

# ELEMENTARY Workshops

Designed for K-5 students



## Health and Wellness

- Personal Hygiene (K-3 only)
- Dental Hygiene (K-3 only)
- Exercise
- Nutrition and Healthy Eating
- Puberty
- Sleep

## Social-Emotional Learning

- Bullying
- Cyber Safety/Cyberbullying
- Managing Emotions
- Conflict Resolution
- Empathy and Compassion
- Communication Skills
- Healthy Friendships
- Peer Pressure
- Self-Esteem

K-2 may only request the highlighted topics. Grades 3-5 can request any of the presentations.



Our health educators welcome suggestions for new topics. Let us know what interests you!

**All workshops are conducted by certified and experienced health educators.**  
**Workshops are 45 minutes-1 hour, and can be in English or Spanish.**

To schedule your workshop, contact Meghan Miller at 718-784-2240\*117 or [mmiller@thefloatinghospital.org](mailto:mmiller@thefloatinghospital.org)

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# MIDDLE & HIGH SCHOOL Workshops

Designed for middle & high school students (6-12 grade)



## Health

- Puberty
- Sexually Transmitted Infections/STIs
- HIV/AIDS
- Sexual Health
- Reproductive Anatomy
- Pregnancy & Reproduction
- Contraception

## Healthy Living & Wellness

- Drugs & Alcohol/Substance Abuse
- Mental Health 101
- Stress Management & Self-care
- Nutrition & Healthy Eating
- Eating Disorders
- Fitness & Exercise
- Sleep

Our health educators welcome suggestions for new topics. Let us know what interests you!



## Social-Emotional Learning & Life Skills

- Balanced Masculinity
- Body image
- Bullying/Cyberbullying
- Communications Skills
- Conflict Resolution
- Consent
- Decision Making
- Demystifying Porn
- Empathy & compassion
- Feminine Empowerment
- Financial Literacy
- Gender
- Healthy Relationships
- Managing Emotions
- Media Literacy
- Peer Pressure
- Self-Esteem
- Sexuality
- Transitioning to College (12th grades only)
- Test Anxiety

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# ADULT Workshops

Designed for adults 18+



## Health

- Autism
- Cancer
- Diabetes
- Respiratory illness: Flu, RSV, Tuberculosis & Covid-19
- Heart Disease
- Hepatitis
- Hypertension, Cholesterol & Stroke
- Sexually Transmitted Infections/STIs
- HIV/AIDS
- Sexual Health
- Menopause
- Reproductive Anatomy
- Pregnancy & Reproduction
- Contraception

Our health educators welcome suggestions for new topics. Let us know what interests you!



## Healthy Living & Wellness

- Drugs & Alcohol/Substance Abuse
- Mental Health 101
- Stress Management & Self-care
- Nutrition & Exercise
- Eating Disorders
- Sleep

## Social-Emotional Learning & Life Skills

- Adulting 101
- Balanced Masculinity
- Body Image
- Communications Skills
- Conflict Resolution
- Consent
- Decision Making
- Demystifying Porn
- Empathy & Compassion
- Feminine Empowerment
- Financial Literacy
- Gender
- Healthy Relationships
- Human Rights and advocacy
- Managing Emotions
- Media Literacy
- Self-Esteem
- Sexuality

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# TEACHER Workshops

Tailored for educators: these sessions provide ideas for student engagement and strategies for addressing critical topics in the classroom.



## Social-Emotional Learning

- Empathy and Compassion
- Bullying/Cyberbullying
- Communication Skills
- Conflict Resolution
- Managing Emotions

## Health & Wellness

- Stress Management & Self-care
- Mental Health 101

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# PARENT Workshops

Designed for parents: these workshops focus on navigating parenting challenges and discussing important topics with children.



## Social-Emotional Learning

- Bullying/Cyberbullying
- Social Media Monitoring & Cyber Safety
- Empathy & Compassion

## Health & Wellness

- Asthma
- Mental Health 101
- Stress Management & Self-care
- Drugs & Alcohol/Substance Abuse
- Immunizations
- Autism
- SIDS

## Parenting

- Child Development
- New Parenting: Father Edition
- New Parenting: Mother Edition
- Positive Parenting
- Positive Discipline & Boundary Setting



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