Some suggestions to support lifelong wellness within your family:

- Model good nutrition and eating habits
- Encourage an active lifestyle
- Teach children to solve problems without violence
- Eat meals together
- Talk with and listen to your children
- Teach your children to budget their money
- Keep open lines of communication in regards to sex, drugs and social media
- Turn off electronics and go for a walk
- Monitor your child’s online activity
- Volunteer in the community
- Be knowledgeable about and support your children’s school and social activities
- Model and foster responsible and respectful behavior
- Challenge you children to always do their best
Health Education, Physical Education and Family and Consumer Sciences teachers focus on learning activities that foster skills for living and enable students to become competent, confident, and responsible adults and, therefore, enhance the quality of their lives and communities.

**CHARACTER DEVELOPMENT**

**We teach:**
- Violence prevention/anti-bullying
- Conflict resolution skills
- Cooperation
- Fairness
- Honesty
- Interpersonal/social skills
- Responsibility
- Respect for self and others
- Self-discipline
- Goal setting

**LIFELONG WELLNESS**

**We promote:**
- Disease prevention
- Environmental health
- Fitness and weight control
- Mental and emotional well-being
- Nutrition
- Physical activity for life
- Sex education/risk reduction
- Stress management
- Family health history/risk factors
- Team building
- Good sportsmanship

**DECISION MAKING**

We provide information for responsible choices regarding:
- High risk behaviors
- Addiction
- Alcohol, tobacco and other drugs
- Career exploration
- Consumerism/resource management
- Eating habits
- Environmental responsibility
- Exercise, health and wellness
- Family life and parenting