, 7.2

Bones & Tone: A Moving Experience Ages 7-11 Grades 2-4 45 minutes

This program has students jumping out of their seats! Students will experience this momentous program about the skeletal and muscular systems. They discover fun facts about their skeleton and muscles. They'll use these systems in various activities while learning the names of important muscles and bones. An emphasis of the program will be to learn how to keep these systems healthy and active.

Indiana and National Health Education Standards:

2: 1.1, 1.4, 5.1, 6.1, 7.1, 7.2

3: 1.1, 1.4, 5.1, 5.3, 5.4, 5.5, 6.1, 7.1, 7.2, 7.3

4: 1.1, 1.4, 5.1, 5.3, 5.4, 5.5, 6.1, 7.1, 7.2, 7.3

Senses Gathering Information Ages 7-10 Grades 2-3 45 minutes

Students hear and see many facts about the sense organs. Volunteers participate in 'sens'ible activities to earn clues which identify the four keys to being healthy, which are eating well, sleeping well, exercising, and having a positive attitude. In the end, students learn they gather information about the world around them using their senses.

Indiana and National Health Education Standards:

2: 1.1, 1.4, 3.1, 5.1, 6.1, 7.1, 7.2

3: 1.1, 1.4, 3.1, 4.1, 5.1, 6.1, 7.1, 7.2

Something to Chew On Ages 7-10 Grades 2-3 45 minutes

Teeth are here to stay and be used! Children see we have teeth for a reason and explore how their teeth work, based on tooth shape. They learn how fluoride protects the teeth and discover that it is very easy to get fluoride on a daily basis. Healthy dental behaviors are stressed so children learn they are responsible for their teeth. Children "practice" brushing during the program to learn how to brush effectively.

Indiana and National Health Education Standards:

2: 1.1, 1.5, 3.1, 5.1, 7.1, 7.2

3: 1.1, 1.5, 3.1, 5.1, 7.1, 7.2



Health Adventure Ages 8-10 Grade 3 90 minutes

Children visit with TAM (Transparent Anatomical Mannequin) or Mannequin Man, experiment with parts of the digestive system, and interact with a larger-than-life My Plate. Students have the opportunity to learn that the four keys to being healthy are sleeping, exercising, eating healthy foods, and having a positive attitude.

Indiana and National Health Education Standards:

3: 1.1, 1.2, 1.5, 3.1, 3.2, 3.4, 5.1, 6.2

Incredible Machine Ages 9-12 Grades 4-5 90 minutes

From the intricacy of a single cell to the complexity of a body system, youth learn about the wonder of the human body. Ten systems of the body are identified and students learn amazing facts about each system. A Body Trivia game offers students a chance to show off their new knowledge.

Indiana and National Health Education Standards:

4: 1.1, 1.2, 1.4, 1.5, 3.1, 3.2, 4.2, 5.4, 6.2, 7.1, 7.2

5: 1.1, 1.2, 1.4, 3.1, 3.2, 4.2, 5.4, 6.2, 7.1, 7.2

Be a Brain Builder Ages 10-13 Grades 5-6 45 minutes

Youth learn about the brain and nervous system. They study various learning styles and are encouraged to detect their personal style while exploring activities that can boost brain performance. Upon completion of this program, youth understand the importance of staying mentally and physically fit through regular exercise and good nutrition.

Indiana and National Health Education Standards:

5: 1.1, 1.2, 5.1, 6.2, 7.1, 7.2, 8.1

6: 1.1, 1.2, 5.1, 5.6, 6.2, 7.1, 7.2

Distracted Driving Ages 12-19 Grades 7-12 45 minutes

About 6,000 deaths and a half a million injuries are caused by distracted drivers every year. Using real life stories about accidents caused by distracted driving, students will learn what distracted driving is. They will understand the risks associated with distracted driving, and how to increase their driving safety through positive decision making.

Indiana and National Health Education Standards:

7: 1.1, 1.3, 1.5, 1.8, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 4.1, 4.2, 5.6, 5.7, 6.2, 7.1, 7.3

8: 1.1, 1.3, 1.5, 1.8, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 4.1, 4.2, 5.6, 5.7, 6.2, 7.1, 7.3

HW: 1.1, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.8, 2.10, 4.1, 5.6, 5.7, 6.1, 6.4, 7.1, 7.3

AH: 1.1, 1.5, 1.8, 1.9, 2.1, 2.3, 2.4, 2.5, 2.6, 2.10, 4.1, 4.2, 7.1, 7.3, 8.2

Nutrition and Fitness

Food to Go Ages 5-8 Grades K-1 45 minutes

This program is designed for younger students to start looking at healthy food options, ways to keep themselves physically fit, and enable them to make a lifetime of healthy choices. Students learn how to use the My Plate, choose healthy snack options, and discover easy and fun exercise options that can be used in their everyday lives. They also analyze how a non-nutritious diet affects the body. Young students are empowered to “get up and go” towards those healthy lifestyle options.

Indiana and National Health Education Standards:

K: 1.1, 1.2, 2.1, 3.2, 5.1, 6.1, 6.2, 7.1, 7.2

1: 1.1, 1.2, 2.1, 3.2, 5.1, 6.1, 6.2, 7.1, 7.2

BFF: Body Friendly Foods Ages 7-10 Grades 2-3 45 minutes

This program motivates kids to jump into fitness! Interactive activities including Plate Pizzazz encourage students to color their plates with healthy food as recommended by My Plate. How television media persuades students to eat junk food is revealed. A segment on exercise encourages kids to play one hour daily.

