National Health Education Standards addressed in Heart 2 Heart®

- Health Promotion and Disease Prevention
- Health Influences
- Health Information, Products and Services
- Using Communication Skills to Promote Health
- Reducing Health Risks
- Setting Goals for Good Health
- Health Advocacy

314-286-0460
bjcschooloutreach.org
Middle school can be a challenging time for youth because of their bodies’ physical, emotional and sexual changes. Heart 2 Heart Middle School is designed to help young people navigate their relationships with themselves and others.

This four-session program is delivered by a trained health educator with experience discussing puberty and relationships with adolescents.

The program includes a pre- and post-test with the following topics:

- Media and other influences on sexuality
- Physical, social and emotional changes during puberty
- Healthy and unhealthy relationships
- Effective communication skills

“I loved how the speaker made the class an open environment so it was really easy to talk about our experiences.”
– From a student

“The BJC educator was able to discuss topics with students that they may not have wanted to discuss with their teacher. Having a second person deliver this information helped students to be more comfortable.”
– From a teacher

For more information, call the BJC School Outreach and Youth Development Program Line at 314-286-0460 or go to bjcschooloutreach.org.

BJC School Outreach and Youth Development’s mission is to empower K-12th grade youth to make the best possible decisions regarding personal health, safety and health care career exploration.