Objectives:

- Understand and Implement an **Optimal Health Model framework**

- Build **student and teacher relationships**

- Draw **professional boundaries**

- Develop **confidence in presenting**

What is Optimal Health?

"Optimal health is a dynamic balance of physical, emotional, social, spiritual, and intellectual health...Lifestyle change can be facilitated through a combination of learning experiences that enhance awareness, increase motivation, and build skills and, most important, through the creation of opportunities that open access to environments that make positive health practices the easiest choice."

O'Donnell, M. P. (2009). Definition of Health Promotion 2.0: Embracing Passion, Enhancing Motivation, Recognizing Dynamic Balance, and Creating Opportunities. American Journal of Health Promotion, 24(1), iv-iv. doi:10.4278/ajhp.24.1.iv

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Optimal Health requires a Holistic Health approach

The inclusion of all aspects of a person

- Mental
- Emotional
- Social
- Spiritual/Ethical
- Physical

Holistic Health
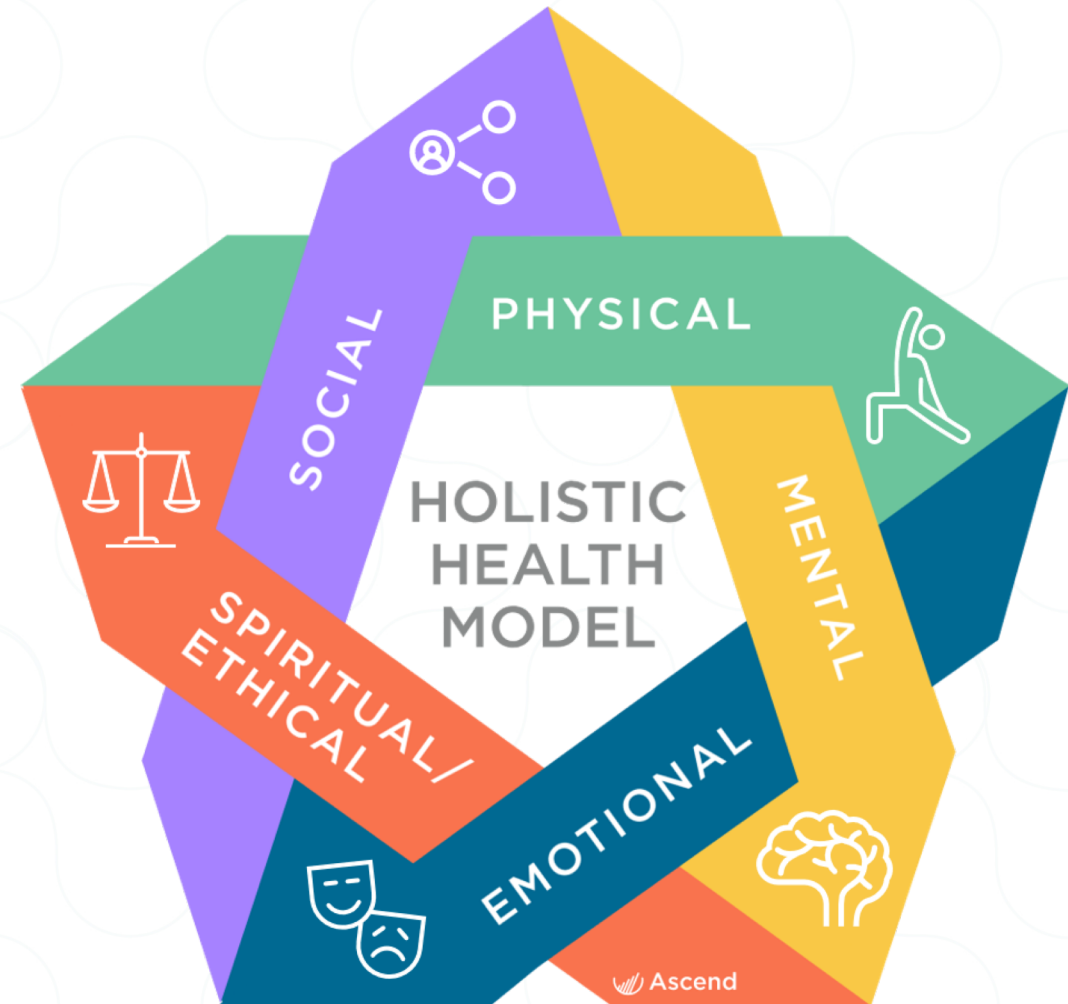
"If one part of the nature demands satisfaction at the expense/sacrifice of the rest – the result is not satisfaction but inner division (unhealthiness)."

- E. Stanley Jones

Holistic Health

- While supporting personal agency, sexual activity should always include consent. However, minors (age varies by state) are not capable of legal consent, demonstrating the importance of Ethical Health concerns.

- Replace verbiage "good and bad" in presentations with the terms "healthy and not healthy."

- Always use a Holistic Health approach.
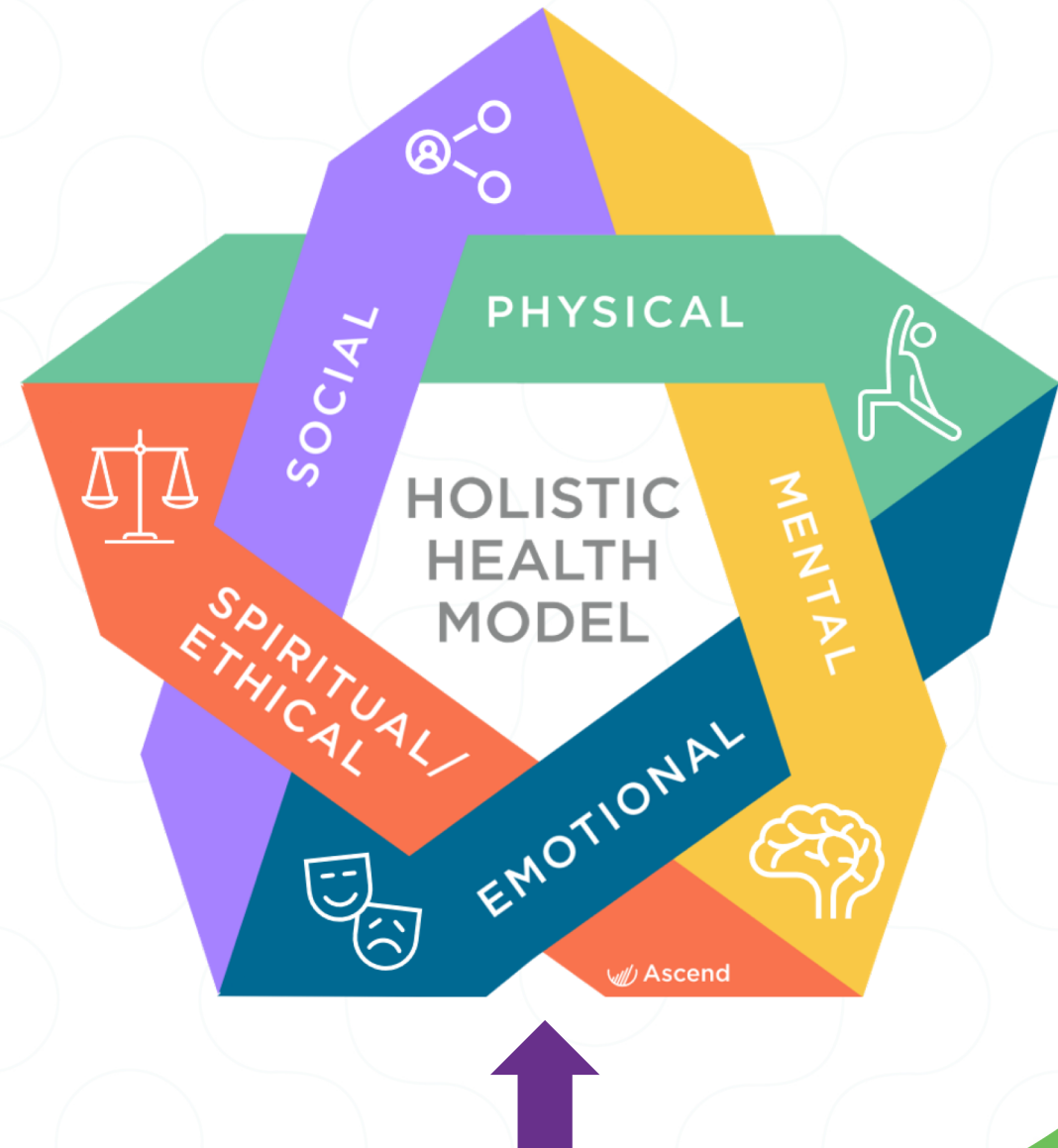
Sexual Risk Avoidance Education

- Intentionally Holistic

- Seeks optimal health outcomes for all students

- Meets students where they are

- Provides skills to maintain/return to optimal health behavior

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Building Strong Teacher-Student Relationships

A presentation is as effective as the relationship with the host is strong.

- Teacher buy-in to presenter or program may make or break student acceptance of the message

- Demonstrate a genuine interest in partnership with teachers

- Convey host expectations clearly to ensure successful presentations

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Genuine partnerships are demonstrated by:

- Being grateful – use "thank you" generously
- Conducting yourself as a guest
- Making it personal
  - Exchange contact information
  - Notice the little things
  - Ask how things should be handled using sandwich approach

The Sandwich Approach to Broach a Sensitive Topic

- Share personal contact information with host (soft opening)

- Ask what the reward/consequence system is in place (meat of the matter)

- Show gratitude (soft closing) for the partnership by:
    - Sharing follow-up quiz or other information
    - Sharing follow-up handouts for parents
    - Sending follow-up thank you note

Convey host expectations for a successful presentation

May include asking the host to:

- Check the school calendar for events such as field-trips and school pictures to ensure presentations are not interrupted

- Remain present in the classroom at all times as the authority

- Prep the room in which the program will be presented by making sure desks and seats are facing a white board or wall

- Share protocol regarding reporting incidents according to policies and procedures

- Provide an empty A.V. cart or table on which the presenter will place his or her equipment and supplies

- Provide any equipment, screens, cables, speakers, extension cords, lapel mic, etc., of which you do not plan to bring yourself as the presenter

- (Be specific regarding lumens (brightness/clarity) of projector; 3,200 lumens minimum are suggested so lights do not have to be dimmed.)