Indiana and National Health Education Standards:

2: 1.1, 1.2, 2.3, 5.1, 6.1, 7.1, 7.2

3: 1.1, 1.2, 2.3, 2.5, 5.1, 5.5, 6.1, 7.1, 7.2

Food, Fitness and Fun Ages 9-12 Grades 4-5 45 minutes

This program challenges students to be fit for life. During the Food Frenzy activity, students race against time to discover the functions of nutrients in a healthy diet. They play Snack Attack and grasp the concept of nutrient density in food. Cardio Challenge inspires the pursuit of an active lifestyle while demonstrating how sedentary and cardiovascular activities are different.

Indiana and National Health Education Standards:

4: 1.1, 1.2, 1.4, 3.1, 5.1, 5.3, 5.5, 6.2, 7.1, 7.2

5: 1.1, 1.2, 1.4, 3.1, 5.1, 5.3, 5.5, 6.2, 7.1, 7.2

Fact or Quack Ages 11-15 Grades 6-8 45 minutes

This program empowers students to differentiate between marketing scams and healthy lifestyle choices. Fad diets and the harmful effects of anorexia, bulimia, and obesity are examined. Interactive activities provide accurate guidelines for diet and exercise. Come join the fun and learn vital information about fitness for life.

Indiana and National Health Education Standards:

6: 1.1, 1.3, 1.7, 1.8, 2.9, 3.1, 3.2, 3.3, 3.5, 5.4, 5.6, 7.1, 7.2, 7.3

7: 1.1, 1.3, 1.7, 1.8, 2.9, 3.1, 3.2, 3.3, 3.5, 5.4, 5.6, 7.1, 7.2, 7.3

8: 1.1, 1.3, 1.7, 1.8, 2.9, 3.1, 3.2, 3.3, 3.5, 5.4, 5.6, 7.1, 7.2, 7.3

Balance Your Act Ages 13-19 Grades 8-12 45 minutes

Students learn how to decrease their caloric intake by identifying high fat and highly sweetened foods. Youth will gain the knowledge to plan a basic exercise program. Plastinated human organs are used to illustrate results of poor daily food choices and lack of exercise.

Indiana and National Health Education Standards:

8: 1.1, 1.2, 1.5, 1.9, 2.2, 2.7, 5.5, 6.1, 6.2, 6.3, 6.4, 7.2, 7.3

HW: 1.1, 1.2, 1.5, 1.9, 2.2, 2.7, 5.5, 6.1, 6.2, 6.3, 6.4, 7.2, 7.3

AH: 1.1, 1.2, 1.5, 1.9, 2.2, 2.7, 5.5, 6.1, 6.2, 6.3, 6.4, 7.2, 7.3



Body Talk Series

Our Body Talk Series is designed for adults with special needs. Choose from any of the following topics. Each module is 30 minutes in length. The McMillen Center can modify and individualize any of these topics to fit your current clients' needs or their stage of life.

Hygiene

- Showering/Hand Washing
- Bathroom Etiquette
- Dental Hygiene
- Skin Care
- Clothing Care
- Female Hygiene

Tobacco

- Addiction
- Quitting
- Triggers

Nutrition & Exercise

- Healthy Eating
- Sugar Simplified
- Revealing the Fat
- Microwave Madness
- Living an Active Lifestyle

Human Growth & Development

- Appropriate / Inappropriate Touching
- Contraceptives
- STDs
- Sexual Activity
- Relationships

Learning About You Series

Our Learning About You Series is designed for middle and high school students with special needs. Choose from any of the following topics. Each module is 30 minutes in length. These programs may be taught at your site or at the Center facility. The McMillen Center can modify and individualize any of these topics to fit the current needs of your students.

Hygiene

- Showering/Hand Washing
- Bathroom Etiquette
- Dental Hygiene
- Skin Care
- Clothing Care
- Female Hygiene

Tobacco

- Addiction
- Quitting
- Triggers

Nutrition & Exercise

- Healthy Eating
- Sugar Simplified
- Revealing the Fat
- Microwave Madness
- Living an Active Lifestyle

Human Growth & Development

- Appropriate / Inappropriate Touching
- STDs
- Relationships
- Conception and Abstinence

Drug, Alcohol and Tobacco Prevention

Stay Drug Free Ages 9-12 Grades 4-5 45 minutes

Students learn the facts about alcohol, tobacco, marijuana including concentrates, and inhalants. A major emphasis is the effects of these drugs on the brain and the body so students choose a drug-free life. Activities include role-playing to assist students to develop the refusal and resistance skills necessary if offered drugs.

Indiana and National Health Education Standards:

4: 1.1, 1.2, 1.5, 2.3, 2.5, 4.2, 5.1, 5.3, 5.5, 6.2

5: 1.1, 1.2, 2.3, 2.5, 4.2, 5.1, 5.3, 5.5, 6.2, 7.3

Informed Decisions Ages 11-15 Grades 6-8 45 minutes

The goal of this program is for students to be enlightened decision makers regarding drugs, so they make healthy choices. Students see the effect that drugs have on the body by observing human plastinated organs. Students also experience how drugs affect the nervous system through a demonstration with eye goggles that trick the brain into believing it is being altered by a drug. Students discover how difficult even simple tasks can be when the nervous system is being altered and why making good decisions is important to their well-being.

