



Health ROCKS! Program

### **Health ROCKS!**

*Health Rocks!*<sup>®</sup> is a prevention and decision-making program for ages 8-12 years old, which also provides key health messages. The *Health Rocks!* healthy life curricula series allows participants to experience activities that help them learn and adopt many important skills, and understand the issues and effects of tobacco use and other risky behaviors. Youth will learn key health messages and skills such as critical thinking, how to manage stress, how to handle peer pressure, and how to communicate effectively.

### **The goals are:**

- Reduce youth smoking and tobacco use.
- Help youth build life skills which lead to healthy lifestyle choices with special emphasis on youth smoking and tobacco use prevention.
- Engage youth and adults in partnership to develop and implement community strategies that promote healthy lifestyle choices.
- Build positive, enduring relationships, with youth involved as full partners, through widely varying "communities of interest" to address youth risk behaviors.

### **Health ROCKS! Chapters: 6 Chapters**

#### **Chapters Vary in Length:**

Introduction to Health ROCKS! (1 hour)  
Keeping Kids Healthy (3 hours)  
Oh the Pressure (1 hour and 45 minutes)  
The Media Speaks (4 hours)  
You Choose (4 hours)  
STRESS (3 ½ hours)  
Commitment to Care (7 hours)

*Total Training is 25 hours.*

#### **Student Leadership Services Total Training Cost: \$4,000.00**

\*Total cost includes mileage and training.

Please contact Dawn Flood, LMSW, CPC-R at Student Leadership Services, Inc. if you are interested in scheduling this training.

5195 Pontiac Lake Rd  
Waterford, MI 48327  
248-706-0757  
[dmf@slsToday.org](mailto:dmf@slsToday.org)