



Children's Health
Education Center™

A member of Children's Hospital and Health System.



Elementary school programs

Bring important health and wellness concepts to life with BlueKids.org interactive, game-based e-learning programs.

Grades K5 – 3



Mission: Health – **NEW!** This fun, easy-to-implement program focuses on obesity prevention through nutrition and physical activity. The program consists of six 10-minute lessons on topics such as the food and activity pyramids, physical activity, go and whoa foods and goal setting. Its flexible design allows for student-centered, teacher-led instruction or individual student use if appropriate. Available in Spanish.

Key finding

Parents reported more than 50 percent of children changed their habits to make healthier ordering choices in restaurants and fast food restaurants after taking *Mission: Health*.

Grades 4 and 5



BullyFree Basics – This bullying prevention program, developed in collaboration with the Wisconsin Department of Public Instruction, helps counselors and teachers increase awareness about bullying and gives students the skills they need to prevent and stop bullying.

Key finding

Teachers and staff reported a 57 percent drop in bullying behavior after students completed *BullyFree Basics*.



Destination Respiration – Both engaging and fun, *Destination Respiration* teaches students the anatomy of the respiratory system, how to keep the respiratory system healthy and safe, and how to prevent damage to the lungs.

Drug Defense – **NEWLY REVISED!** This interactive program gives students an age-appropriate introduction to commonly abused drugs, facts on how they are abused and tips for resisting peer pressure, including positive alternatives and confidence-building skills.

Energy Extreme – *Energy Extreme* teaches students about the six body systems, nutrition (including the new food pyramid) and body needs (exercise, rest and water) in a fun, interactive way.

Key finding

Elementary school children increased their overall health knowledge by 29 percent after completing *Energy Extreme*. More than 80 percent of children gained new knowledge.



BlueKids.org e-learning programs are cutting-edge tools that provide health, wellness and prevention knowledge and skills.”

Jon Hisgen, health curriculum coordinator for the Wisconsin Department of Public Instruction

MORE



Grade 6

***It's UR Choice (Alcohol, Tobacco and Other Drugs Prevention)* – UPDATED!**

It's UR Choice is a newly revised substance abuse prevention program designed specifically for sixth grade, covering the dangers of alcohol, tobacco and other drugs, as well as the role of media in making decisions, risk taking and peer pressure.



Grades 6, 7 and 8

Act Now! – Reduce bullying in your school while creating a climate of understanding, respect, compassion and acceptance. *Act Now!* addresses physical, verbal, emotional and cyber bullying, and sexual harassment, through interactive role-playing, video segments and engaging educational games. For optimal program success, an optional online staff development and training program is included for school and community that provides a step-by-step process for creating a bully-free school.



4 UR Health – *4 UR Health* helps students learn about eating right, staying fit and feeling good about their bodies. The program covers three wellness topics: nutrition, physical activity and body image. Available in Spanish.



The Real U – Students learn how to manage their moods, regulate emotions and relieve stress and anger. They will discover how their bodies generate their feelings and how those feelings, together with their thoughts and actions, cause their moods.



Grades 7 and 8

It's up 2U (Alcohol, Tobacco and Other Drugs Prevention) – Students will explore the effects of marijuana, tobacco, alcohol and inhalants as well as over-the-counter and prescription drugs. They'll also see the consequences of using these substances as they gather information and make decisions.

Key findings

Students report an 80 percent reduction in use of prescription medication, alcohol, over-the-counter or hazardous substances, and students report a nearly 43 percent reduction in alcohol usage over a three-month period after taking *It's Up 2U*.

Why choose BlueKids.org e-learning programs?

- Programs show an average increase in knowledge of 21 percent.
- They are created by experts. BlueKids.org e-learning programs were developed by Children's Health Education Center in conjunction with Children's Hospital of Wisconsin experts and Wisconsin certified teachers. All course content is developed using evidence-based criteria. *Parents* magazine recently rated Children's Hospital No. 3 in the nation.
- They are game-based, online and interactive. Programs are facilitated by teachers or counselors through a blend of technology, classroom activities and discussion.
- They use Moodle, a learning management system that allows teachers to easily implement the course and track and manage their students' learning activities.
- They align with National Health Education standards and emphasize skills-based instruction and assessment. Ongoing research is proving that our programs are effective in producing positive changes in knowledge, attitude and behavior.

For more information on BlueKids.org e-learning programs, contact:

Clay Anton at (414) 294-8085 or CAnton@chw.org, or Catherine Sutryk at (414) 477-1683 or CSutryk@chw.org.

To preview these programs, visit HealthyKidsLearnMore.com.