

BRIEF PROGRAM DESCRIPTION

Know Your Body (KYB), a comprehensive, skills-based health education curriculum for children in grades K-6, aims to provide young people with the knowledge, skills, attitudes and experiences necessary to practice healthy behaviors. KYB instills within children a belief that they are responsible for their own thoughts, feelings, and actions to maintain a healthy lifestyle. KYB has five program components: the curriculum, teacher/coordinator training, biomedical screening, program evaluation, and program enhancements. Schools may choose to adopt only the two core components; the curriculum and training, or may choose to adopt all five.

SPECIFIC OUTCOMES

- Prevents cigarette smoking and other tobacco use and drug use, conflict and violence prevention, and disease prevention.
- Increases knowledge in nutrition, safety, environmental health, dental health, consumer health, exercise and fitness, growth and development, and social and emotional health.
- Builds life skills including decision-making, self-esteem, goal setting, effective communication, and stress management.
- Studies have shown significantly fewer new cigarette smokers and lower rates of initiation of cigarette smoking in KYB intervention groups compared with control groups.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 5 – 12

Grade: Grades K - 6

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: 6 - 35

of Lessons: 48 (1-3 times per week)

Length of Sessions: 20 – 40 minutes

Duration of Implementation: Up to 48 weeks

Training: Strongly recommended

HOW IT WORKS

The curriculum uses a combination of developmentally appropriate health instruction as well as cognitive and behavioral skill building to address a variety of health related topics. Five life skills form the core of the curriculum and are practiced and reinforced throughout the curriculum. The five core life skills are: self-esteem building,



decision-making, effective communication, goal setting, and stress management. Developing these skills and providing opportunities for students to practice them provide students with an “inoculation” against poor health habits such as tobacco use.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All 48 lessons must be completed to achieve program fidelity.

MATERIALS AND TRAINING

Required Materials

A grade kit for each of the grades K-6. The cost for grades K-1 is \$131.03. For each kit for grades 2-6, the cost is \$120.11. K-3 Student Workbooks are \$7.63 and Gr. 4-6 student Guides are \$15.28. A 20% discount is offered when purchasing a package of K-6 kits. There are no other components that need to be purchased.

Training (Strongly Recommended)

Implementation training is strongly recommended and is available for \$2,150 for an 6-hour training.

PROGRAM CONTACT

For training and implementation information contact:

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ADDITIONAL INFORMATION

Website: <http://www.kendallhunt.com>

Program Information Worksheet