



# Family Health

**Content Areas** Physical | Mental | Social | Parenting

**Audience** Corrections

**# Modules** 10 Total

**Instructional Time** :90 Minutes Each  
15 Hours Total

**Format** Video Lectures | Individual & Group  
Activities | Discussion Questions

**Availability** DVD | Online



Completely Modular

# Video Topics



<b>Uniquely You</b>	The role of genetics, heredity, family history, and pre-existing conditions.
<b>Components of Care</b>	The role of healthcare providers, insurance, and continuing care.
<b>Beat &amp; Breathe</b>	An overview of respiratory and heart physiology/health maintenance.
<b>Sustain &amp; Signal</b>	An overview of digestive and nervous system physiology/health.
<b>Fit for Life</b>	The basic elements of food and how to make smart eating choices.
<b>Healthy Habits</b>	The importance of physical activity and how to formulate a basic routine.
<b>Build Resilience</b>	The anatomy of a habit, various habits that impact personal wellbeing.
<b>Childhood Wellness</b>	An age and stage physical wellness overview.
<b>Parenting Basics</b>	Basic developmental milestones and parenting skills by age/stage.

**Each Topic is 90 Minutes of Instruction | 15 Hours Total**



Step-by-Step

# Class Sessions

## 90- Minute Class Flow

:05	Introduction
:10	Video Segment 1
:10	Discussion Questions
:10	Video Segment 2
:10	Discussion Questions
:10	Quiz
:30	Activity
:05	Transitions

Anyone  
Can  
Facilitate

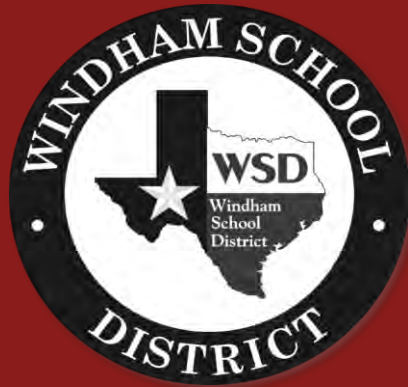
The collage features several educational resources:

- Worksheets:** "PSM1: Uniquely You" (a true/false quiz about hereditary diseases), "Activity Worksheet: Family Tree" (a pedigree chart template), and "1. Introduction to the Lesson" (a lesson plan with a 10-minute class flow).
- Video Segment:** A video titled "Cholesterol" showing a man speaking and a diagram of a blood vessel with cholesterol buildup. The text reads: "Cholesterol can build up in your blood vessels, creating blockages".
- Diagram:** A cross-section of a blood vessel showing a yellow plaque (cholesterol) narrowing the passage. Red blood cells are shown being blocked by the plaque.
- Success Traits:** A list of skills including "Creating Your Future", "Developing the Making Great Decisions", "Asking For Help", "Thinking Critically", "Using the Power of Learning", "Developing Work Habits", "Taking Care of Yourself", and "Finding Purpose".



Piloted & Tested

# Development Contributors



**MTC** Management & Training Corporation



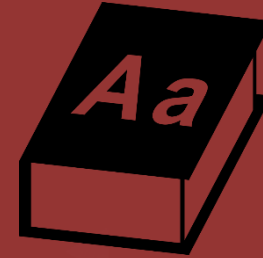


Super Practical

# Goals for Instruction

All Topics  
at a  
7<sup>th</sup> Grade  
Level

## Vocabulary



## Basic Process

## Take-Aways







# Instructor, Peer, or Volunteer-Led Step-by-Step Facilitation

**1. Uniquely You**

**Facilitator Prep Guide**

**Unit Description:**

Learn what genetic is, and how to make positive changes in your life right now to keep you healthy. This unit addresses topics related to:

- The use of genetics in your life
- How your family history can impact your future
- What pre-existing conditions you may have, and what you can do to make positive changes
- The impact of gender and ethnicity

**Unit Materials:**

The materials for this unit that the students will need are:

- Worksheet (Pages 7 & 8)
- Peer

**Success Traits:**

The success traits addressed in this unit are:

