



# The Latest in Skills-Based Health Education

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# A little bit about us...

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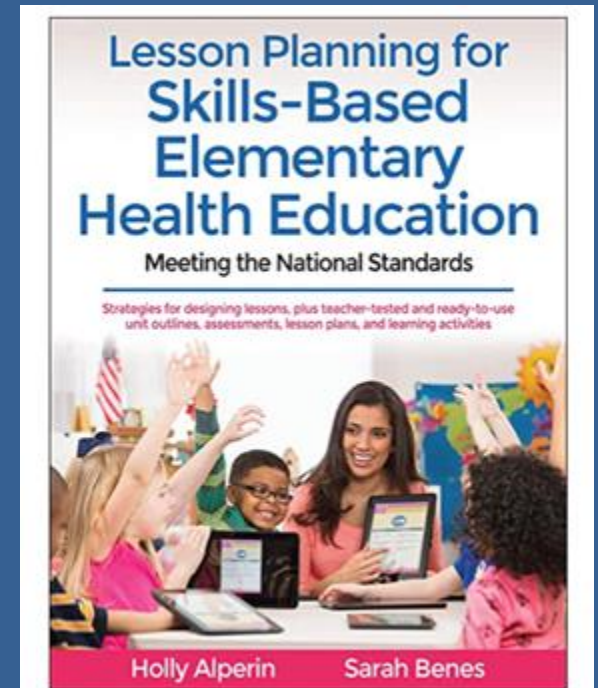