Indiana and National Health Education Standards:

6: 1.1, 1.2, 1.4, 1.7, 5.1, 6.2, 6.3, 7.1

7: 1.1, 1.2, 1.4, 1.7, 5.1, 6.2, 6.3, 7.1

8: 1.1, 1.2, 1.4, 1.7, 5.1, 6.2, 6.3, 7.1

Don't Be the Butt of Tobacco Ages 11-16 Grades 6-9 45 minutes

Youth experience how the tobacco industry markets directly to them and realize how unglamorous tobacco and e-cigarette use actually is. The effects of smoking on the body are clearly demonstrated through activities and the use of plastinated human organs.

Indiana and National Health Education Standards:

6: 1.1, 1.3, 1.4, 1.7, 1.8, 2.1, 2.2, 2.3, 2.4, 2.5, 2.8, 2.9, 2.10, 4.2, 4.4, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

7: 1.1, 1.3, 1.5, 1.8, 2.1, 2.2, 2.3, 2.4, 2.5, 2.8, 2.9, 2.10, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.2, 7.3, 8.2

8: 1.1, 1.3, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.8, 2.9, 2.10, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

HW: 1.1, 1.3, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.8, 2.10, 4.2, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

Pharm Crisis Ages 11-19 Grades 6-12 45 minutes

The myth of prescription medication being a safe alternative to illegal drugs will be destroyed during "Pharm Crisis". In the United States, prescription painkillers cause more overdose deaths than cocaine and heroin combined. Eye-opening interactive activities will inform students of the devastating effects of prescription medication abuse.

Indiana and National Health Education Standards:

6-8: 1.2, 1.8, 2.2, 2.3, 2.5, 3.4, 4.3, 4.8, 5.1, 5.7, 5.8, 6.5, 7.3

HW: 1.1, 1.2, 1.5, 1.6, 1.7, 1.8, 1.9, 2.7, 2.8, 3.1, 3.4, 3.5, 4.2, 4.3, 5.4, 5.6, 5.7, 6.4, 7.2, 7.3, 8.1, 8.2

AH: 1.1, 1.2, 1.5, 1.6, 1.8, 1.9, 2.1, 2.3, 2.7, 2.9, 2.10, 3.1, 3.2, 3.3, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.7, 7.1, 7.3, 8.2

Tobacco: Coughin' to Coffin Ages 13-19 Grades 8-12 45 minutes

Young people are being exposed to subtle marketing of tobacco and e-cigarettes through product placement in media campaigns. Students discover the "hidden" costs of smoking in a monetary sense as well as see the effects of smoking on physical health through the use of plastinated human organs.

Indiana and National Health Education Standards:

8: 1.1, 1.3, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.8, 2.9, 2.10, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

HW: 1.1, 1.3, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.8, 2.10, 4.2, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

AH: 1.1, 1.3, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.5, 2.8, 2.10, 4.2, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

The News About Booze Ages 13-19 Grades 8-12 45 minutes

Alcohol abuse is a common factor in the three leading causes of death for young people between the ages of 15-24. Students are provided information about the dangers of alcohol abuse in a "fact versus fiction" discussion. Participants see the effects of short and long term alcohol abuse using plastinated human organs. Students use eye goggles that trick the brain into believing it is under the influence of alcohol.

Indiana and National Health Education Standards:

8: 1.1, 1.3, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.8, 2.9, 2.10, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

HW: 1.1, 1.3, 1.4, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.8, 2.10, 4.2, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

AH: 1.1, 1.3, 1.4, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.4, 2.8, 2.10, 4.2, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

Straight Talk: Drugs and Smoking Ages 15-19 Grades 10-12 45 minutes

In this class students learn how illegal drugs work in our bodies and the short and long-term effects of use. Some surprising facts about prescription drugs and smoking will be shared, and the importance of not using alcohol, drugs, or tobacco during pregnancy is discussed. This program is designed to be less interactive and more lecture-style presentation.

Indiana and National Health Education Standards:

HW: 1.1, 1.4, 1.5, 1.8, 1.9, 2.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

AH: 1.1, 1.4, 1.5, 1.8, 1.9, 2.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2

Straight Talk: Alcohol Ages 15-19 Grades 10-12 45 minutes

In this class students follow the path of a drink through the body, learning both the short and long-term effects of alcohol. Binge drinking and the stages of liver disease are discussed and human plastinated livers are used to show real-life examples of liver disease. This program is designed to be less interactive and more lecture-style presentation.

Indiana and National Health Education Standards:

HW: 1.1, 1.4, 1.5, 1.8, 1.9, 2.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

AH: 1.1, 1.4, 1.5, 1.8, 1.9, 2.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3, 8.2



Social and Emotional Health

Bully Don't Bother Me Ages 5-8 Grades K-1 45 minutes

Using age appropriate video, visual illustrations, and role playing students discover how important it is to be a friend. Students see the effects of bullying on the target and be encouraged to report bullying to adults without "tattling". Bullying is defined as a repeated behavior; not an accidental occurrence.

