



Non-Traditional Instruction for High School Health Education

NTI Day 1	NTI Day 2	NTI Day 3	NTI Day 4	NTI Day 5
NHES 3: Accessing Information Prompt: Since coronavirus numbers are increasing, locate one local, one national, and one global resource that will educate you on this virus.	NHES 3: Accessing Information Prompt: Validity of information means “is this resource truthful?” Choose one of your resources from NTI Day 1, and answer the following questions. Is the information current? Is there enough information about the topic? Are the facts in the article cited or referenced?	NHES 3: Accessing Information Prompt: Reliability means “Is the resource trustworthy and dependable?” Choose one of your resources from NTI Day 1 that you did not use for NTI Day 2, and answer the following questions. Is the purpose of the resource stated clearly? Is the resource a .gov, .edu. or .org? Is the author’s name listed? Is the author’s background trustworthy and dependable?	NHES 2: Analyzing Influences Prompt: Internal influences include our personal values, our desires, likes and dislikes, and our perception of social norms. External influences include our community, family, culture, friends, technology, and the media. List 3 internal influences that impact your food choices. List 3 external influences that impact your food choices.	NHES 2: Analyzing Influences Prompt: Internal and external influences can be both positive and negative, contributing to positive and negative health outcomes. Make a list of positive, external influences that contribute to good sexual health. Make a list of positive, internal influences that contribute to good sexual health.



		Is the resource sponsored by an institution or organization?		
<p align="center">NTI Day 6</p> <p align="center">NHES 2: Analyzing Influences</p> <p>You are invited to sleep over at your friend’s house. During the sleepover, one of your friends pulls a bottle of vodka out of their backpack and starts pouring it into a cup. One friend of yours says “I think I’m going to have my parents come pick me up.” Another friend says “pour me a glass!”</p> <p>Prompt:</p> <p>Using the above scenario, identify the positive influences and express why these influences will positively affect your health.</p> <p>Using the same scenario,</p>	<p align="center">NTI Day 7</p> <p align="center">NHES 4: Interpersonal Communication</p> <p align="center">Prompt:</p> <p>Time to Talk: Watch this YouTube video https://www.youtube.com/watch?v=HguR3ZfSFec&disable_polymer=true with your parents/guardians.. Compare and contrast your current health class with your parents’ health class.</p> <p>**If you don’t have access to the video, talk with your parents/guardians to answer the above prompt.</p>	<p align="center">NTI Day 8</p> <p align="center">NHES 4: Interpersonal Communication</p> <p align="center">Prompt:</p> <p>Time to Talk: Distracted Driving.</p> <p>Talk to your parents/guardians about specific family rules for driving.</p> <p>What are the consequences for breaking those rules?</p> <p>What is our family plan for an emergency situation related to drunk driving? (who do I call, what do I say, etc.)</p>	<p align="center">NTI Day 9</p> <p align="center">NHES 4: Interpersonal Communication</p> <p align="center">Prompt:</p> <p>Time to Talk: Depression and Anxiety</p> <p>Talk to your parents/guardians about depression and anxiety.</p> <p>Do we have depression and/or anxiety in our family medical history?</p> <p>What successful strategies have our family members used to cope with depression and/or anxiety?</p> <p>What are you worried or anxious about at this point in time?</p> <p>What is our family plan if I</p>	<p align="center">NTI Day 10</p> <p align="center">NHES 5: Decision Making</p> <p align="center">Prompt:</p> <p>You are having disagreements with your siblings and/or friends. It is escalating into violence. You are home alone with your friend/sibling. What do you do?</p> <p>List three options to avoid violence.</p>



<p>identify the negative influences and identify strategies to counteract the negative influences.</p>			<p>feel overwhelmed?</p>	
<p align="center">NTI Day 11</p> <p>NHES 5: Decision Making</p> <p align="center">Prompt:</p> <p>You are having disagreements with your siblings and/or friends. It is escalating into violence. You are home alone with your friend/sibling. What do you do?</p> <p>For each option from NTI Day 10, what are the positive and negative outcomes and feelings?</p>	<p align="center">NTI Day 12</p> <p>NHES 5: Decision Making</p> <p align="center">Prompt:</p> <p>You are having disagreements with your siblings and/or friends. It is escalating into violence. You are home alone with your friend/sibling. What do you do?</p> <p>Answer the questions below using one outcome from NTI Day 11.</p> <p>Would I want people to do this to me?</p> <p>If I have religious beliefs, would a respected member</p>	<p align="center">NTI Day 13</p> <p>NHES 6: Goal Setting</p> <p align="center">Prompt:</p> <p>Write down what time you go to bed tonight. Write down what time you wake up in the morning. How long did you sleep? Rate your sleep quality on a scale of 1-10, 1 being bad and 10 being good.</p> <p>Set a goal for increasing how much sleep you will get tomorrow night. Write an action plan for how you will improve your bedtime routine to get better sleep.</p>	<p align="center">NTI Day 14</p> <p>NHES 6: Goal Setting</p> <p align="center">Prompt:</p> <p>Open your smartphone. Go to Settings and open the Screen Time Menu. Analyze your screen time habits. Which apps do you use the most? How long are you using them each day? Is this more or less than you expected?</p> <p>Pick an app and set a goal for reducing your time spent on that app for tomorrow.</p> <p align="center">**If you don't have a smartphone. What screen</p>	<p align="center">NTI Day 15</p> <p>NHES 6: Goal Setting</p> <p align="center">Prompt:</p> <p>List three achievable and attainable goals you have to promote yourself to the next grade level at your school.</p> <p>Make sure your goals are:</p> <p>S -Specific M-Measurable A-Attainable R- Realistic T- Timely</p>



