

Skills-Based Health Education (SBHE)

A **student-centered** approach based on the development of **knowledge, attitudes, and skills** to create and maintain healthy lifestyles using **interactive learning methods**.

An emphasis is placed on learning **skills** that will promote and protect student health and well-being.

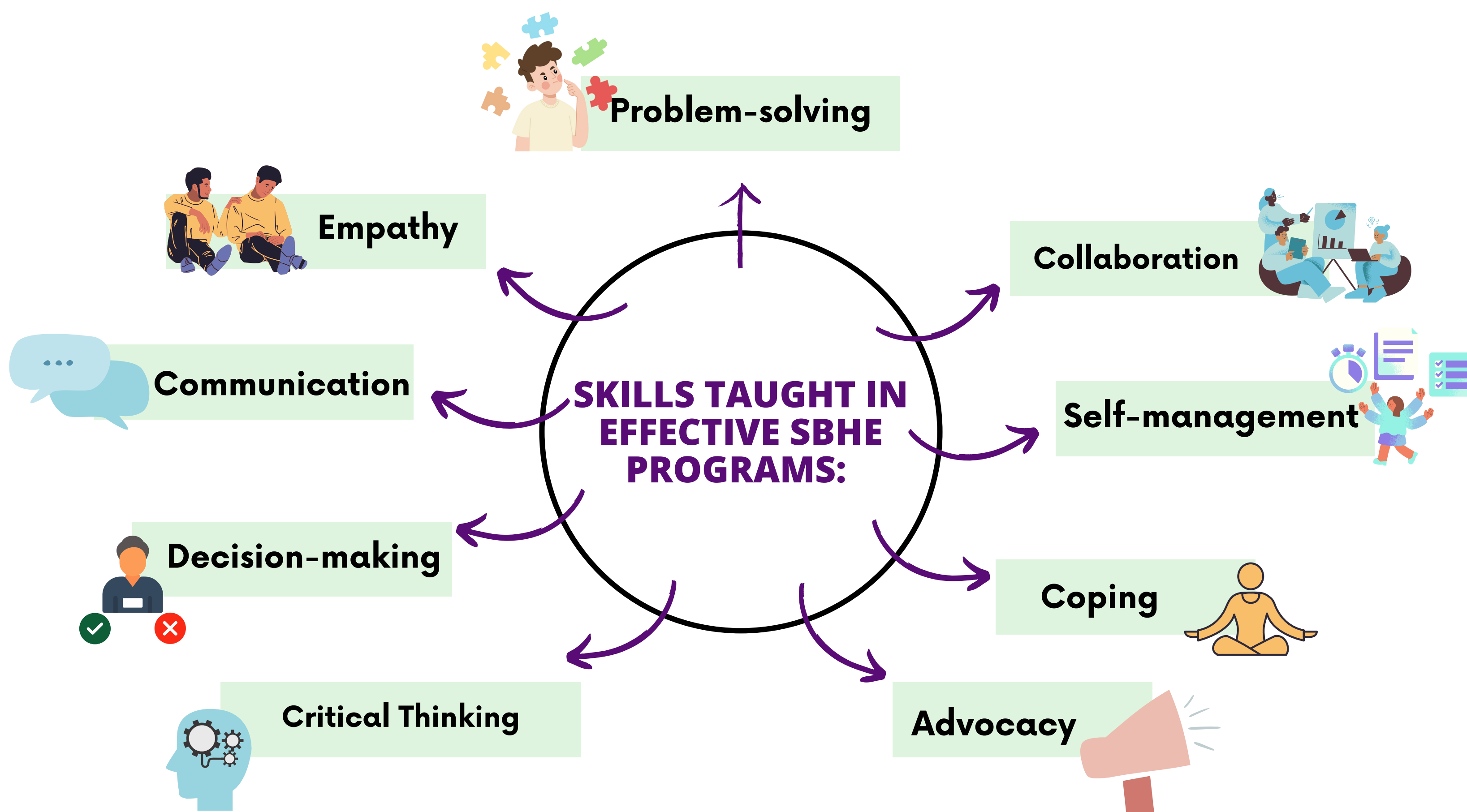


What does the research show?

Health education programs that emphasize **skill development**, in addition to learning knowledge and attitudes, **increases healthy behaviours**.



The best way to learn a new skill is through **experiential learning**.



Providing an Effective SBHE Program

Interactive Teaching Methods

Students develop skills when they **actively participate in their own learning.**

Students should be given the opportunity to observe and practice health-skills.

Examples:

- Class Discussion
- Brainstorming
- Role Play
- Small Groups
- Games
- Simulations
- Situation Analysis
- Case Studies
- Debate
- Storytelling

How to Assess Student's Learning

- Presentations
- Portfolios
- Research projects
- Hands-on activities
- Essays
- Journals
- Observations
- Interviews
- Student self-assessments
- Peer observations

Tips for Delivering SBHE

- Be a guide, rather than a lecturer
- Support students and their individuality
- Be prepared to discuss sensitive topics such as substance use, sexual health, hygiene, etc.
- Create an open and judgment-free learning environment
- Provide up-to-date, factual knowledge
- Use other sources and expertise to help deliver content

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