

CHES®/MCHES® CECH Approved Program List

Please note: Session titles in the program not listed below are not approved for CECH

#	Title	Date	Start	End	CECH (Entry)	CECH (Advanced)
1	Dignified Learning Environments	3/12	8:00 a.m.	9:00 a.m.	1	0
2	Inclusive and Engaging Puberty Education	3/12	8:00 a.m.	9:00 a.m.	1	0
3	Teens Advocate for Suicide Prevention in Schools/Community	3/12	8:00 a.m.	9:00 a.m.	1	0
4	Creating a Wellness Culture: Strengthening Community and Connection	3/12	9:15 a.m.	10:15 a.m.	1	0
5	Just Take a Breath! Slow Breathing Curriculum for Stress Reduction in High School Students	3/12	9:15 a.m.	10:15 a.m.	1	0
6	What's in That Vape?	3/12	9:15 a.m.	10:15 a.m.	1	0
7	Health and Wellness Day: Create a School-Wide Event Dedicated to Healthy Living	3/12	10:30 a.m.	11:30 a.m.	1	0
8	"Spice it Up": Effective Strategies in Using Role Play in Sex Education	3/12	10:30 a.m.	11:30 a.m.	1	0
9	Teaching the 21st-Century Stressed Learner With Skills-Based Lessons	3/12	10:30 a.m.	11:30 a.m.	1	0
10	How School Lunch Is Made and How You Can Help Enhance Student Health	3/12	11:45 a.m.	12:45 p.m.	1	0
11	It's All About the Journey...Let's Go!	3/12	11:45 a.m.	12:45 p.m.	1	0
12	Maintain and Sustain: Training Cadres to Meet Your PD Needs	3/12	11:45 a.m.	12:45 p.m.	1	1
13	Engaging Families: Bridging the Gap Between Classroom and Home in Sexual Health Education	3/12	1:15 p.m.	2:15 p.m.	1	0
14	Leadership VIP: Vision, Innovation, and Performance	3/12	1:15 p.m.	2:15 p.m.	1	1
15	Leveraging Artificial Intelligence to Advance School Health Education	3/12	1:15 p.m.	2:15 p.m.	1	0
16	The ARTS of Health and Well-Being	3/12	1:15 p.m.	2:15 p.m.	1	0
17	#thatsnotlove: Help Your Students Spot Signs of Unhealthy Relationships	3/12	2:30 p.m.	3:30 p.m.	1	0
18	A Game of 90 Minutes	3/12	2:30 p.m.	3:30 p.m.	1	0
19	HEPPS: AI in PETE and HETE Programs: Avoid & Immoral or Adopt & Integrate?	3/12	2:30 p.m.	3:30 p.m.	1	0
20	Skills-Based Health + Project-Based Learning = Student Engagement	3/12	2:30 p.m.	3:30 p.m.	1	0

21	Moving Toward Community: Intentionally Facilitating for Group Growth	3/12	2:30 p.m.	3:30 p.m.	1	1
22	National and State Association Convention Planning	3/12	2:30 p.m.	3:30 p.m.	1	1
23	Advancing Youth Tobacco Prevention Instruction Through CTP's Education Resource Center	3/13	8:00 a.m.	9:00 a.m.	1	0
24	ChatFPT: Chat for Future Professionals About Technology	3/13	8:00 a.m.	9:00 a.m.	1	0
25	Intersectionality in Health Education	3/13	8:00 a.m.	9:00 a.m.	1	1
26	Ready! Set! Go! Teach SEL in Your Health Classroom	3/13	8:00 a.m.	9:00 a.m.	1	0
27	Connect-Engage-Sustain: A Framework for Family and Community Engagement	3/13	10:45 a.m.	11:45 a.m.	1	1
28	Visualize Health Equity: A Skills-Based Unit	3/13	10:45 a.m.	11:45 a.m.	1	0
29	Impact of Artificial Intelligence on Social Media	3/13	12:00 p.m.	1:00 p.m.	1	0
30	Keeping the Stress Monster Away From My Front Door	3/13	12:00 p.m.	1:00 p.m.	1	0
31	Let's Have Fun in Health Class Today	3/13	12:00 p.m.	1:00 p.m.	1	0
32	Student-Centered Approach to Health Advocacy Projects	3/13	12:00 p.m.	1:00 p.m.	1	0
33	Bones, Muscles, Nutrition, and Fitness...Oh My!	3/13	2:00 p.m.	3:00 p.m.	1	0
34	Depression Education Is Suicide Prevention	3/13	2:00 p.m.	3:00 p.m.	1	0
35	Reducing Risk or Focus on Wellness in Health Ed – What's Your Perspective?	3/13	2:00 p.m.	3:00 p.m.	1	0
36	Rethinking PD: Putting Teachers in the Driver's Seat	3/13	2:00 p.m.	3:00 p.m.	1	1
37	5 Keys to a Compassionate Classroom	3/13	3:15 p.m.	4:15 p.m.	1	0
38	"Growing Up and Staying Safe": NYC's New K-12 Skills-Based Curriculum	3/13	3:15 p.m.	4:15 p.m.	1	0
39	How to Teach Skills-Based Sex Ed	3/13	3:15 p.m.	4:15 p.m.	1	0
40	Teaching PETE and HETE Students to Use AI to Assess Learning	3/13	3:15 p.m.	4:15 p.m.	1	0
41	What's New From CDC Healthy Schools	3/13	3:15 p.m.	4:15 p.m.	1	0
42	Choose Your Own Adventure: A Tool for Fostering Discussion in Health Education	3/13	4:30 p.m.	5:30 p.m.	1	0
43	So, You've Been Told to Teach Puberty Education...Hurray!	3/13	4:30 p.m.	5:30 p.m.	1	0
44	Teaching Inclusion: An Art or a Practice?	3/13	4:30 p.m.	5:30 p.m.	1	1
45	50 Tips in 50 Minutes!	3/14	8:00 a.m.	9:00 a.m.	1	0

