How Can YOU Be Involved

(04/03/2006)

Right now health education is not a priority in our school systems. It needs to be. Part of the reason is because health education is not one of the measured curricula by which schools' performances are judged. To make health education a priority will require change.

• It will require recognition that without good health education our children cannot succeed in other subjects.

• It will require understanding that health education is more than just a food pyramid. Health education is about drug awareness, physical exercise, decision-making abilities and much more.

So, What Can YOU Do?

In your community…

• Join other organizations that share your interests
• Express your views to local, state and federal officials. It works!
• Make your vote count for children's health issues during local and state elections
• Create awareness and support among parents and your community through organizations where you are a member, such as:
  • The faith community
  • Parent groups
  • Civic an community organizations
  •The workplace
• Stay connected, informed and don't be afraid to take action

At home...

• Be a good role model
• Be physically active, eat well
• Avoid risky behaviors such as tobacco use and not wearing a seat belt
• Make health an important family topic
• Ask your child what they are learning about health behaviors in school
• Discuss important health issues
• Stay informed
• Inform others

In your schools...

• Inform teachers, principals, administrators and school board members that you value health education
• Make sure your school district has an effective school health advisory council
• Volunteer in the classroom, volunteer in health classes
• Participate in the PTA or volunteer to serve on the school health advisory council or other committees
• Celebrate your school's strengths and work to correct the weaknesses
• Work for policy and programming changes and make sure they are enforced
• Encourage your schools to implement a staff wellness program
• Work with schools to host health-related events for parents and children

Remember, do as little or as much as you can. What's important is that you do something!