Indiana and National Health Education Standards:

K: 1.1, 1.2, 1.3, 3.2, 4.3, 5.2, 8.2

1: 1.1, 1.2, 3.1, 4.3, 4.4, 5.2, 8.2

Don't Give Me Any Bull Ages 7-10 Grades 2-3 45 minutes

Youth learn how to stop bullying, shield themselves from being the target of a bully and how to be an active bystander. While using balloons to illustrate stress control and participating in role play to practice basic skills, students learn they have choices about behaviors that can positively affect their environment.

Indiana and National Health Education Standards:

2: 1.1, 1.2, 1.3, 2.4, 4.1, 4.2, 4.3, 4.4, 5.2, 5.3, 5.4, 5.5, 7.1, 7.2, 7.3, 8.2

3: 1.1, 1.2, 1.3, 2.4, 4.1, 4.2, 4.3, 4.4, 5.2, 5.3, 5.4, 5.5, 7.1, 7.2, 7.3, 8.2

Hesitate to Intimidate Ages 9-11 Grades 4 45 minutes

Youth learn that each of us has the right to be treated with respect and that each of us has the power to be respectful of others. By looking at research and facts about bullying and its effects, students grow in their understanding of how bullying affects the target and the bully.

Indiana and National Health Education Standards:

4: 1.1, 1.3, 2.2, 2.3, 2.4, 2.5, 4.2, 4.3, 4.4, 5.1, 5.3, 5.4, 6.2, 7.1, 8.2

Stand Against Bullying Ages 10-14 Grades 5-6 45 minutes

Statistics show that 1 out of 5 students have reported that they have been bullied "sometimes" or more often within a school term. Taking an in-depth look at bullying, students are taught about all types including: cyber bullying, special needs or disabilities bullying, and face to face bullying. They learn what role they should take in these situations. Help students discover that bullying hurts both the target and the bully, whether it is physical, emotional or technology based.

Indiana and National Health Education Standards:

5: 1.1, 1.2, 1.3, 2.3, 2.5, 2.6, 3.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.4, 6.1, 6.2, 7.1, 7.2, 7.3, 8.2

6: 1.1, 1.2, 1.3, 2.3, 2.5, 2.6, 3.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.4, 6.1, 6.2, 7.1, 7.2, 7.3, 8.2

Wired & Routed: Cyber Bullying Ages 11-15 Grades 7-8 45 minutes

As the Net Generation becomes more "wired" the opportunities for bullying continue to increase. Statistics reveal one-third of teens have experienced cyber bullying and that 22% of middle school students have been involved in some form. Students learn the most "cutting-edge" information, the effects, intervention plans, and ways to use technology positively.

Indiana and National Health Education Standards:

7: 1.1, 1.2, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.4, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.6, 7.3, 8.2

8: 1.1, 1.2, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.4, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.6, 7.3, 8.2



Sexting & Texting: Safe Social Media Ages 11-17 Grades 7-12 45 minutes

This program underscores the effect sexting, texting, and IM-ing negative messages have on both the recipient of the message and the sender. Videos, discussion, and activities demonstrate how harmful these seemingly anonymous actions can be.

Indiana and National Health Education Standards:

7: 1.3, 1.5, 1.8, 2.2, 2.3, 2.6, 2.7, 4.2, 4.3, 4.4

8: 1.5, 2.3, 2.6, 2.7, 4.2, 4.4,

HW: 1.2, 1.5, 2.6, 4.2, 5.2, 5.5

AH: 1.2, 2.2, 2.3, 2.4, 2.6, 2.7, 4.1, 4.2, 4.4, 5.3, 5.6

Get the Facts: Suicide Prevention Ages 13-15 Grade 8 45 minutes

This program is adapted from the evidence-based program, Lifelines. It increases students' knowledge about suicide and resources, teaches students to intervene, and to tell an adult when their peers are at-risk. Students learn about the warning signs of suicide. In addition, this program discusses and dispels myths about suicide such as "discussing or asking someone about suicide will put the idea in the person's head and cause suicide." Students role play 'at-risk' situations and have the opportunity to take a Helping Pledge.

Indiana and National Health Education Standards 8: 1.1, 1.2, 1.6, 1.7, 2.2, 2.4, 3.3, 4.4, 5.1, 5.2, 5.4, 5.5, 5.6, 5.8, 6.1, 6.2, 6.3, 7.1, 7.3, 7.4

Dating: Avoiding the Danger Zone Ages 14-17 Grades 9-12 45 minutes

Statistics show that of the students currently dating, as many as 59% have experienced physical violence and 96% have experienced psychological or emotional abuse. This program allows students to identify dating abuse, find means to help themselves or friends who may have experienced it, and recognize a caring relationship. This program supports Indiana's Heather Law which was put into effect on April 12, 2010, requiring schools to identify model dating violence curriculum for use with students.

Indiana and National Health Education Standards:

HW: 1.1, 1.2, 1.5, 1.8, 2.1, 2.2, 2.6, 2.7, 2.8, 4.2, 4.3, 5.5, 5.6

AH: 1.1, 1.2, 1.5, 1.8, 2.1, 2.2, 2.6, 2.7, 2.8, 4.1, 4.2, 4.3, 4.4, 5.5, 5.6

Bullying: Imbalance of Power Ages 14-19 Grades 9-12 45 minutes

This program is designed for students to look at effects of sexual harassment, stereotyping, and bullying within their school community and their place of employment. As students become more independent and join the workforce, they need to be aware of their rights, responsibilities, and duties as a young adult. Students learn the proper way to communicate with others, ways to handle conflict and confrontation, discuss ways to deal with effects of stereotyping, bullying, or sexual harassment, and look at ways to become positive leaders and role models in their community and workplace.

