

June 4, 2019

Thank you, Chairman Blessing and Members of the House Primary and Secondary Education Committee, for the opportunity to speak to you today regarding H.B. No. 165. My name is Tina Dake and I have been teaching for 19 years as a health and physical education teacher in Toledo, Ohio at Whitmer High School. I left my classroom early today so I could be here to talk about the impact health education standards have on my teaching. I love what I do. I see the impact of what I do as a health and PE teacher in the growth and development of my students throughout the school year. I am fueled by my students when they share with me that they have stopped smoking, found a healthy recipe and made it for their family, felt confident talking at their job interview, found that exercise helped them with their depression, and so many more examples that I have helped them toward enhancing their life in some way. Each day I prepare myself for the responsibility of engaging my students and preparing them with the functional knowledge and practice of essential skills so they can lead healthy, productive lives. The students I teach face many tough challenges and the content and skills they learn in my health education classroom empowers them to face those challenges. The National Health Education Standards I reference have helped me to provide a framework for my curriculum so I can maximize the time I have with my students. I was made aware of the importance of the National Health Education Standards and how to implement them in my curriculum because of the additional training I pursued as a health educator. Having state health education standards would allow for professional development opportunities so all health educators in Ohio are aware of the vital role of health standards and how to put them into practice for their health curriculum needs.

Health education standards are not topic focused and allow me to utilize them in any content area within my health education curriculum. When I start a unit, I first decide the skills that would be essential for my students to practice for this topic area. For example, in the drug unit, one of the skills I would include is practicing interpersonal communication skills. I would have my students practice effective communication skills to avoid taking others' prescription medication. After deciding on the skills for a unit, I then focus on the functional knowledge that

would help my students in achieving those skills. To continue with the drug unit example, I would make sure the students had the knowledge about the dangers associated with taking another person's prescription medication.

Health education standards would ensure that every skill is covered throughout the curriculum in different content areas. These standards are made to help guide teachers and provide a framework to best utilize the time with students in health education and focus on information that will increase the likelihood of students practicing healthy behaviors throughout their lifetime.

The adoption of health education standards would also support quality health education throughout Ohio. There is so much health information from so many different platforms that standards would help to organize it into essential knowledge and skills for healthy growth and development of the child. There are also different needs in different areas of our state, that health education standards would help to align the content and skills that are a high priority for that school district.

We all want the best for our children. That is why we are having these important conversations today. As a parent of 2 teenage boys, I also know the challenges of raising children in such a demanding environment. The challenges our children face will always be changing as our culture is always changing. I am not the same teacher I was even 5 years ago. My students are growing up in a culture where the information they receive from their cell phone changes their emotional state from one class hour to the next based on what was said on social media.

Throughout all this change, the health education standards have kept up. State Health Education Standards would provide a general framework to help health educators focus on the primary needs of our students. This would also offer the opportunity of professional development for health educators in Ohio so they can keep up on current trends in children's health behavior.

Having state health education standards would bring credibility to what I do each day as a health educator. State health education standards would provide resources to the administrators in my school district, so they have a better understanding of health education.

Our society continues to face serious health concerns, and it is disrupting the educational focus of our students. We want our students to do well in school, but some students get suspended because they could not control their emotions and got into a fight; or they slept through class because they stayed up too late on social media. Health education supports the educational goals of Ohio's school districts.

Please pass H.B No. 165 and adopt state health education standards. You will be supporting the work I do as a health educator so I can help to prepare our students for the demands our society places upon them. You will see the positive outcome of adopting state health education standards throughout Ohio because of this decision. Thank you again for the time to speak with you today.