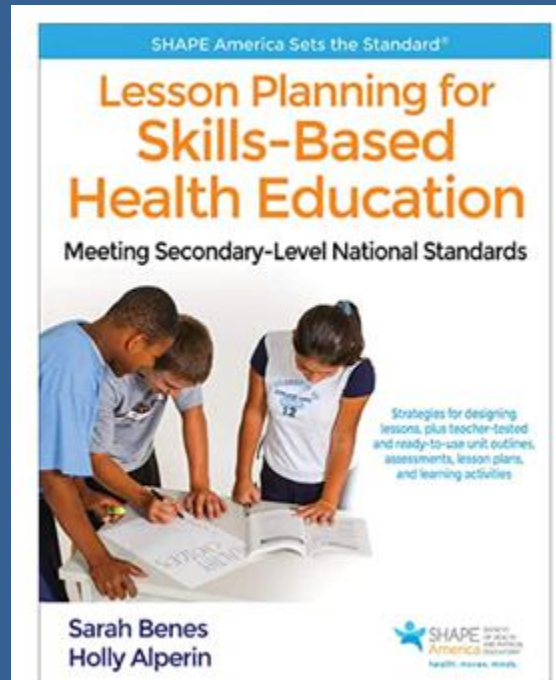
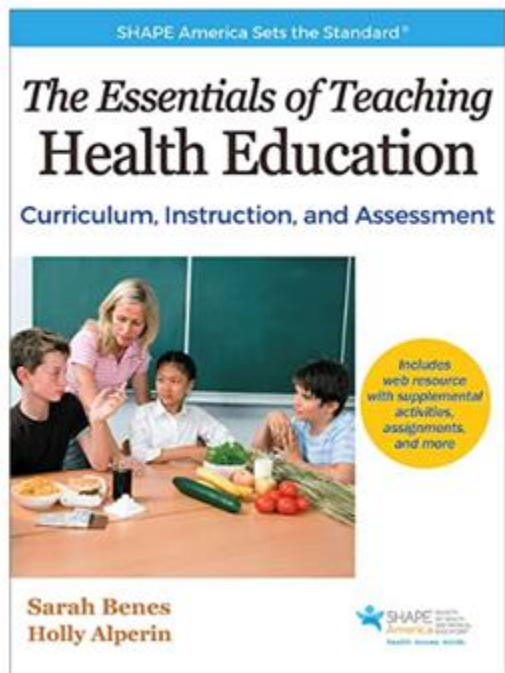
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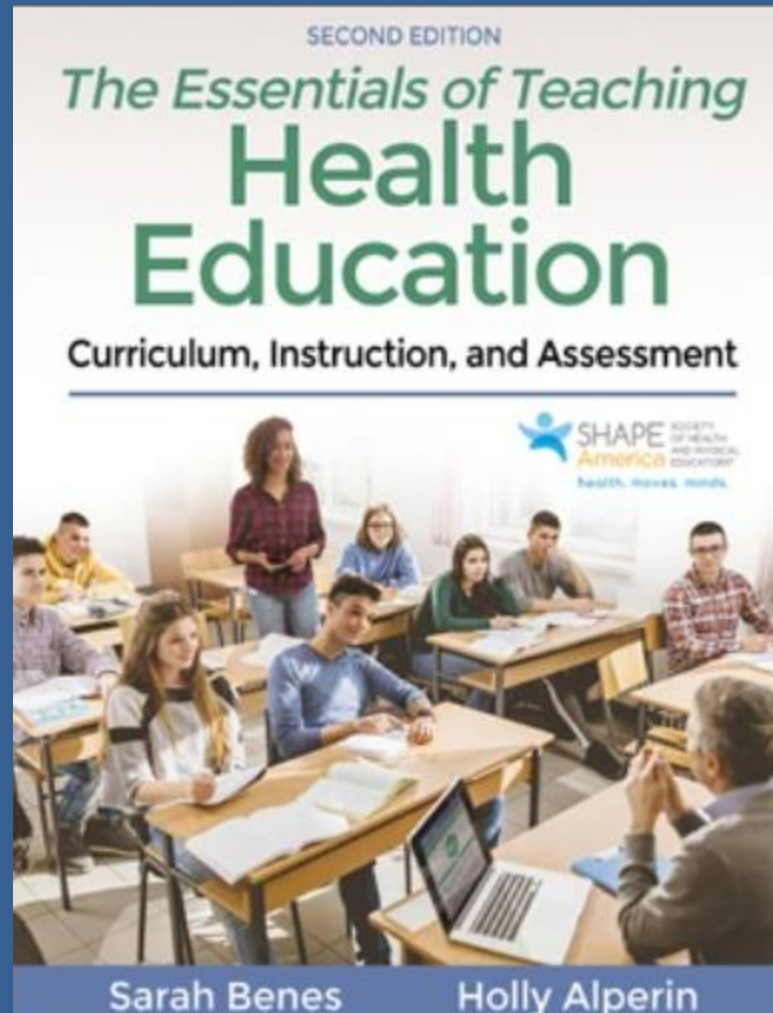
[www.lighthousehealthconsulting.com](http://www.lighthousehealthconsulting.com)