Indiana and National Health Education Standards:

HW: 1.1, 1.2, 2.2, 2.3, 2.5, 2.6, 2.7, 2.10, 3.2, 4.1, 4.2, 4.3, 4.4, 8.2

AH: 1.1, 1.2, 2.2, 2.3, 2.5, 2.6, 2.7, 2.10, 3.2, 4.1, 4.2, 4.3, 4.4, 8.2

Disease Prevention and Early Detection

Immune Immobilizer: HIV Ages 8-11 Grades 3-4 45 minutes

Students learn that they can make healthy choices to keep their body healthy. They experience how the immune system usually works to fight off viral infection and how HIV weakens the system. Sexual transmission of HIV is NOT discussed in this program.

Indiana and National Health Education Standards:

3: 1.1, 1.5, 3.2, 4.2, 4.4, 5.2, 5.3, 5.4, 5.5, 7.3

4: 1.1, 1.5, 3.1, 3.2, 4.2, 5.1, 5.2, 5.3, 5.4, 5.5, 7.3

Veto the Virus: HIV Ages 10-13 Grades 5-6 45 minutes

Students see how the immune system keeps us healthy and how HIV weakens the immune system. Stages of HIV infection and modes of transmission of HIV from person to person are discussed. It is stressed that normal activities do not pass HIV from person to person. Students learn the benefits of abstinence.

Indiana and National Health Education Standards:

5: 1.1, 1.5, 3.2, 4.2, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 7.1, 7.2, 7.3, 8.2

6: 1.1, 1.7, 1.8, 2.8, 2.9, 3.4, 4.2, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7, 7.1, 7.3

AIDS Ammunition: HIV Ages 12-15 Grades 6-8 45 minutes

Youth receive an overview of the immune system and how it responds to infection. They also learn how HIV weakens the immune system and the effects HIV has on the body. Modes of transmission and the stages of infection are discussed using age appropriate activities. Values are discussed as being important considerations when making healthy decisions. This HIV program includes updates on statistics, modes of transmission, and the infection process.

Indiana and National Health Education Standards:

6: 1.1, 1.5, 1.8, 2.3, 2.8, 2.9, 3.4, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

7: 1.1, 1.5, 1.8, 2.3, 2.8, 2.9, 3.4, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

8: 1.1, 1.5, 1.8, 1.9, 2.3, 2.8, 2.9, 3.4, 4.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

STDs: Not for Me Ages 13-19 Grades 8-12 45 minutes

Youth learn about responsibilities that come with adolescence and are taught the consequences of sexual activity. Students are given accurate information concerning signs and symptoms of sexually transmitted diseases. Through case study worksheets, they will be able to identify diseases according to the specific symptoms of each infection. Using a dice activity, youth learn about the risk of infection transmission. Abstinence is presented as the best way to prevent sexual transmission of these diseases. Medical photographs are a part of this program. The Safe Haven Law is presented to program participants.

Indiana and National Health Education Standards:

8: 1.1, 1.2, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

HW: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

AH: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3



Infection Connection: HIV Ages 14-19 Grades 9-12 45 minutes

This program provides accurate information about HIV so that youth are able to protect themselves from infection. Students hear the latest facts on HIV/AIDS including statistics, modes of transmission, infection process, medication, and prevention. An in-depth look is taken at how HIV affects the immune system and why a variety of medications are used to treat HIV positive individuals.

Indiana and National Health Education Standards:

HW: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

AH: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

Breast Self-Exam Ages 14-19 Grades 9-12 45 minutes

Breast cancer strikes one out of eight women in the United States. Young women learn about early detection of breast cancer through self-exams and mammograms. Self-examinations are explained and simulated with the use of anatomical models. Anatomical models can be shipped to your site for Interactive Video Conferencing programs.

Indiana and National Health Education Standards:

HW: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3

AH: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3

Testicular Self-Exam Ages 14-19 Grades 9-12 45 minutes

Testicular cancer is the number one cancer of males ages 15-34. Young men learn about early detection of testicular cancer through self-exams. Self-examinations are explained and simulated with the use of anatomical models. Anatomical models can be shipped to your site for Interactive Video Conferencing programs.

Indiana and National Health Education Standards:

HW: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3

AH: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3



Human Growth and Development

Boys: Bodies in Progress Ages 9-13 Grades 4-6 45-90 minutes

Boys learn about changes that occur in males during puberty. Topics include emotional changes, hygiene, physical changes, conception, and the benefits of abstinence. Participation in this program promotes positive self-image and provides knowledge that these changes are normal.

Indiana and National Health Education Standards:

4: 1.1, 1.2, 2.1, 2.2, 2.4, 3.1, 3.2, 4.1, 4.4, 5.1, 5.3, 5.4, 5.5, 6.2, 7.1, 7.2

5: 1.1, 1.2, 2.1, 2.2, 2.4, 3.1, 3.2, 4.1, 4.4, 5.1, 5.3, 5.4, 5.5, 6.2, 7.1, 7.2

6: 1.1, 1.2, 2.1, 2.2, 2.4, 3.1, 3.2, 4.1, 4.4, 5.1, 5.4, 5.6, 5.7, 7.1, 7.2

Girls: Bodies in Progress Ages 9-13 Grades 4-6 45-90 minutes

Girls learn about changes that occur in females during puberty, including emotional changes, hygiene, physical changes, menstruation, sanitary supplies, conception, and the benefits of abstinence. This program promotes positive self-image and provides knowledge that these changes are normal.

