



## SPECIAL PROGRAMS

### HEALTHY LIFE CHOICES

PURPOSE: TO PROMOTE PROGRAMS THAT ENCOURAGE COMMITMENT TO HEALTHY LIFE CHOICES BY THE USE OF PARENT, STUDENT, STAFF, AND COMMUNITY INVOLVEMENT.

Promote and provide essential materials and information concerning health issues and observances set forth by the National and Georgia PTA.

All students can attend several sessions throughout the year to hear local community speakers on a variety of subjects during the second half of their lunch period. The topics covered are similar to those on Teen Health Night - Drug and Alcohol Abuse, STD's, Anger Management etc. The forums allow all students an easy way to participate if they choose.

#### Safe Homes Program:

- Make sure Safe Homes Contract is included with PTSA membership form.

#### Drug and Alcohol Prevention & Awareness:

- Contact school officers at beginning of year to arrange crash car display for Red Ribbon Week in October. Place red ribbons around the campus, especially at the front entrance.
- Involve Emily Reiser, the staff sponsor for the SADD (Students Against Destructive Decisions) Club.
- Ideas:
  - Display information outside the cafeteria on the effects of teen driving and teen driving laws.
  - Make vision-impaired stations available to students.
  - Display a crashed car (also for the week of Prom as provided by AHS police).
  - Crash Car and Vision Impaired Glasses were arranged by Officer Stanley (the school police Officer) and Corporal Joey Meadows of the Alpharetta Police Department. They obtained the vehicle from United Towing.

Teen Health Night: Event for students to hear from speakers who are subject matter experts on a variety of topics related to healthy and healthy living.

- Work with principal and other school officials to schedule the event and to encourage teachers to offer extra credit for attendance.
- Reserve a location for the session
- Contact speakers provide them with time and directions to school.
- Provide necessary tools for speakers
- Choose a variety of speakers from the health care profession or subject matter experts from real life personal experiences. Ideas include:
  - Steroids and Methamphetamine - The Ugly Truth
  - Positive Body Image – Eliminating Eating Disorders

- Internet Safety – Don't Get Caught in this Web!
  - Smart Sports – Sport Injury Prevention - Play to Win and Skip the Pain!
  - ABC's of Premarital Sex – Abstinence, Babies and Consequences
  - Up in Smoke – Smoking & Tobacco Related Diseases
  - Safety & Self Defense – Be Ready!
  - You Can Save a Life! – Understanding Teen Suicide & Depression
  - Don't Let this Happen to You! - AIDS & HIV
  - Dating & Relationships: Date Rape - It's Serious & Preventable!
  - Exercise & Healthy Life Styles – Exercise for Life!
  - Healthy Skin – Love the Skin You're in!
  - Safe Driving – Why Friends Don't Let Friends Drink and Drive
  - Living Disease Free – Protecting Yourself from STD's
- Publicize event. Make posters to hang in school prior to the event
  - Prepare morning announcements for the days leading up to the session
  - Create tickets for the event, 3 different colors for each lunch period
  - Solicit student and parent volunteers.
  - Purchase any prizes or giveaways
  - Prepare materials for volunteers.
  - Conduct volunteer meeting.
  - Write thank you notes to speakers

Note: For a complete event overview, please see Teen Health Night report.

"The Great American Smoke Out" to promote smoking cessation and prevention:

- Scheduled in November to Align with National program.
- Place posters in school hallway throughout the week.
- Incorporate message into daily morning announcements.

Student Involvement:

- Students who participated in school clubs should be asked at the beginning of the year to choose the health topics of interest to them to assist with event planning.

Keys to Success:

These programs were accomplished by:

- Student, parent and staff involvement.
- Health Experts from the community
- Business Partners.
- The combination of multiple topics under one event.
- Opportunities for improvement were recognized and shared by members of our committee, parent volunteers, student feedback through formal evaluations and verbally.