

Healthy Choices for Your Body

About the Presentation

Healthy choices for your body is a presentation geared towards 4th to 6th grade level students about how to be safe & healthy. We dive into the science behind why unhealthy choices & substances impact the body negatively and we encourage students to advocate for themselves to live happy, safe and successful lives.

Goals

- Focus on healthy decision making without emphasis on drugs or drug language
- Learn the difference between physical & mental health
- Understand the physical effects of healthy or unhealthy choices
- Learn how choices affect social relationships
- Learn to advocate for themselves



Customization

We are always willing to meet the unique needs of the audience we are presenting to. If you have any additional related information you want us to include, please do not hesitate to tell us.

FEEDBACK



“This presentation was great for our younger students who don’t necessarily need education on drugs and substances but to learn about healthy choices in general. The content is great for kids to learn before entering middle school. “ -Teacher