- Celebrating Your Future
  - Developing Plan B (Video 1)
- Making Smart Decisions
  - Asking For/Asking for Help (Discussion 2)
  - Thinking Clearly (Video 2)
  - Using the Power of Choice (Discussion 1)
- Developing Work Ethic
  - Taking Ownership (Video)
- Setting Purpose
  - Working Others (Discussion 2)

**1. Introduction to the Lesson**

**The Lesson Presentation**

**1. Introduction to the Lesson (Continued)**

**Historical Context**

**Social Context**

**Personal Context**

**2. Show Video Part 1 (After, ask for "take-aways," using points on page 6)**

**3. Discussion Questions Video Part 1**

Potential responses to question 1: (responses will vary)

Potential responses to question 2: (responses will vary)

Potential responses to question 3: (responses will vary)

Potential responses to question 4: (responses will vary)

**4. Show Video Part 2 (After, ask for "take-aways," using points on page 6)**

Potential responses to question 3: (answers may vary)

Potential responses to question 4: (answers may vary)

Potential responses to question 5: (answers may vary)

**4. Show Video Part 2 (After, ask for "take-aways," using points on page 6)**

**5. Discussion Questions Video Part 2**

Potential responses to question 1: (responses will vary)

Potential responses to question 2: (responses will vary)

Potential responses to question 3: (responses will vary)

Potential responses to question 4: (responses will vary)

**6. Quiz (Grade during activity, then review/return.)**

**7. Activity**

Description of the activity: Understanding your family history and personal health inventory helps you in so many ways. You can "see into the future" and take steps now to get ahead of, or properly manage, medical conditions. This activity will help you create a basic family history and personal inventory.

1. On page 6, complete the medical and physical health inventory for yourself.

2. On page 7, complete the family tree to the best of your abilities.

3. After you complete the mental and physical health inventory, begin constructing a plan for what you will do when you are released to be prepared to take care of yourself both mentally and physically.

To run the course, you'll also need...

- TV or projector/speakers
- Internet or DVD player
- Access to a photocopier
- Pencils or pens
- Tables and chairs





Ton Of Helpful


# Resources & Tools



- Topic Setup & Context
- Discussion Questions
- Activities & Handouts
- Quizzes & Keys
- Slides & Transcripts
- Success Trait Mapping
- Marketing Flyers
- Certificate Templates
- Online Product Access
- Pre/Post Course Surveys

**Family Health: Helpful Websites**

<p><b>Physical Health</b></p> <p> <a href="http://fdahealthcenter.hhs.gov">fdahealthcenter.hhs.gov</a>  <a href="http://cdc.gov">cdc.gov</a>  <a href="http://welland.com">welland.com</a>  <a href="http://heart.org">heart.org</a>  <a href="http://choicemapsite.gov">choicemapsite.gov</a>  <a href="http://fittoassistender.com">fittoassistender.com</a>  <a href="http://familyfactory.hhs.gov">familyfactory.hhs.gov</a>  <a href="http://www.nid.nih.gov">www.nid.nih.gov</a>  <a href="http://medlineplus.gov">medlineplus.gov</a>  <a href="http://healthfinder.gov">healthfinder.gov</a>  <a href="http://cancer.org">cancer.org</a>  <a href="http://diabetes.org">diabetes.org</a>  <b>Mental Health</b>  <a href="http://mentalhealth.gov">mentalhealth.gov</a>  <a href="http://nida.nih.gov">nida.nih.gov</a>  <a href="http://teemomentsinhealth.org">teemomentsinhealth.org</a>  <a href="http://nami.org">nami.org</a>  <a href="http://brainhealth.acl.gov">brainhealth.acl.gov</a>  <b>Addiction Support</b>  <a href="http://aa.org">aa.org</a>  <a href="http://12step.org">12step.org</a>  <a href="http://nasa.nih.gov">nasa.nih.gov</a>  <a href="http://nida.nih.gov">nida.nih.gov</a>  <a href="http://healthtreatment.samhsa.gov">healthtreatment.samhsa.gov</a> </p>	<p><b>Relationship Health</b></p> <p> <a href="http://lovesrespect.org">lovesrespect.org</a>  <a href="http://healthymarriageinfo.org">healthymarriageinfo.org</a>  <a href="http://saamf.org">saamf.org</a>  <a href="http://nldr.org">nldr.org</a>  <a href="http://focusonfamily.com">focusonfamily.com</a>  <a href="http://handsandparenting.org">handsandparenting.org</a>  <a href="http://youth.gov">youth.gov</a>  <b>Insurance &amp; Financial Support</b>  <a href="http://healthyp.healthcare.gov">healthyp.healthcare.gov</a>  <a href="http://medicaid.gov">medicaid.gov</a>  <a href="http://usa.gov/health-insurance">usa.gov/health-insurance</a>  <b>Childhood Wellness</b>  <a href="http://kidshealth.org">kidshealth.org</a>  <a href="http://healthychildren.org">healthychildren.org</a>  <a href="http://actionforhealthylife.org">actionforhealthylife.org</a>  <a href="http://choicemapsite.gov">choicemapsite.gov</a>  <a href="http://nctd.org">nctd.org</a>  <a href="http://letsmove.obama-whitehouse.archives.gov">letsmove.obama-whitehouse.archives.gov</a>  <b>Veteran's Health</b>  <a href="http://va.gov">va.gov</a>  <a href="http://myhealth.va.gov">myhealth.va.gov</a>  <a href="http://www.pdcd.va.gov">www.pdcd.va.gov</a> </p>
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**AND VISIT:**  
[reentryhelp.com](http://reentryhelp.com)

