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PBH 645 Methods In Health Education
Learning Experience Design – 3 Week Learning Plan

The purpose for creating this unit is to teach students how to manage themselves and make healthy decisions surrounding tobacco products and vaping. The functional knowledge covered is tobacco, the skill covered is self-management, and the sub-skill is decision making. The unit is 3 weeks long or 15 classes long. Throughout the 15 days, students will learn relevant information about tobacco and vaping and they will learn why they should and how to make healthy decisions for themselves. Each day will consist of a warm-up activity, informational section, independent/group work section, and a closure activity. The students will learn this information by doing different work each day. Some examples of the work include KWL charts, think/pair/share activities, role playing, storytelling, station work, gallery walks, and more. Each activity enhances the students' knowledge and engages them in a different way. By completing all four sections each day, the students will learn necessary information about tobacco/vaping and self-management. The results hoped for at the end of the unit are that students understand why they should not use tobacco products/vapes and that they can make safe and healthy decisions for themselves when put in a situation that involves tobacco or vaping. It is recommended that educators spend more time on the unit, if necessary, so students have plenty of time to practice situations they might be in one day so they are comfortable using the skills they learn in class.