HEALTH EDUCATION

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“Health behavior change is our greatest hope for reducing the burden of preventable disease and death around the world.” —C. Tracy Orleans, Ph.D.

Above are the words that every health teacher must hold on upon every time they stand in front of their students. The hope that what they teach will one the make a difference. That in simple knowledge they will be able to impart sufficient facts that can save lives at some point.

Within the school grounds the subject of health education is very limited but if thought correctly is enough to be able to help daily cases. Although health is one of the hardest subject to teach due to the reaction of the students or the terms used in the discussion, it is not an impossible pit.

The first point to be remembered is that everything is acquirable these days. There is limitless access for information through the internet so whatever term or word that may be encountered in lessons can be researched. Do not relay on here say or information from none reliable sources. Do not self-justify false information it is important that teachers not only teach effectively but accurately as well.

Secondly, students’ reactions weather it is boredom or over enthusiasm can be counteract. More of the times due to the technical terms use in the lessons the students are not interactive when it comes to health subjects. What can be done here is to incorporate activities like games that will poke on their interest and will make them learn the lesson better.
Like any other things the play of balance and creativity makes the difference.

Reference: