

CONFERENCE AGENDA AT-A-GLANCE

FRIDAY MARCH 26, 2004
UNIVERSITY CENTER, 2ND FLOOR

- 7:30-8:15 Registration and Continental Breakfast - UC Ballroom, 202-203
- 8:15-8:30 Welcome and Opening Remarks, Shannon Whalen - UC Ballroom, 202-203
- 8:30-9:30 Keynote Address - Ms. Deb Tackmann. *Inspiring Health Educators to be Creative Instructors.*

9:45-10:45 First Workshop Session

- Session 1-A UC 201 Outrageous Teaching Techniques in Sexuality Education,
Grades 8-12**. *Deb Tackmann, Disney Teacher of the Year.*
- Session 1-B UC 211-212 Drugs and Violence: A Volatile Combination.
Isabel Burk, The Health Network.
- Session 1-C UC 213-214 Teaching Strategies to Address Nutrition Attitudes &
Behaviors for Secondary Students.
Karen Sossen, Nutritionist.
- Session 1-D UC 215-216 HIV/AIDS: Activities Geared for Teens.
*Taylor Nicklaus, Long Island Association for AIDS Care
(LIAAC), Inc.*
- Session 1-E UC 313 Using High School Students as Role Models: The Trading
Cards Technique.
Jean Harris, Adelphi University.
- Session 1-F HH 111 Teaching Children About Loss.
Jeanne Coleman, Three Village School District
- Session 1-G Comp. Lab Healthy Hearts for Kids: An Interactive Web Based Module.
*Gary English & Amy DeRiso, Statewide Center for Healthy
Schools.*

10:55-11:55 Second Workshop Session

Session 2-A	UC 201 Grades 8-12**.	Outrageous Teaching Techniques in Sexuality Education, <i>Deb Tackmann, Disney Teacher of the Year.</i>
Session 2-B	UC 211-212 Hazing <i>Goldberg, Ask Arden Social Support2</i>	Understanding and Preventing Bullying, Harassment and <i>Arden Greenspan</i>
Session 2-C	UC 213-214 Activity.	The Relationship Between Nutrition, Obesity and Physical <i>Michael Ludwig, Hofstra University.</i>
Session 2-D	UC 215-216 Guidelines.	Sexual Orientation Education: Working Within District <i>Robert Vitelli, LI Gay and Lesbian Youth (LIGALY).</i>
Session 2-E	UC 313 for Secondary Sex Education.	What Am I Going to Teach Today? Learning Experiences <i>Jenine DeMarzo, Adelphi University.</i>
Session 1-F	HH 111 Curriculum.	Being of One Age: The Benefits of an Intergenerational <i>Christopher Hayes, Long Island University</i>
Session 1-G	Comp. Lab	Creating and Using Web Quests for Health Education. <i>Leah Holland Fiorentino, Adelphi University.</i>

11:55-12:45 Lunch - UC Ballroom, 202-203

12:45-1:45 Third Workshop Session

Session 3-A	UC 201	Health Quickies: Lesson Plans for ATOD Education**. <i>Sal Chiariello, Clarkstown Central School District.</i>
Session 3-B	UC 211-212	Violence Prevention Among Children and Adolescents. <i>Don McPherson, Athletes Helping Athletes.</i>
Session 3-C	UC 213-214	VERB: Activities to Keep Kids Active. <i>Cynthia Proscia, Adelphi University</i>
Session 3-D	UC 215-216 HS Students.	Child Abuse Prevention and Self Esteem Development for <i>Barbara Held, Child Abuse Prevention Services (CAPS).</i>
Session 3-E	UC 313	Hands-On Health: ATOD Prevention Techniques. <i>Lori Reichel, Syosset Central School District.</i>
Session 1-F	HH 111 Package.	5-A-Day for Better Health: A Nutritional Education <i>Joanmarie Smith, DOLE Food Company</i>
Session 1-G	Comp. Lab	The Choice Game Curriculum: A CD-Rom Promoting

Abstinence Education for Youth.
Several Sources Foundation.

Kathy DiFiore,

1:55-2:55 Fourth Workshop Session

Session 4-A	UC 201	Health Quickies: Lesson Plans for ATOD Education**. <i>Sal Chiariello, Clarkstown Central School District.</i>
Session 4-B	UC 213-214	Body Image and Self Esteem Education. <i>Linda Cimino, Bellmore Merrick Public Schools.</i>
Session 4-C	UC 215-216	Pregnancy Prevention Through Parenting Education: The <i>Robin Romanshek, Realityworks,</i>
Baby Think it Over Program. <i>Inc.</i>		
Session 4-D	UC 313	American Cancer Society (ACS): Partnering for Healthier <i>Christina Faber, M.S., R.D., CDN, Systems & Erica Blacksborg,</i>
Students. <i>M.S., R.D., CDN,</i>		<i>American Cancer Society</i>
Session 1-E	UC 211-212	A World of Difference: An Anti-Bias and Diversity Training <i>Lucille Gionet, Anti-Defamation League</i>
Program.		
Session 1-F	Comp. Lab	Enhancing Classroom Instruction with PowerPoint <i>Emilia Zarco, Adelphi University.</i>

*** These presentations are presented twice.*

FULL CONFERENCE AGENDA

REGISTRATION & BREAKFAST, UC ATRIUM 7:30-8:15am

WELCOME & REMARKS, UC 202-203 8:15-8:30am

KEYNOTE ADDRESS 8:30-9:30am

UC 202-203
Inspiring Health Educators to be Creative Instructors
Deb Tackmann, B.S. M.E.P.D., Health Educator & Disney American Teacher Awardee

FIRST WORKSHOP SESSION 9:45-10:45am

Session 1-A, UC 201
Outrageous Teaching Techniques in Sexuality Education: Grades 8-12
Deb Tackmann, B.S. M.E.P.D., Health Educator & Disney American Teacher Awardee

Session Objectives: At the end of the session, participants will be able to...

1. list strategies to empower students to make healthy decisions.
2. demonstrate hands-on and fun learning activities that help kids choose healthy behaviors.

Session Description:

A highly interactive and hands-on health session that will help empower students with the knowledge and skills they need to make healthy sexual decisions in the 21st century. Participants will play with beach balls, string, take risks with dice, play “sexy label” and have fun while learning how to help kids choose healthy behaviors.

Session 1-B, UC 211-212
Drugs and Violence: Volatile Combination
Isabel Burk, MS, CPP, CHES, Director, The Health Network

Session Objectives: At the end of the session, participants will be able to...

1. outline current research related to drugs and violence
2. describe drug-related changes in the brain and an individual's behavior that relate to violence and violent tendencies
3. discuss environments and situations where violence is more likely to occur

Session Description:

Individuals who use alcohol and other drugs are more likely to be involved in violent situations, ranging from homicide to suicide to property destruction, and more. In this session we will explore current research related to drugs and violence. We will examine some changes in brain chemistry and functioning that may make violence more probable among individuals who drink or use drugs, as compared to the non-user. We will also review times, sites and situations where violence is more likely to occur.

Session 1-C, UC 213-214

Strategies that Address Nutrition Attitudes & Behaviors for Secondary Students

Karen Sossin, MS, CDN, Nutrition Education Consultant

Session Objectives: After the session, participants will be able to...

1. describe research based 'elements of effectiveness' for nutrition education.
2. identify specific teaching strategies and tools for classroom use in order to impact lifestyle changes.
3. discuss briefly current topics in nutrition

Session Description:

A workshop that will attempt to answer questions surrounding obesity and its related diseases and provide insights into nutrition attitudes and behavior; participants will be actively involved in discussing strategies and tools for classroom use that will impact behavioral changes.

Session 1-D, UC 215-216

HIV/AIDS: Activities Geared for Teens

Taylor Nicklaus, High Risk Educator, Long Island Association for AIDS Care (LIAAC)

Session Objectives: At the end of the session, participants will be able to...

1. distinguish myths from facts associated with HIV/AIDS.
2. identify how behaviors can have positive and negative consequences for their future lives.
3. demonstrate effective refusal skills through role plays.

Session Description:

The presentation will consist of three activity-based lessons that the participants will be able to utilize in a classroom setting. Each lesson will be abridged allowing enough time for all three presentations. However, each participant will receive a lesson plan for each activity.

Session 1-E, UC 313

Using High School Students as Role Models: The Trading Cards Technique

Jean Harris, Ph.D. Assistant Professor, Health Studies, Adelphi University

Session Objectives: At the end of the session, participants will be able to...

1. examine theories that support cross age education.
2. describe the Trading Cards Program history, goals and program components

Session Description:

A presentation of the Trading Cards Program, a cross age educational model that uses high school students as drug free role models for elementary students in the same community; history, goals and steps to start the program in the community will be reviewed.

Session 1-F, HH 111

Teaching Children About Loss

Jeanne Coleman, Health Education Teacher, Three Village School District, Setauket, NY

Session Objectives: At the end of the session, participants will be able to...

1. define categories of loss in a child's life
2. develop techniques through classroom management, writing and discussion that encourage, acknowledge and express loss in a healthy manner.
3. identify reliable resources for assisting classroom discussions and activities around loss issues.

Session Description:

Children today have many concerns around issues of loss through serious illness, death, separation, divorce, moving, national tragedy, and war. As educators we often don't know what to do or say. This workshop is designed to assist teachers to develop the skills that facilitate discussions on the sensitive topic of loss.

Session 1-G, Computer Lab

Healthy Hearts for Healthy Kids: An Interactive Web-Based Module

Gary English, Ph.D. CHES, & Amy DeRiso, Statewide Center for Healthy Schools, New York

Session Objectives: At the end of the session, participants will be able to...

1. describe the unique features of Healthy Hearts for Healthy Kids.
2. identify the benefits of integrating Healthy Hearts for Healthy Kids into the curriculum and developing skills in math, language arts, geography, technology, and physical education while focusing on health instruction.
3. identify steps to access, register and implement the Healthy Hearts for Healthy Kids web-based instructional module.

Session Description:

Healthy Hearts, a web-based instructional module developed to help children learn more about cardiovascular health, and the importance of physical activity, good nutrition, and tobacco avoidance in maintaining a healthy body will be presented.

SECOND WORKSHOP SESSION

10:55-11:55am

Session 2-A, UC 201

Outrageous Teaching Techniques in Sexuality Education: Grades 8-12

Deb Tackmann, B.S. M.E.P.D., Health Educator & Disney American Teacher Awardee

Session Objectives: At the end of the session, participants will be able to...

1. list strategies to empower students to make healthy decisions.
2. demonstrate hands-on and fun learning activities that help kids choose healthy behaviors.

Session Description:

A highly interactive and hands-on health session that will help empower students with the knowledge and skills they need to make healthy sexual decisions in the 21st century. Participants will play with beach balls, string, take risks with dice, play “sexy label” and have fun while learning how to help kids choose healthy behaviors.

Session 2-B, UC 211-212

Understanding and Preventing Bullying, Harassment and Hazing

Arden Greenspan-Goldberg, MSW, ACSW, BCD, Family Psychotherapist & Director, Ask Arden Social Support

Session Objectives: After the session, participants will be able to...

1. identify potential bullying, harassment and hazing situations.
2. be made aware of their specific school policy.
3. become pro-actively involved in the prevention of bullying, harassment and hazing.

Session Description:

An interactive presentation that will focus on educating teaching staff on understanding and preventing bullying, harassment and hazing; audience participation will be encouraged as they share actual experiences with bullying, harassment and hazing to connect the materials presented with practical application.

Session 2-C, UC 213-214

The Relationship Between Nutrition, Obesity and Physical Activity

Michael Ludwig, Assistant Professor, Health Studies, Hofstra University

Session Objectives: At the end of the session, participants will be able to...

1. describe the relationship between diet and activity with weight gain and obesity.
2. demonstrate learning activities and props that helps students understand the aforementioned concepts.

Session Description:

A session that will provide attendees with ideas, activities and props to help their students better understand the relationship between diet and activity and weight gain and obesity.

Session 2-D, UC 215-216

Sexual Orientation Education: Working Within District Guidelines

Robert Vitelli, Director of Education, Training and Policy, Long Island Gay and Lesbian Youth (LIGALY)

Session Objectives: At the end of the session, participants will be able to...

1. discuss issues of sexual orientation: coming out, suicide prevention, self-esteem, violence, etc.
2. list strategies to create awareness and reduce gender prejudice and bias.
3. identify programs, policies and practices that build a safer and more accepting environment for GLBT youth in schools and communities.

Session Description:

A workshop that address stereotypes, defines sexual orientation and gender identity/expression, explores how GLBT people are stigmatized and how youth service professionals can create more supportive spaces for GLBT youth through a variety of programs, policies and practices within district guidelines.

Session 2-E, UC 313

What am I Going to Teach Today? Learning Experiences for Secondary Sex Education

Jenine Demarzo, Ph.D. Instructor, Adelphi University

Session Objectives: At the end of the session, participants will be able to...

1. identify 5 or more sex education learning experiences appropriate for middle and high school health education classes.
2. discuss techniques for processing human sexuality lessons with adolescents.

Session Description:

This session will introduce participants to teaching techniques that can be used in middle and high school health education classrooms. Participants will role play activities and discuss methods for processing activities. Handouts will be provided.

Session 2-F, HH 111

Being One of Age: The Benefits of an Intergenerational Curriculum

Christopher Hayes, Ph.D. Professor of Psychology and Founding Chair, Masters Program in Gerontology, Southampton College of Long Island University

Session Objectives: At the end of the session, participants will be able to...

1. analyze the dynamic insights into the benefits of intergenerational programming in the classroom.
2. describe various intergenerational models of instruction that have been introduced throughout the country
3. list strategies to integrate intergenerational programming into the classroom

Session Description:

A roundtable-discussion to provide teachers with dynamic insights into the benefits of intergenerational programming in the classroom; hands-on models to introduce aging into the classroom will be presented.

Session 2-G, Computer Lab

Creating and Using Web-Quest for Health Education

Leab Fiorentino, Associate Professor, Adelphi University

Session Objectives: At the end of the session, participants will be able to...

1. participate in learning experiences that integrate technology into health education
2. discuss how to plan and implement an age appropriate health/technology learning
3. share their own ideas related to health/technology learning experiences

Session Description:

Using the internet and a lecture/discussion/role play format, this session demonstrates five easy ways a health teacher can integrate technology into the health education curriculum. Participants will have the opportunity to dialogue with their colleagues about technology integration, participate in role-play activities that demonstrate exemplary health/technology learning experiences, and share their own ideas for classroom lessons. Handouts will be provided.

LUNCHEON, UC 202-203

11:55am-12:45pm

THIRD WORKSHOP SESSION

12:45-

1:45pm

Session 3-A, UC 201

Health Quickies: Lesson Plans for ATOD Education

Sal Chiariello, Health Coordinator, Clarks town Central School District

Session Objectives: At the end of the session, participants will be able to...

1. role-play creative teaching strategies for health education.
2. discuss the application of strategies for different age groups.
3. participate in activities that make learning health education fun

Session Description:

This presentation will share techniques that demonstrate how the creative teaching strategies can be implemented in a health education classroom with any age group, kindergarten through college. Participants will have the opportunity to role-play some of the strategies that are discussed and will leave the session with handouts and a series of lesson plans that will enable them to implement creative teaching strategies with their own population.

Session 3-B, UC 211-212

Violence Prevention Among Children and Adolescents

Don McPherson, Director, Sports Leadership Institute, Adelphi University

Session Objectives: At the end of the session, participants will be able to...

1. describe the current status of violence in the United States
2. identify the components of the coordinated school health program
3. explore ways and strategies to integrate violence prevention in the school health program.

Session Description:

Recent school shootings and other violent incidents among youth have made violence prevention an issue of utmost importance to educators and administrators. Using a combination of multimedia, small group, and large group formats, this session introduces the concept of Coordinated School Health and how it can be applied to violence prevention. Participants will leave the session with handouts and a preliminary blueprint that will enable them to implement a violence prevention program in their school/district.

Session 3-C, UC 213-214

VERB: Activities to Keep Elementary Kids Active

Cynthia Proscia, Clinical Adjunct Professor & Director of Student Teaching in Health Education, Adelphi University

Session Objectives: At the end of the session, participants will be able to...

1. identify alternate forms of physical activity other than team sports
2. verbalize health benefits of tweens keeping active.
3. assist tweens to identify their personality with a verb or activity that suits them.

Session Description:

A presentation about VERB Youth Media Campaign launched by the USDHHS and CDC, a national multicultural campaign intended to promote physical activity and displace unhealthy risky behaviors among 9-13 year olds (tweens); the use of mass media, interactive media, partnerships and community effort strategies will be discussed. This workshop will be valuable for both educators and parents in helping them to promote activity and aid in decreasing obesity and sedentary life styles of families and kids.

Session 3-D, UC 215-216

Child Abuse Prevention and Self-Esteem Development for High School Students

Barbara Held, M.A. M.S. Volunteer Presenter, Child Abuse Prevention Services

Session Objectives: At the end of the session, participants will be able to...

1. describe the Child Abuse Prevention services and its workshops
2. participate in several learning activities in the workshop
3. discuss the benefits of the workshops from the dual perspective of an educator and a student.

Session Description:

An overview of the Child Abuse Prevention Services and introduction to the several workshops offered to high schools free of charge: “Steer Clear or Bullies”, Step Up and Speak Out”, “What’s Up? Girls Talk”, Sexual Harassment Prevention workshop, Child Abuse and Neglect Prevention workshop and Date Rape Prevention Workshop.

Session 3-E, UC 313

Hands-on Health: ATOD Prevention Techniques

Lori Reichel, Athletic Director and Health Coordinator, Syosset Central School District

Session Objectives: At the end of the session, participants will be able to...

1. identify 2 ATOD prevention techniques at each grade level, elementary, middle and high school
2. share ideas for ATOD prevention techniques.

Session Description:

This session is a hands-on workshop that allows participants to experience various techniques for ATOD prevention in the public schools. The facilitator will share techniques for various grade levels, K-12. Handouts will be provided.

Session 3-F, HH 111

5-A-Day for Better Health: A Nutritional Education Package

Joanmarie Smith, Porter Novelli Company

Session Objectives: At the end of the session, participants will be able to...

1. describe the “5 a day for better health program”.
2. identify strategies in integrating and utilizing 5 a day activities, materials and resources in schools and communities.

Session Description:

A presentation about the national “5 A Day for Better Health Program,” a partnership between the National Cancer Institute and the Produce for Better Health Foundation, the largest public-private partnership for nutrition and health in the United States and in the world; the program encourage all Americans to eat 5 to 9 servings of fruits and vegetables every day for good health.

Session 3-G, Computer Lab

The Choice Game Curriculum: A CD-ROM Promoting Abstinence for Youth

Kathy DiFiore, Producer, The Choice Game; Founder, Several Sources Foundation

Session Objectives: At the end of the session, participants will be able to...

1. review the development and design of the The Choice Game.
2. describe ways to utilize The Choice Game in the school and other settings.

Session Description:

A presentation that details the development and design of The Choice Game, a computer based curriculum for youth that teaches abstinence from drugs, alcohol and waiting for sex until marriage.

