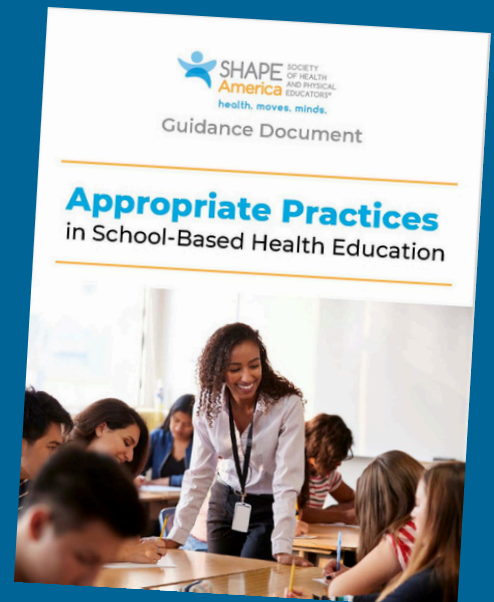


# Appropriate Practices in School-Based Health Education

This SHAPE America guidance document articulates best practices in school-based health education. It can be used by health educators, physical educators, administrators, higher education faculty, and others to evaluate current practices, identify areas for improvement, and make positive changes leading to stronger school-based health education programs.



## Practical Tips for Using This Guidance Document

### Administrators can use this document to:



- Facilitate discussions at the school and district levels about health education and ways to support teachers in implementing best practices;
- Develop and/or modify, in coordination with health education teacher(s), an evaluative tool that better reflects the role of a health educator;
- Identify professional development opportunities to support health educators.

### Health education teachers can use this document to:



- Evaluate their current practice as a form of self-assessment and integrate new practices;
- Educate others about the role of health education teachers and the importance of health education;
- Advocate for themselves, their colleagues and the profession.

### Health education teacher preparation programs can use this document to:



- Provide a foundation for methods courses designed for future health educators, incorporating best practices, tools and strategies;
- Design classroom observation tools for students;
- Create assignments and assessments that reflect best practices;
- Assist students in developing advocacy supports for health education in their school community.

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