



# City of Fishers Health Department

## Health Education

We are excited to present a wide array of health content! Within this catalogue, you'll find primary content categories and our selection of topics.

### Curricula:

- [Connections](#): A primary prevention curriculum for intimate partner violence. (Grade 7+).
- [Health Care Empowerment](#): A curriculum for navigating health care.

### Topics:

- **Anti-sexual violence**
  - Bystander Intervention.
  - Cultivating a Culture of Consent: Sexual Assault Prevention.
  - Domestic Violence.
  - Sexual Harassment in Workplace 101.
  - Sexting & Online Safety.
  - Victim Blaming: Understanding Rape Culture in the United States.
- **Community Safety & Care**
  - [Question. Persuade. Refer \(QPR\)](#): Suicide Prevention.
  - Recognizing & Responding to Human Trafficking.
- **Cultural Humility**
  - Dementia Friends Indiana.
  - Dementia Friendly for Businesses.
  - [Youth Mental Health First Aid Training](#)\*
- **Diseases**
  - Cancer 101.
  - Cardiac Arrest & Heart Attack.
  - Diabetes 101.
  - Lyme Disease 101.
  - Tuberculosis 101.

## ● Environmental Health

- Food Safety & Sanitization.
- Pests & Infectious Disease.
- Safe Drinking Water.
- [ServSafe](#)\* Training.
- Waste Disposal & Proper Recycling.

## ● Personal Care

- Basics of Nutrition.
- Oral & Dental Health.
- Personal Hygiene.

## ● Physical Wellness

- Basics of Physical Health.
- Body Image & Healthy Eating.
- Nutrition: MyPlate for My Family.
- Nutrition: Eat Smart, Live Strong (ages 55-74).
- Nutrition: Power Up for Teens.

## ● Public Health

- Public Health 101.
- Vaccination.

## ● Spiritual Health

- Spiritual Health.
- World Religions.

## ● Sexually Transmitted Infections

- Chlamydia & Gonorrhea.
- Human Immunodeficiency Virus (HIV) 101.
- STD/I 101.

## ● Substance Use Disorder

- Alcohol Expectancy Theory: Alcohol Abuse Prevention.
- Introduction to Opioid Crisis & Use of [Naloxone](#).
- E-Cigarettes & Its Effects.
- The Impact of Driving Under the Influence.

\*Charges apply for the course.

~This document is subject to change.

~The curriculums and topics meet the Indiana Department of Education standards.

~City of Fishers Health Education Division has the right to cancel or reschedule the training/information sessions.



@FishersHealth

If you would like to schedule a program for your group, community, or school, contact

Fishers Health Department at [HealthEdu@Fishers.in.us](mailto:HealthEdu@Fishers.in.us)

