

# Health Education in Maryland and Substance Abuse Prevention

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The Comptroller's Task Force on Electronic Smoking  
Devices

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# Comprehensive Health Education



CDC Whole School, Whole  
 Community, Whole Child Model

# Maryland Health Education Requirements

## **Prekindergarten – Grade 8**

Instruction **each year**  
with sufficient  
frequency and  
duration to meet the  
requirements of the  
State Framework.

## **High School**

One-half credit

# Maryland Health Education Framework Updated to New Standards - May 2020

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## Example Framework Indicators

Grade 1: Identify family and school rules about alcohol, nicotine products, and electronic smoking devices.

High School: Defend the benefits of being free from alcohol, opioids, nicotine products, marijuana products, and other drugs/substance trends.

## Skills-Based Health Education and Prevention Education

Goal of health education:

To provide students with the knowledge and skills needed to lead healthy lifestyles now and in the future.



*Identifying the chemicals in electronic smoking devices*

*vs.*

*Practicing how to refuse a JUUL and “save face” with your friends*

# Health Skills and Substance Abuse Prevention

Below are examples of the seven health skills and lesson themes related to substance abuse prevention that would align to the development of those skills.

<p><b><u>Accessing Valid and Reliable Information</u></b></p> <p>Maryland Department of Health resource page for teens</p>	<p><b><u>Analyzing Influences</u></b></p> <p>Who are the people who will support your plan to be substance free?</p>	<p><b><u>Goal Setting</u></b></p> <p>What are the steps you will take to prevent using substances?</p>
<p><b><u>Decision Making</u></b></p> <p>When faced with the choice to use an ESD on the bus what are your options?</p>	<p><b><u>Analyzing Influences</u></b></p> <p>How does the marketing of Juul/ESD products specifically target teens?</p>	<p><b><u>Interpersonal Communication</u></b></p> <p>How do you help a friend choose to quit without ruining the relationship?</p>
<p><b><u>Self Management</u></b></p> <p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve health.</p>	<p><b><u>Self Management</u></b></p> <p>Identify natural highs and plan how to substitute one of these behaviors for an opportunity to abuse a substance.</p>	<p><b><u>Advocacy</u></b></p> <p>Use advocacy skills to help others to be substance free. Create a marketing campaign targeting your peers.</p>

## The Maryland State Department of Education (MSDE) and Local School System (LSS) Training

**Individuals teaching drug addiction and prevention education must be trained (Chapter 574 of the Annotated Code of Maryland)**

- LSSs are offering new training structures, updating curriculum, and collaborating with local health departments.
- MSDE and Maryland Public Television (MPT) to create an online elementary teacher training module for drug addiction and prevention education.

## Maryland State Department of Education and Maryland Department of Health (MDH) Collaboration

- **Director of the Center for Tobacco Prevention and Control at MDH presented to all local school system supervisors of health education, September 2019.**
- **MSDE Division of Student Support, Academic Enrichment, and Educational Policy updated Local School Systems with information from MDH, November 2019.**
- **Local school systems are utilizing Youth Risk Behavior and Youth Tobacco Survey data.**
- **Health educators and local health department representatives from around the state will attend a Stanford Tobacco Prevention Toolkit training. April 2020**



# Whole School, Whole Community, Whole Child