Indiana and National Health Education Standards:

4: 1.1, 1.2, 1.6, 2.1, 2.2, 2.4, 3.1, 3.2, 3.3, 4.1, 4.4, 5.1, 5.3, 5.4, 5.5, 6.2, 7.1, 7.2

5: 1.1, 1.2, 1.6, 2.1, 2.2, 2.4, 3.1, 3.2, 3.3, 4.1, 4.4, 5.1, 5.3, 5.4, 5.5, 6.2, 7.1, 7.2

6: 1.1, 1.2, 2.1, 2.2, 2.4, 3.1, 3.2, 4.1, 4.4, 5.1, 5.4, 5.6, 5.7, 7.1, 7.2

Every 'Body' Changes Ages 9-13 Grades 4-6 45 minutes

Youth will learn the physical and emotional changes that occur during puberty. Topics include secondary sexual characteristics, emotional change, personal hygiene, conception, and the benefits of abstinence. Participation in this program promotes self-respect and respect of others. Every 'Body' Changes will cover both male and female genders and menstruation within the 45 minute program. This program may be taught with boys and girls together or separated.

Indiana and National Health Education Standards:

4: 1.1, 1.2, 2.1, 2.2, 5.1, 5.2, 5.3, 5.4, 5.5, 7.1, 7.2, 7.3

5: 1.1, 1.2, 2.1, 2.2, 2.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 7.1, 7.2, 7.3

6: 1.1, 1.2, 1.4, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.8, 5.2, 5.4, 5.5, 5.7, 6.1, 7.1, 7.2, 7.3

Life Begins Ages 10-13 Grades 5-6 90 minutes

Youth learn about the normal physical and emotional changes that occur during puberty so they are prepared for the changes. Topics include hygiene, physical changes, emotional changes, anatomy, menstruation, and conception. A segment about fetal development demonstrates how babies grow before birth and how they are born. Students learn the benefits of abstinence.

Indiana and National Health Education Standards:

5: 1.1, 1.2, 2.1, 2.2, 2.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 7.1, 7.2, 7.3

6: 1.1, 1.2, 1.4, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.8, 5.2, 5.4, 5.5, 5.7, 6.1, 7.1, 7.2, 7.3



Toward Maturity Ages 11-14 Grades 6-7 90 minutes

Youth learn about the physical, emotional, and social changes that occur during the journey to adulthood. Concepts presented are qualities to look for in a friend, self-respect and empathy for others. A review of male and female reproductive systems and their organs are featured. The benefits of abstinence and emotional maturity are promoted as foundations to guide students through adolescence.

Indiana and National Health Education Standards:

6: 1.1, 1.2, 1.4, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.8, 5.2, 5.4, 5.5, 5.7, 6.1, 7.1, 7.2, 7.3

7: 1.1, 1.2, 1.5, 1.8, 2.1, 2.2, 2.3, 2.8, 4.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 7.1, 7.2, 7.3

Respect and Responsibility Ages 12-19 Grades 7-12 90 minutes

Youth are made aware of the consequences of sexual activity. Students learn the benefits of abstinence as the only sure way to prevent pregnancy and the transmission of sexually transmitted diseases. We recognize that abstinence is not always the easiest choice, so youth are taught assertive communication skills and practice refusal skills. Segments addressing the signs, symptoms, and effects of sexually transmitted diseases using medical photographs and reviews of the male and female reproductive systems are included.

The Safe Haven Law will be presented to program participants.

Indiana and National Health Education Standards:

7: 1.1, 1.2, 1.5, 1.7, 1.8, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.2, 7.3

8: 1.1, 1.2, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

HW: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

AH: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

Parenting: A Reality Check Ages 13-19 Grades 8-12 90 minutes

Youth receive a "reality check" concerning the responsibilities of parenting. To demonstrate the physical demands of pregnancy, a youth volunteer wears an empathy belly to simulate the changes of pregnancy. To emphasize emotional responsibilities, a male and a female will be selected as our "teenage married couple with a baby" who are responsible for caring for our baby doll that cries throughout the session. The financial responsibilities and the effects of alcohol/drugs on the unborn baby, as well as The Safe Haven Law are presented to program participants.

Indiana and National Health Education Standards

8: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

HW: 1.1, 1.2, 1.3, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

AH: 1.1, 1.2, 1.3, 1.5, 1.8, 1.9, 2.1, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

Science: AP: 15.1, 15.5

Human Growth and Development

Fort Wayne - South Bend Diocese Approved

The following is a list of programs within the content areas of Human Growth and Development and Disease Prevention/Early Detection Programs that have been approved by the Diocese. All other McMillen Center content areas are appropriate for Catholic Schools without modifications.

Terrific T's: HIV Ages 9-12 Grades 4-5 45 minutes

Students learn they can make healthy choices to keep their body healthy. They experience how the immune system usually works to fight off viral infection and how HIV weakens this system. Sexual transmission of HIV is NOT discussed in this program.

