**Health Education Philosophy**

Health Education at Mayfield High School emphasizes physical, mental/emotional, and social health. The intent of our program is for every student to gain knowledge and skills that will influence them to make responsible decisions in acquiring lifelong positive health behaviors. Students will be guided through the decision-making process that promotes enhanced learning behaviors to help them maintain a high level of health/wellness throughout their life.

Students are encouraged to understand the altitude of wellness. This overall state of well-being, or total health, includes the topics of Making Healthy Decisions, Personality, Self-Esteem, Emotions, Managing Stress, Mental Disorders, Suicide, Food, Nutrition, Exercise, Lifelong Fitness, Alcohol, Tobacco, Preventing Drug Abuse, Cancer Education, Dating Violence and CPR.

Health Education is about gaining the tools to achieve and maintain total well-being. The purpose is not just to present the health facts, but for the students to develop the appropriate skills to meet their health needs as they mature and encounter new experiences. Our goal is to reduce risk behaviors and increase healthy habits which will promote strong bonds between students and their families, school, and community. This will be achieved through the students increased health literacy, the development of healthy self-management skills, and through the advocacy of their healthy behaviors and practices. The acquisition of these will be undertaken in active, student-centered, non-threatening environments in which students are challenged to do their best in developing the foundation of healthy, life-long habits.