



Hamilton County Health Department Health Education Division

Quick Course Sheet 2022-2023

Below is a list of topics that can be presented to your school or community group.

Alcohol & Drugs:

- Alcohol Awareness
- Heroin
- Hookah
- Marijuana
- Narcan Education
- Opiates in Our Society
- Prescription Drug Abuse
- Recreational Drugs
- Smoking Education
- The New THC (Delta 8)
- Vaping (E-Cigarettes) HS
- Vaping & Rx Drugs Jr. High

CPR:

- **Heartsaver CPR Adult & Child***
- **Heartsaver CPR Adult, Child & Infant***
- **Heartsaver Online Course***
- **Heartsaver CPR In School***
- **Heartsaver First Aid Adult***
- **Heartsaver CPR Adult & Child***
- **Heartsaver First Aid Adult***
- **Heartsaver Pediatric First Aid***
- **Heartsaver First Aid On-Line Course***
- **Health Care Provider Course***
- **Health Care Provider On-Line Course***

Diseases + Prevention:

- The ABCs of Hepatitis
- Bloodborne Pathogens
- Cancer 101
- COVID
- COVID Vaccine
- Food Safety (Grades 5-12)
- Food Safety (Adult)
- Handwashing
- Handwashing for Children

Diseases + Prevention:

- HIV Education – General
- Lice
- Measles
- Meningitis
- Monkeypox (NEW)
- MRSA
- Rabies
- STD/STI Education
- Stop Ticking Around (Lyme Disease)
- Tuberculosis 101
- **Tuberculosis Testing Course***

General Health:

- Are You Prepared?
- Autism Peer Awareness (NEW)
- Bed Bugs
- Brain Attack (Stroke)
- Breast & Testicular Self-Exam Course
- College Safety
- Colorectal Cancer
- Dating + Relationship Violence
- Entering Adulthood (NEW)
- Fall Prevention (Seniors) (NEW)
- Family Planning
- Head Hurts (Concussion Education)
- Health Disparities
- Heart Attack 101
- Healthy Relationships
- Healthy Shopping
- Going Viral (Social Media Safety, HS)
- Internet Safety Middle School
- Immunizations 101
- Injury Prevention
- Mis Health Information (NEW)
- Mother Education (WIC) (NEW)
- Organ Donation

General Health:

- Oral Health
- Parenting in the Cyber World
- Poison Prevention (Preschool – 5th Grade)
- Poison Prevention (6th Grade – Adult)
- Poison Prevention (Seniors)
- STOP THE BLEED
- STOP THE BLEED (Virtual)
- Summer Safety
- Tattooing (Body Modification)
- What Is Public Health?
- What Will Teens Do Next? **(Adult Only)**

Mental Health:

- Coping with Mental Illness **(NEW)**
- Bullying (Grades K-3)
- Bullying 101 (Jr. High)
- Bullying & Hazing (HS)
- Human Trafficking
- Mental Health Education
- QPR (Question, Persuade & Refer) **(NEW)**
- Sexting Education
- Stress
- Suicide Education
- What Would I Do? **(NEW)**

Physical Activity/Nutrition

- Childhood Obesity **(NEW)**
- Obesity
- Physical Activity
- Nutrition

Other topics can be developed up on request.

*** = Charge for the course**

Indiana Academic Standards for Health and Wellness:

The programs provided by the Hamilton County Health Department meet the standards for health education in Indiana schools as established by the Indiana Department of Education.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

If you would like to schedule a program for your group, community or school, contact the Hamilton County Health Department by email at

james.ginder@hamiltoncounty.in.gov OR kaylen.underhill@hamiltoncounty.in.gov

(The Health Education Division has the right to cancel or reschedule the presentation)