Indiana and National Health Education Standards:

4: 1.1, 1.5, 3.1, 3.2, 4.2, 5.1, 5.2, 5.3, 5.4, 5.5, 7.3

5: 1.1, 1.5, 3.2, 4.2, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 7.1, 7.2, 7.3, 8.2

Just for Boys Ages 10-13 Grades 5-6 90 minutes

Boys learn of the physical and emotional changes that occur in males during puberty. Topics include secondary sexual characteristics, emotional changes, personal hygiene, and conception. Participation in this program promotes positive self-image. We encourage parents to attend with their sons. This program is taught from an abstinence until marriage basis.

Indiana and National Health Education Standards:

5: 1.1, 1.2, 2.1, 2.2, 2.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 7.1, 7.2, 7.3

6: 1.1, 1.2, 1.4, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.8, 5.2, 5.4, 5.5, 5.7, 6.1, 7.1, 7.2, 7.3

Just for Girls Ages 10-13 Grades 5-6 90 minutes

Girls learn of the physical and emotional changes that occur in females during puberty. Topics include secondary sexual characteristics, emotional changes, personal hygiene, conception, menstruation, and sanitary supplies. Participation in this program promotes positive self-image. We encourage parents to attend with their daughters. This program is taught from an abstinence until marriage basis.

Indiana and National Health Education Standards:

5: 1.1, 1.2, 2.1, 2.2, 2.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 7.1, 7.2, 7.3

6: 1.1, 1.2, 1.4, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 2.8, 5.2, 5.4, 5.5, 5.7, 6.1, 7.1, 7.2, 7.3

Be Free from HIV Ages 11-13 Grade 6 45 minutes

Students learn how the immune system usually keeps us healthy in spite of the virus exposure we have and how HIV weakens the immune system. Stages of HIV infection and modes of transmission of HIV from person to person are discussed. Abstinence from sexual activity until marriage is presented as the way to avoid sexually transmitted HIV infection. It is stressed that normal day to day activities do not pass HIV from person to person.

Indiana and National Health Education Standards:

6: 1.1, 1.7, 1.8, 2.8, 2.9, 3.4, 4.2, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7, 7.1, 7.3

Beginnings of Life Ages 12-14 Grade 7 90 minutes

A Health Educator discusses the outward and inward changes involved with puberty as well as conception, menstruation, and male and female reproductive systems. Youth learn how babies grow and develop in the uterus after conception. Abstinence until marriage and the responsibilities of parenting are emphasized throughout this program. Upon request, a male and female split is available.

Indiana and National Health Education Standards:

7: 1.1, 1.2, 1.5, 1.8, 2.1, 2.2, 2.3, 2.8, 4.1, 5.2, 5.4, 5.5, 5.6, 5.7, 6.1, 7.1, 7.2, 7.3



HIV: Help Intercept the Virus Ages 12-15 Grades 7-8 45 minutes

Youth receive an overview of the immune system and how it responds to infection. HIV infection and modes of transmission of HIV from person to person are discussed. Abstinence from sexual activity until marriage is presented as the way to avoid sexually transmitted HIV infection.

Indiana and National Health Education Standards:

7: 1.1, 1.5, 1.8, 2.3, 2.8, 2.9, 3.4, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

8: 1.1, 1.5, 1.8, 1.9, 2.3, 2.8, 2.9, 3.4, 4.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

Moving into Maturity Ages 13-15 Grade 8 90 minutes

Youth participate in an in-depth program that fosters awareness of physical, emotional, and social changes that occur during the journey to adulthood. Concepts presented include qualities to look for in a friend, self-respect, and empathy for others. In addition, male and female reproductive anatomy, menstruation, and conception are covered from an abstinence until marriage basis.

Indiana and National Health Education Standards:

8: 1.1, 1.2, 1.5, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

Infection Connection: HIV Ages 14-19 Grades 9-12 45 minutes

This program provides accurate information about HIV so youth are able to protect themselves from infection. Students hear the latest facts on HIV/AIDS including statistics, modes of transmission, infection process, medication, and prevention. An in-depth look is taken at how HIV works on the immune system and why a variety of medications are used to treat HIV positive individuals.

Indiana and National Health Education Standards:

HW: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

AH: 1.1, 1.2, 1.5, 1.8, 1.9, 2.2, 2.3, 2.7, 2.8, 2.9, 3.4, 4.1, 4.2, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 7.1, 7.2, 7.3

Breast Self-Exam Ages 14-19 Grades 9-12 45 minutes

Breast cancer strikes one out of eight women in the United States. Young women learn about early detection of breast cancer through self-exams and mammograms. Self-examinations are explained and simulated with the use of anatomical models. Anatomical models can be shipped to your site for Interactive Video Conferencing programs.

Indiana and National Health Education Standards:

HW: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3

AH: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3

Testicular Self-Exam Ages 14-19 Grades 9-12 45 minutes

Testicular cancer is the number one cancer of males ages 15-34. Young men learn about early detection of testicular cancer through self-exams. Self-examinations are explained and simulated with the use of anatomical models. Anatomical models can be shipped to your site for Interactive Video Conferencing programs.

Indiana and National Health Education Standards:

HW: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3

AH: 1.1, 1.4, 1.5, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 3.4, 5.6, 5.7, 6.1, 6.2, 6.4, 7.1, 7.2, 7.3

Adult Education - Live

Parents Talk is a series of programs which affirm the important role parents play in the lives of their children. Attendees will receive straight talk and tips for how to talk to their children. If desired, there will be an opportunity for discussion led by the McMillen Center educator. These programs may be scheduled by churches, parent teacher organizations, service clubs, or other group where parents meet. Lists of resources and supplemental materials will be available.

