

Health Education Today - Unit Outline



Here are a few of the detailed activities included:

DAY 1:

- Setting the Tone for inclusive discussions
- “I Am....” Exercise: Students have 60 seconds to use words to describe themselves
- Identity is complex!
- Beverly D. Tatum’s “The Complexity of Identity: “Who Am I?” article divided into daily teachable sections
- Partner and Group Discussions

DAY 2:

- Empathy Survey
- “Empathy Homework Assignment”
- Empathy Video Link: “Under the Surface”

DAY 3:

- The “Eight Dimensions of Social Identity” Worksheet
- Harvard Bias Test
- Implicit Bias

DAY 4:

- True stories that one person CAN make a difference
- Central Park Birder True Story and Understanding “Racial Bias.”
- Race and Privilege
- More True Stories

DAY 5 + 6:

- Optional Article: “The House That Racism Built”
- Criminal Justice Racism
- The Difference Between Being “Not a Racist” and “Anti-Racism
- Racial Profiling
- Langston Hughes Poem Project

DAY 7:

- Dominance and Subordination Within Groups
- Video
- Local Stories of Racism and Violence
- Equality Versus Equity
- Inspiring True Story Project

DAY 8:

-Sharing out True Stories Research

DAY 9:

-Historical Racism

-Progression to Racism, Hate, and Violence

-National Monument in Montgomery, Alabama

-Bryan Stevenson's Video: " From Slavery to Mass Incarceration"

DAY 10 -12:

-2020 Social Justice and Events including: George Floyd Murder, Impact Across the World, "Say Our Names" Project, Other African American Deaths by Police, the Power of Peaceful Protests, Social Justice Movements, Black Lives Matter, Dismantling Confederate Statues, Senator John Lewis' passing, Kamala Harris Nomination, Professional Athletes Support, and more.

-National Monument Project

DAY 13 -14:

-Bringing it forward to 2023

-Dr. Martin Luther King Quotes

-Be the Change Project

-19 Ways to Fight Racism

-Ben & Jerry's Ice-Cream/Black Lives Matter Art Project!

-"Positive Message Ice-cream Container Art"

-----PART 2-----

Unit Celebrating My Ethnic Heritage:

DAY 1:

- Understanding the complexities of race
- Michael Jackson's "Black or White" video and historical reflection
- The definition of "ethnicity"
- The history of racial diversity in America
- "Index of Countries and Cultures" Internet research sites for ancestor's heritage
- Countries of the World Flags
- "CELEBRATING MY UNIQUENESS" POSTER PROJECT: Students will use 3 online websites; their ancestor's country flags, traditions, and cultural heritage; motivating quotes; definitions; and their own racial heritage; appearance; and personality characteristics to create a poster reflecting their own unique traits!
- Art Rubric for grading posters is included

DAY 2:

- Adding "Ad Slogans" to posters: Students choose from over 100 ad slogans to find a life slogan for themselves
- Motivating video links to show as students work on posters

DAY 3 and 4:

-“Career Survey” with 16 Career Clusters Handout

-“Self-Esteem Survey”

DAY 5:

-Sharing posters activity (This is powerful!!)