

*Michigan Model for Comprehensive
School Health Education®*

**Guide to
Essential Components
for
Teacher Staff Development
in
Health Modules for
Grades 7-8 and 9-12**

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Purpose

What should be included in teacher staff development for the grades seven through twelve health education modules?

This guide begins to answer this question. Michigan Model® Coordinators and Trainers have requested suggestions and guidance as they plan staff development for secondary health educators. In addition to providing ideas and guidance, this guide also serves as a mechanism for setting minimum standards for middle school and high school Michigan teacher staff development in comprehensive school health education. By agreeing to minimum standards, we ensure more uniform staff development experiences across our various regions.

As health educators, we have witnessed the progression away from knowledge-based instruction towards skills-based instruction for students. Staff development must also mirror this growth and change. Didactic presentations in a workshop should be minimal or nonexistent. Individual preparation for teaching health, which may occur without sufficient staff development, will not build the skills necessary for successful implementation. However, small group activities along with demonstration and practice of skills-based instruction take time.

Many schools have a restricted amount of time for staff development and/or are engaged in other meaningful commitments which require training or teacher planning. They may want to reduce the required amount of staff development time for health education and “do their best” with the health education manuals and materials. This guide provides Michigan Model® Coordinators and Trainers with documentation which supports a specific amount of staff development for health education at the secondary level. If schools cannot provide the minimum release time to adequately prepare teachers, it may be more appropriate for them to implement comprehensive school health at a later time.

Based on the recommendations of the Comprehensive School Health Coordinators Association’s Training Committee, a list of essential and optional training components has been outlined in this guide for the following seven staff development opportunities:

- *The Two “R’s” for Stopping Assault and Preventing Violence: A Module for Grades 7-8*
A Two-Day Staff Development Workshop
- *HIV, AIDS, and Other STDs: A Module for Grades 7-8*
A One-Day Staff Development Workshop
- *Protect a Friend–Share Your Skills: Alcohol, Tobacco, and Other Drug Prevention: A Module for Grades 7-8*
A One-Day Staff Development Workshop
- *What’s Food Got to Do With It?: A Module for Grades 7-8*
It’s No Mystery: Tobacco Is a Killer: A Module for Grades 7-8
It’s Time to Move!: A Module for Grades 7-8
Three Modules in a One-Day Staff Development Workshop
- *Managing Conflicts and Preventing Violence: A Module for Grades 9-12*
A Two-Day Staff Development Workshop



- *Teens Voice Solutions to Alcohol, Tobacco, and Other Drugs: A Module for Grades 9-12*
A One-Day Staff Development Workshop
- *Help Yourself to Good Nutrition: A Module for Grades 9-12*
Teens Campaign Against Tobacco: A Module for Grades 9-12
Stay Physically Active–For Life: A Module for Grades 9-12
Three Modules in a One-Day Staff Development Workshop

This guide is not intended to provide staff development designs nor suggest a specific sequence of components, but rather it does provide a “check-list” of components that should be included in each teacher staff development workshop. A range of time is recommended for each component. A region can meet the minimum staff development standards and vary the workshop format to accommodate a trainer’s skills and style, an individual school’s needs, and regional differences. While the minimum amount of staff development required to cover each module is clearly stated, it is expected that most programs will go beyond this minimum to provide a more complete staff development experience.

This guide was developed for use by trainers who have attended a Training of Trainers in each of the modules.