Distracted Driving 45-60 minutes

Statistics reveal that texting and driving is more dangerous than driving under the influence of alcohol. Did you know that while teenagers are texting, they spend about 10 percent of the time outside the driving lane they're supposed to be in? Parents will learn the statistics on distracted driving and what parents can do to help ensure their teen's driving safety.

Sexting & Texting: Safe Social Media 45-60 minutes

Teens are bombarded daily with messages about sexuality in advertising and from their peers. Sexting seems funny, edgy, and socially acceptable. Parents and mentors need to educate themselves and their children about the positive use of technology. Since teens tend to think they are invincible and will be able to protect themselves against bad consequences, education helps them to make better choices.

Choices & Consequences: Alcohol 45-60 minutes

Class participants follow the path of a drink through the body, learning both the short and long-term effects of alcohol. Binge drinking and the stages of liver disease will be discussed and human plastinated livers will be used to show real-life examples of liver disease. Designed to be less interactive and more lecture-style presentation.

Choices & Consequences: Drugs and Smoking 45-60 minutes

Participants will learn how illegal drugs work in our bodies and the short and long-term effects of use. Some surprising facts about prescription drugs and smoking will be shared, and the importance of not using alcohol, drugs, or tobacco during pregnancy will be discussed. Designed to be less interactive and more lecture-style presentation.

Tobacco will Getcha 45 minutes

Adults attending this workshop will be affirmed for their decision to quit smoking or be motivated to quit smoking. Surprising physical changes that occur immediately upon quitting smoking - even after long term tobacco use - will be highlighted. Participants will experience how emphysema feels, discover the hidden costs of tobacco use, and see actual plastinated human organs illustrating the true effects of smoking.

The Benefits of the Family Table 45 minutes

The Family Table project is aimed at helping families realize the myriad of benefits of sharing a meal together. The first phase of the Family Table project is to get families to commit to eating together three or more times a week. Using fun, interactive examples, this workshop will give you ideas on how to start conversations, tips for engaging youth in meal preparation, and how to have difficult conversations at your family table.

Adult Education - Online

Nutrition Labels – Secrets Revealed 30 minutes

Educators will teach the “quick and dirty” way to read a nutrition label and discuss how many grams of sugar, fat, and salt are recommended for children. Actual food labels from popular children’s foods will be used to discuss serving sizes and calories. Educators will emphasize why the best foods don’t need labels, how to spot misleading claims on food, and what “organic” means. Educators will also show parents nutritional information on foods many parents think are “healthy” such as fruit snacks.

What am I Supposed to Feed My Kids? 30 minutes

Parents will be shown healthy meals so they can see proper serving sizes and what a healthy meal looks like. Parents will learn how to increase their child’s health by replacing unhealthy foods with healthy foods. An emphasis will be placed on not giving children sugary drinks or pop, and the parental responsibility to say “no” to children.

A Meal in Less Time Than It Takes to Go Through the Drive-Thru 30 minutes

Educators discuss how to prepare easy, healthy meals with simple ingredients that also result in a cost savings. Participants will be given a list of foods to have in their pantry so they can quickly prepare healthy meals. Educators show how to replace expensive convenience foods with fresh ingredients and save money on their grocery bill.

Eating Out – How to Make Healthier Choices 30 minutes

Fast food children’s meals will be shown with their calorie, fat, and salt counts. Parents will be shown alternative options, and how healthier choices affect nutritional values. Educators show how caloric differences impact children’s weight and discuss “portion distortion.” They show how many servings are provided in various restaurant meals.

BMI – What is it? Why does it matter? 30 minutes

Parents will be taught what BMI is, the different categories of BMI, and what it means if your child’s BMI is in the overweight or obese category. Much of the childhood obesity epidemic can be linked to a daily excess of only 150 calories. Parents receive tips for reducing their child’s caloric intake by making healthy food choices.

Active Healthy Families Childcare 30 minutes

Childcare providers have a huge impact on the health of the children they have in their care. Parents learn what to look for in a childcare setting regarding nutrition and physical activity, the eight components of an Active Healthy Family Childcare, and how to talk to their sitter about the health of their child.

Senior Adult Education

Senior Adult Education is designed for mature audiences, ages 65 and over. Choose from any of the following topics. Each module is 45 minutes in length. The McMillen Center can modify and individualize any of these topics to fit the needs of your organization.

Active Brain Boosters 45 minutes

Seniors will learn how to keep their brains active. They will explore various behaviors that can boost brain performance by participating 'in their seat' activities during the program. Seniors will understand the importance of staying mentally and physically fit through regular exercise and good nutrition.

Health Wise for Seniors: Nutrition 45 minutes

This program will discuss the importance of nutrition for the senior population. Seniors will learn about their nutritional needs and be given hints for cooking smaller meals, grocery shopping, and dining out.

You're Never Too Old for an STD 45 minutes

This program will teach seniors the facts about the growing rate of STDs in the senior population. Reasons for this increase in STDs will be discussed along with condom use and talking to your partner about their sexual history. Seniors will also learn about different STDs and the importance of STD screening for sexually active seniors.

Contact Us

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