



Teaching Today's Health

Today's climate focuses on keeping one's body in excellent physical, emotional and social health. It is important, that we as Health educators be able to meet these challenges.

Presenter: Rhoda Frank Berkson, MA, BA, SNT, RN

Rhoda Frank Berkson - In June of 2010, Ms. Berkson retired from teaching Middle School Health Education and working as the High School Nurse Teacher in the Herricks School District. She is currently an adjunct professor at Hofstra University, where she observes student teachers. Ms. Berkson also teaches courses for the Teacher Effectiveness Institute on HIV, social, drug, and medical issues and their impact on student learning. She has been a member of the NYSED task force that helped rewrite the current Health Education Scope and Sequence, and has also conducted workshops for Goals 2000 Health Leadership Institute. Ms. Berkson has worked as a Registered Nurse, Hospital Emergency Room Coordinator and taught Nursing for Nassau BOCES.

- Audience:** Middle School Health and Physical Educators
Elementary Health Educators and Nurses
- Dates:** November 21, 28, December 5, 12, 2011
- Time:** 4:00pm - 6:00pm
- Place:** Western Suffolk BOCES
31 Lee Avenue, Wheatley Heights, NY 11798
- Fee:** \$50/session or \$150 for the series of 4
(No Cost to WSB Health and PE Coser members)

Description: Teaching sexuality to Middle School Children presents many challenges not only to us, but to the students as well. How many of you can recognize the saying? "I know it all....here we go again." While this indeed may be true, can we honestly say that we as educators have the skills, knowledge, and resources needed to engage our students in meaningful lessons and activities? The Health Education Scope and Sequence requires that functional knowledge be incorporated in the teaching of all aspects of Health Education. These mandates bring sex education not only to the forefront of teaching, but enable children to understand how their bodies change during puberty and adolescence, as well as how they can keep themselves healthy and safe. These workshops will provide the educator with current information including activity-based lessons, discussions, and materials for further use in the classroom.

Sessions One and Two: The Ever Changing Pubescent Body

- o How to teach Male and Female anatomy
- o A Review as well as strategies to teach this topic without embarrassment
- o Menstrual cycle
- o Changes that occur during puberty
- o Discussion about masturbation during puberty and dispelling the myths surrounding this topic
- o Is there a "safe time" NOT to get a girl pregnant
- o Hand-outs, activities and time for questions and answers

Session Three: Current Updates for Sexually Transmitted Infections and HIV/AIDS

- o Review of current information related to Chlamydia, Syphilis, Gonorrhea and HPV
- o Discussion on transmission, testing, confidentiality issues between the need to know and the right to know, and treatment
- o Hand -outs, activities and time for questions and answers

Session Four: Drug and Alcohol Update, what you need to know

- o Review the newer drugs on the market
- o How to recognize the student when drug use is suspected
- o Your role as the classroom teacher
- o Activities, handouts and questions

Register online at www.wsboces.org *Instructional Support or My Learning Plan.* **Copy this link** <http://www.wsboces.org/WebReg>

Mail or Fax Registration to: Joann Zerbo, Student Support Services Center, 31 Lee Avenue, Wheatley Heights, NY 11798 631/595-6843/FAX 631/623-4914

***Cancellation Policy:** *Cancellations should be made at least 5 business days prior to the workshop. Failure to do so will result in your district being charged for the conference. All no-shows will be billed for the full amount of the conference.*

Teaching Today's Health

- November 21 November 28 December 5 December 12

Name: _____

Position: _____ **District:** _____

Email Address: _____

Contact # _____