	<p>of my religion agree with this choice?</p> <p>Would my parents and grandparents approve if they found out about this?</p> <p>Does the little voice inside my head approve?</p> <p>Would I want this broadcasted on social media?</p>		<p>do you spend the most time on? Track how much time you spend on that screen today and set a goal for reducing that screen time tomorrow.**</p>	
<p>NTI Day 16</p> <p>NHES 7: Practicing Health Enhancing Behaviors</p> <p>Prompt:</p> <p>Open your smartphone. Go to Settings and open the Screen Time Menu. In this menu you can schedule downtime. Even if just for today, schedule a time to be away from your phone for at least 30 minutes.</p> <p>Activities to do during your</p>	<p>NTI Day 17</p> <p>NHES 7: Practicing Health Enhancing Behaviors</p> <p>Prompt:</p> <p>Lay on your back, and put your feet flat on the wall with your knees bent. Fold your hands across your belly, close your eyes, and focus on your breathing for 10 minutes.</p>	<p>NTI Day 18</p> <p>NHES 7: Practicing Health Enhancing Behaviors</p> <p>Prompt:</p> <p>Workout!</p> <p>Complete 3 rounds, counting as many reps as possible in each minute:</p> <p>Minute 1: Plank Shoulder Taps Minute 2: High Knees Minute 3: Step Back Lunges Minute 4: Rest!</p>	<p>NTI Day 19</p> <p>NHES 8: Advocacy</p> <p>Prompt:</p> <p>Use your social media voice to create a series of social media posts over the next three days to advocate for the personal, family, or community health topic of your choice.</p> <p>** If you do not have social media, create three posters to hang up around school</p>	<p>NTI Day 20</p> <p>NHES 8: Advocacy</p> <p>Prompt:</p> <p>Use your social media voice to create a series of social media posts over the next three days to advocate for the personal, family, or community health topic of your choice.</p> <p>** If you do not have social media, create three posters to hang up around school</p>



<p>down time:</p> <ul style="list-style-type: none"> ● Create art. ● Play music. ● Have conversation with a family member. ● Exercise. <p>**If you do not have a smartphone, complete at least one of the above activities today.**</p>			<p>when we return to advocate for the personal, family, or community health topic of your choice.**</p> <p>Choose from the following:</p> <p>Alcohol, Tobacco and Other Drug Prevention</p> <p>Prevention and Control of Disease</p> <p>Promotion of Environmental Health</p> <p>Promotion of Health Eating</p> <p>Promotion of Mental, Social and Emotional Health</p> <p>Promotion of Physical Activity</p> <p>Promotion of Sexual Health</p> <p>Unintentional Injury Prevention</p> <p>Violence and Suicide Prevention</p>	<p>when we return to advocate for the personal, family, or community health topic of your choice.**</p>
<p>NTI Day 21</p> <p>NHES 8: Advocacy</p> <p>Prompt:</p> <p>Use your social media voice to create a series of social media posts over the next three days to advocate for the personal, family, or community health topic of</p>	<p>Non-Traditional Instruction for High School Skills Based Health Education created by:</p> <p>Jessica Napier, 2020 South District Health TOY, High School Health and PE Teacher, Beattyville, KY, jessica.napier@lee.kyschools.us; @NapierJess</p> <p>Mary Jo Geddes, 2019 Kentucky Health TOY, High School Health and PE Teacher, Lexington, KY, maryjo.geddes@fayette.kyschools.us, @tcmrsgeddes</p> <p>Jordan Manley, Health and PE Teacher, Lexington, KY, jordan.manley@fayette.kyschools.us; @STEAMWellness</p>			



<p>your choice.</p> <p>** If you do not have social media, create three posters to hang up around school when we return to advocate for the personal, family, or community health topic of your choice.**</p>	
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