A free service of  
Reentry Learning

**FREE RESOURCE ACCESS  
AT THE PUBLIC LIBRARY**



## Self-Contained Training

### Instructor Led

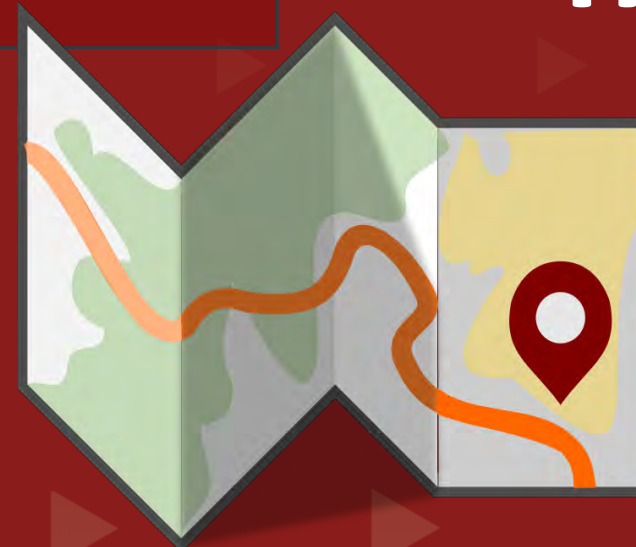
### Peer Educator Led

### Volunteer Led



<b>Shaping Your Future</b>	<b>Building Resilience</b>
Getting a Fresh Start	Dealing with Guilt & Shame
Having Realistic Expectations	Dealing with Failure
Celebrating Small Successes	Improving Self Esteem
Developing Plan B	Building Support
Maintaining Focus	<b>Gaining Trust</b>
<b>Making Smart Decisions</b>	Accepting Authority
Asking For/Accepting Help	Demonstrating Integrity
Knowing Your Limits	Being Accountable
Using Influence to Your Advantage	Finishing What You Start
Gaining Self Control	<b>Finding Purpose</b>
Thinking Critically	Helping Others
Finding Mentors & Role Models	
Using the Power of Choice	
<b>Developing Work Ethic</b>	
Taking Ownership	
Valuing Work	
Avoiding Easy Street	

Topics Fortified with  
**Success  
Traits**







**FAMILY HEALTH  
CERTIFICATION**

IS HEREBY CONFERRED UPON

BY



Uniquely You Components of Care	Beat & Breathe Sustain & Signal	Eat Smart Fit for Life	Healthy Habits Build Resilience	Childhood Wellness Parenting Basics
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\_\_\_\_\_  
INSTRUCTOR

\_\_\_\_\_  
DATE

  
CEO, ACCELERON LEARNING

Parole, Probation, & Employer Friendly

# Certifications