

## ***Reproductive Health***

***At the elementary school level, the major focus is the bodily changes that will occur during Puberty and paying more attention to personal hygiene issues including the reproductive systems. In Middle School and High School, more emphasis is on being disease free by postponing sexual involvement until marriage. This revolves around the damage that can be done to the reproductive systems of males and females by the 25 sexually transmitted diseases. HIV/AIDS is discussed extensively as it is responsible for almost 4 million deaths each year.***

***Programs on HIV/AIDS and Sexually Transmitted Diseases are offered to the Community with a more extensive format.***

## ***Mental Health***

***In elementary schools, stress management issues arise in three areas; school performance, home dynamics, and friendships. Stress is defined in several simple defined examples and what each student can do to reduce or refocus the stress in the three areas. Nutrition, exercise, and hygiene issues are discussed as having stress reducing benefits. In Middle Schools and High Schools, how stress affects your health and well being is more the focus for discussion.***

***Depression and Suicide is discussed usually starting at the Middle School level and High School. Causes for depression are examined and how people with untreated depression can have suicidal thoughts and may attempt to end their life. Warning signs are reviewed with appropriate methods for seeking help for people with depression/suicide symptoms.***

***Stress Reduction and Suicide Prevention are offered to the Community in greater detail centering around the physical and mental reactions to the body when confronted by stressful situations. Awareness of issues involved with depression and suicide are covered in greater detail along with the resources available to refer people for treatment.***