



www.LearntobeHealthy.org is an online health science resource created by the Susan P. Byrnes Health Education Center. The site is designed to help educators and parents communicate health concepts to students by engaging them in a medium they enjoy. LearntobeHealthy.org is a portal leading to five distinct sites for: parents/teachers, kids in grades K – 6, teens in grades 7 – 12, community organizations & families, and an eCommerce site where educational products are sold.

The **Educator site** includes innovative health education eLearning kits targeted for students in grades K - 12. Each kit, or suite of activities, provides a classroom teacher or parent with a series of high quality Internet-based educational activities and lesson plans. The lesson plans, built upon evidence-based model programs, include activities that make learning about health exciting for students. The eLearning kits enable teachers the flexibility to choose activities that are done in collaborative groups, independently, or teacher-led. Each kit employs a variety of media and educational modalities, such as animation, vivid graphics, and sound effects, to make learning fun. The activities also address specific learning objectives that are aligned to Health, Technology, Science, Math and Consumer Science Education Standards, while meeting the diverse learning styles of all students.

The **Kid site** is an interactive environment where students can navigate the halls of the online *Susan Byrnes School*, stop by their locker where they can store information and search for health facts, and enter classrooms to play the dynamic, interactive health games.

The **Teen site** is high-tech and more mature than the kids' site, with a homepage featuring a combination of photos, video imagery, and sketchy illustrations. Interior pages include educational activity areas related to fitness and nutrition, and a journal in which students can express their views on health and track nutrition and fitness goals.

The **Community and Families site** is designed with not-for-profit organizations and families in mind. Program directors can access materials created to meet the needs of their after-school programs, clubs and summer camps. More hands-on activities have been added for use in a family setting, giving them even more opportunities to learn by seeing, hearing and doing!

The site has received several awards since its launch in early 2006, including the Horizon Interactive Award in the Education/Training website category, "Educator's Best Bet" Award from *USA Today Education*, three "World Wide Web Health Awards" and an award from Dentsply for the site's dental health content.

LearntobeHealthy.org currently covers seven specific health-related topics:

- Healthy Eating
- Obesity Prevention (Nutrition & Fitness)
- The Five Senses
- Tobacco and Inhalants
- Adolescence
- Dental Health
- Mental Health

LearntobeHealthy.org provides:

- Comprehensive lesson plans
- Approximately 9 – 11 activities per topic
- Interactive games
- Group and self-directed activities
- Pre and post assessment tests
- Supplemental materials

LearntobeHealthy.org was developed by:

- The Susan P. Byrnes Health Education Center, in York, PA, a recognized leader in the development of innovative, high-quality health education programs for students of all ages.

LearntobeHealthy.org was made possible by:

- A grant from Highmark Healthy High 5, a children's health promotion initiative of the Highmark Foundation

LearntobeHealthy.org meets and incorporates:

- Health and Technology Standards (with many cross curricular activities)
- Madeline Hunter Theory of Effective Instruction

LearntobeHealthy.org's global reach:

- Over 90,000 members worldwide registered with LearntobeHealthy.org, nearly 65% are educators
- Almost 2 million children in 168 countries around the world are using LearntobeHealthy.org in their classrooms

LearntobeHealthy.org adheres to the following national standards:

- Children's Online Privacy Protection Act
- Center for Media Education
- Children's Advertising Review Unit of the Better Business Bureau