10 REASONS WHY YOUR STUDENTS NEED SKILLS-BASED HEALTH EDUCATION

1. According to health behavior theory, knowledge alone is NOT going to change behavior!

2. Information is ALWAYS changing. Spend more time on what doesn’t change (skills such as decision-making, goal setting, accessing information, etc.)

3. Most students have nearly instant access to information - don’t tell them what they already know or can find on their own! Help them to develop the skills to find valid and reliable information on their own.

4. Skills-based health education uses participatory methods (observation, modeling and social interaction) which are the methods through which we learn best! (WHO, 2003)

5. Skills-based approaches have been shown to be more effective in addressing risk behaviors (Hale, Fitzgerald-Yau, & Vine, 2014).

6. A skills-based approach to health education aligns with the Characteristics of Effective Health Education from the Centers for Disease Control (CDC)

7. A skills-based approach is a student-centered approach. This leads to more engagement and interest from students.

8. Teachers report deeper conversations, more discussion, more questioning and transfer of skills outside of the classroom.

9. Practicing skills, receiving feedback and experiencing success can increase self-efficacy (one’s belief in your ability to do something). Self-efficacy directly impacts behavior (Bandura, 2004).

10. As Andy Milne (@carmelhealth) said: “If you care about kids and you care about their lifelong health then it would be wrong of you to not consider skills-based health"