Building Strong Relationships with Students

DO

- State facts
- Ask questions
- Be open minded
- Win the life

DON'T

- Don't over-convince
- Don't be offended
- Don't try to win friends
- Don't try to win the argument

Professional Boundary Setting

Professional Personal Boundaries include:

When publicly answering personal questions

- Respond compassionately

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- Explain boundary setting and use boundaries

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- Explain boundary setting and use boundaries

- Frame answers objectively/not personally

Professional Boundaries and Social Issues

- Represent the curriculum – not self

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- Always assume sincerity

Professional Boundaries and Social Issues

- Represent the curriculum – not self
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- Never respond defensively

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- Represent the curriculum - not self
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- Respond with facts

Professional Boundaries and Social Issues

- Represent the curriculum – not self

- Always assume sincerity

- Never respond defensively

- Respond with facts

- Encourage critical thinking

Confidence in Presenting

Confidence in Presenting

- Know your material
- Storytelling
- Be expressive
- Practice, practice, practice
    - Practice with words
    - Practice with equipment
    - Practice with people

Confidence in Presenting

- Focus on the listener
  - Worry less about what you look like presenting
  - Concern yourself more with how the listener is hearing
- Project from your core
  - Increase voice strength
  - Increase energy
  - Decrease voice strain

Confidence in Presenting

Be visually engaging by shifting positions when new points or key concepts are introduced.

Confidence in Presenting

Use Aristotle's Rhetorical Theory of Communication ensure a balanced presentation

Logos – **logical** appeal used for reasoning (always use most recent, medically accurate data)

Pathos – **emotional** appeal used to persuade (story telling)

Ethos – **ethical** appeal used to build credibility/trust (what qualifies you)

Confidence in Presenting

Use Aristotle's Rhetorical Theory of Communication <u>to respond to questions</u>

Logos – **logical** appeal used for reasoning (always use most recent, medically accurate data)

Pathos – **emotional** appeal used to persuade (story telling)

Ethos – **ethical** appeal used to build credibility/trust (what qualifies you)

Responding to Questions

If question is focused on **logos**, respond with emphasis on **pathos**, **ethos**.

If question is focused on **pathos**, respond with emphasis on **logos**, **ethos**.

If question is focused on **ethos**, respond with emphasis on **logos**, **pathos**.
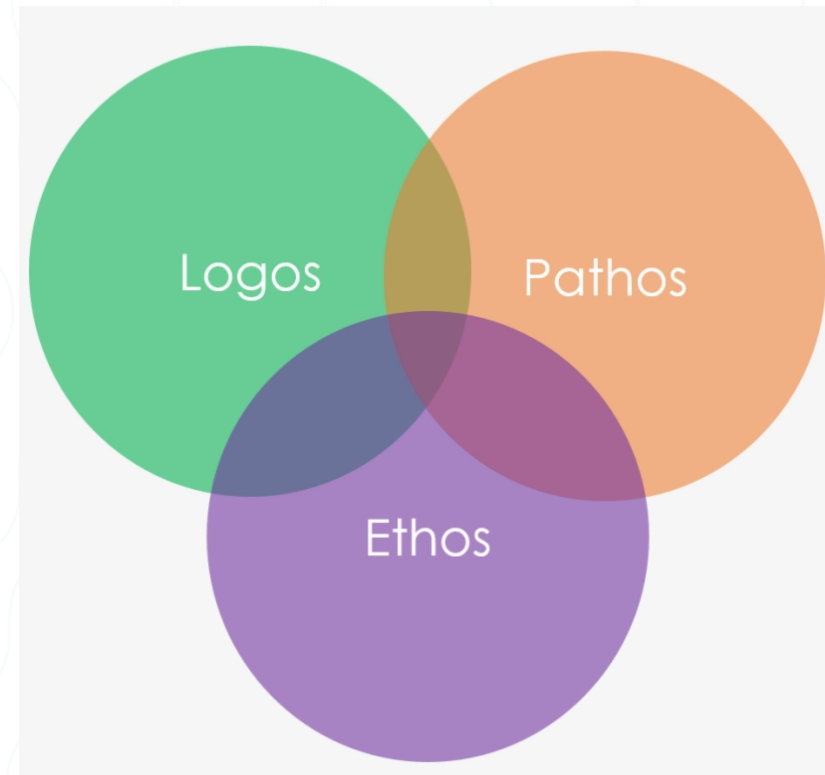
QUESTIONS?

Contact Information

Tracey Pike

tpike@weascend.org