# Foundational Texts



# Time to level up to the *2<sup>nd</sup> Edition*





# Updated Definition for Skills-Based Health Ed





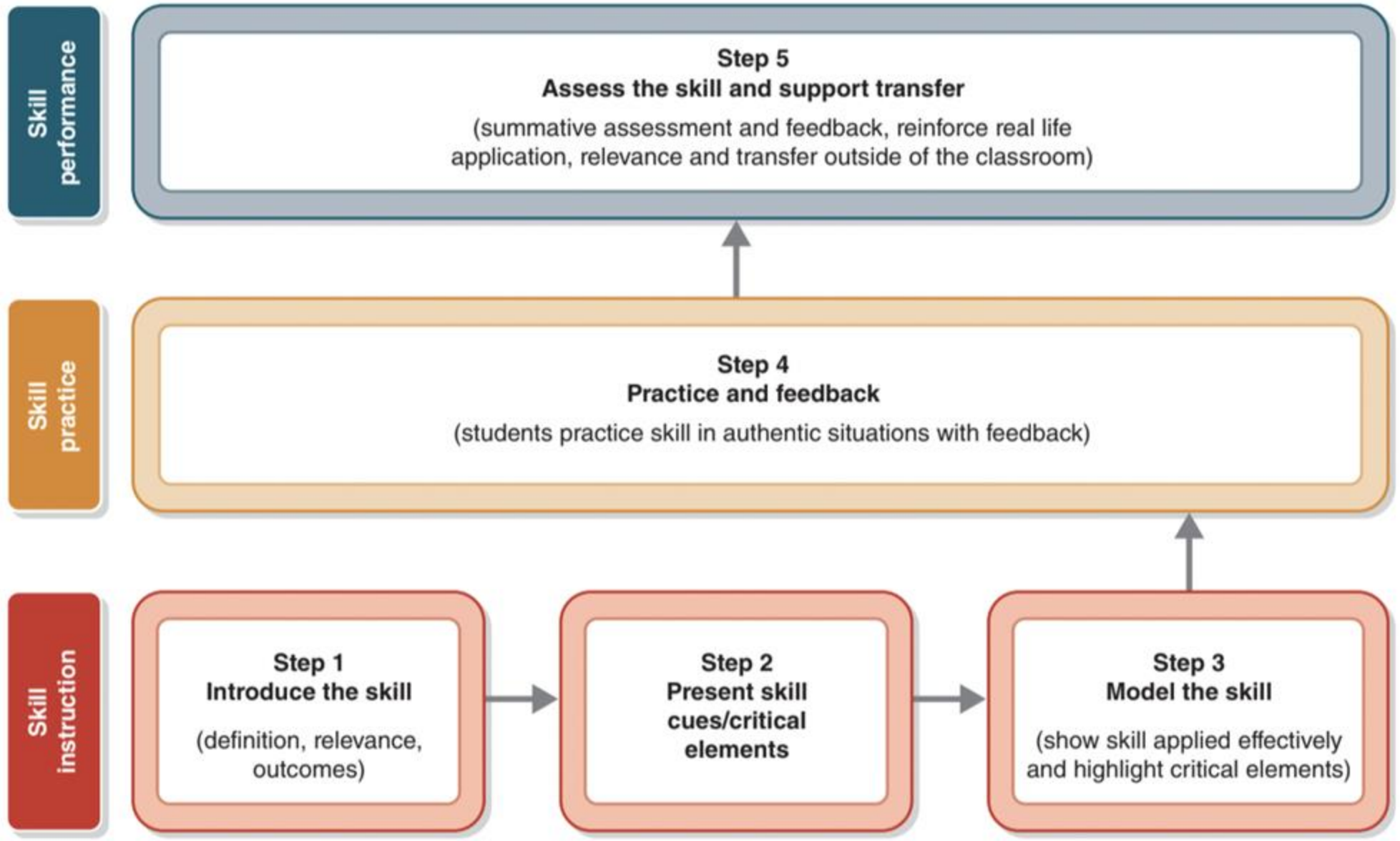
# Skills-Based Health Education is...

“planned, sequential, comprehensive, and **relevant** set of learning experiences implemented through **socio-ecological** and **sociocultural perspectives** and **participatory methods**, in order to support the development of **skills, attitudes** and **functional knowledge** needed to maintain, enhance or promote health and well-being of self and others across multiple dimensions of wellness”

(Benes & Alperin, 2022)

A dark blue ink splatter graphic on a white background. The splatter is irregular and textured, with various shades of blue and white. The text is centered within the dark blue area.

# Updated Skill Development Model







The Goal...

To help students increase **self-efficacy** so that they have **agency** to take control of their health and lead health-enhancing lives.

# Why the changes?

- **Context matters:**

- We need to address the upstream, social and environmental factors that influence our health.
- Health education should be taught through equity and justice approaches.
- Students deserve trauma-informed, culturally-responsive/sustaining, inclusive and affirming health education experiences.

- **Skill application & transfer:**

- New model reflects the importance of skill practice in supporting the ability to transfer skills outside of the classroom.
- Highlights the importance of feedback during practice and assessment.