FOURTH WORKSHOP SESSION

1:55-

2:55pm

Session 4-A, UC 201

Health Quickies: Lesson Plans for ATOD Education

Sal Chiariello, Health Coordinator, Clarks town Central School District

Session Objectives: At the end of the session, participants will be able to...

4. role-play creative teaching strategies for health education.
5. discuss the application of strategies for different age groups.
6. participate in activities that make learning health education fun

Session Description:

This presentation will share techniques that demonstrate how the creative teaching strategies can be implemented in a health education classroom with any age group, kindergarten through college. Participants will have the opportunity to role-play some of the strategies that are discussed and will leave the session with handouts and a series of lesson plans that will enable them to implement creative teaching strategies with their own population.

Session 4-B, UC 213-214

Body Image and Self-Esteem Education

Linda Cimino, Health Educator, Bellmore Merrick Central High School District

Session Objectives: At the end of the session, participants will be able to...

1. discuss negative attitudes youth hold about body image and self esteem.
2. identify risk behaviors among youth.
3. participate in learning experiences for body image and self esteem education.

Session Description:

The new century has provided educators with students who are at risk for a myriad of negative behaviors, including negative attitudes about body image and self esteem. In order for students to

achieve academic success it is imperative that positive health messages are supported, in health education class as well as all other disciplines. This interactive session will utilize PowerPoint, handouts, and group discussion to identify critical risk behaviors among youth and how those behaviors can be addressed through body image and self esteem education. Participants will leave the session with the knowledge and skills to implement body image and self esteem learning experiences into any grade level.

Session 4-C, UC 215-216

Pregnancy Prevention Through Parenting Education: The Baby Think It Over Program

Robin Romanshek, New Business Development Representative, Reality Works

Session Objectives: At the end of the session, participants will be able to...

1. describe the benefits of the Baby Think It Over Program into the curriculum
2. understand the features of the new RealCare Baby II product
3. discuss how the Baby Think It Over Program can be used as a tool in parenting education.

Session Description:

A hands-on presentation designed to demonstrate and experience the use of the all-new RealCare Baby product and a review of the curriculum that goes with it.

Session 4-D, UC 313

American Cancer Society: Partnering for Healthier Students

Christina Faber, M.S., R.D., CDN, Director, Health Systems and Worksite Initiatives and Erica Blackburg, M.S., R.D., CDN, American Cancer Society

Session Objectives: At the end of the session, participants will be able to...

1. explore opportunities for community partnership and collaboration.
2. describe uses of the Partnering with Systems tool

Session Description:

A workshop that will provide an overview of the American Cancer Society's Partnering with Systems Assessment Tool to assess the strengths of the school health program within the coordinated school health framework.

Session 4-E, UC 211-212

A World of Difference: An Anti-Bias and Diversity Training Program

Lucille Gionet, Training Specialist/Facilitator, Anti-Defamation League

Session Objectives: At the end of the session, participants will be able to...

1. examine the concepts of stereotyping and making assumptions
2. expand cultural awareness
3. assess perceptions about self and others with regard to differences
4. explore the value of diversity and how to translate it into a more productive climate
5. discuss issues related to discrimination and bigotry.

Session Description:

A hands-on workshop experience designed to combat prejudice and discrimination based upon race, religion, ethnicity, national origin, age, gender, disabilities, and sexual orientation and to promote the value of diversity; the program uses a combination of experiential activities, role-playing, video and group discussions.

Session 4-F, Computer Lab

Enhancing Classroom Instruction with Power Point

Emilia Patricia Zarco, Asst. Professor, Health Studies, Adelphi University

Session Objectives: At the end of the session, participants will be able to...

1. list the features of effective power point presentations
2. create Power Point presentations in different formats: show and tell, quiz shows and musical shows

Session Description:

A hands-on computer workshop designed to teach about Power Point as a presentation tool; samples of different presentation format (show and tell, quiz shows and musical shows) will be demonstrated.

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