46	Advocacy Process Form for Health and Physical Education	3/14	8:00 a.m.	9:00 a.m.	1	0
47	Integrating Health Skills, Practice Opportunities and Culturally Responsive Practices Into Health Education Classrooms	3/14	8:00 a.m.	9:00 a.m.	1	0
48	Talk To Your Boys: How YOU Can Help Boys Feel More Supported, Engaged, and Connected	3/14	8:00 a.m.	9:00 a.m.	1	0
49	Empowering Health Education: Unleashing the Transformative Power of Skills-Based Health	3/14	10:45 a.m.	11:45 a.m.	1	0
50	Practical Tools to SHAPE Your Students' Mental Wellness	3/14	10:45 a.m.	11:45 a.m.	1	0
51	What Successful Leaders Do to Create Inclusive Environments	3/14	10:45 a.m.	11:45 a.m.	1	1
52	Digital Wellness Education for All: How and Why We Need to Incorporate Digital Wellness and Media Literacy in the Health Classroom Now	3/14	12:00 p.m.	1:00 p.m.	1	0
53	From Frazzled to Flourishing: The Power of Mindful Minutes	3/14	12:00 p.m.	1:00 p.m.	1	0
54	Students Can Create Change! Strategies for the Health Ed Classroom	3/14	12:00 p.m.	1:00 p.m.	1	0
55	The Social Dilemma	3/14	12:00 p.m.	1:00 p.m.	1	1
56	Behavioral Health Education Lesson Plans: Resources to Support Ohio Health Education Teachers	3/14	2:00 p.m.	3:00 p.m.	1	0
57	CATCH Healthy Smiles: Activity-Based Oral Health Lessons	3/14	2:00 p.m.	3:00 p.m.	1	0
58	Embracing Body Neutrality in Health and PE: Redefining How to Teach Students to Care for Their Bodies	3/14	2:00 p.m.	3:00 p.m.	1	0
59	Relationship Playbook	3/14	2:00 p.m.	3:00 p.m.	1	0
60	Teaching for Social Justice in "Anti-Woke" States	3/14	2:00 p.m.	3:00 p.m.	1	1
61	Using ChatGPT in Health Education	3/14	2:00 p.m.	3:00 p.m.	1	0
62	Adapting and Applying Health Education to Special Needs Students	3/14	3:15 p.m.	4:15 p.m.	1	0
63	Body Confidence, Self-Esteem, and Appearance Discrimination Resources	3/14	3:15 p.m.	4:15 p.m.	1	0
64	Enhancing School Connectedness Through School Physical Activity	3/14	3:15 p.m.	4:15 p.m.	1	0
65	What Is in Your Toolbox?	3/14	3:15 p.m.	4:15 p.m.	1	0

66	"Why Can't WE Talk About It...Yet?!"	3/14	3:15 p.m.	4:15 p.m.	1	0
67	Beyond the Health Education Classroom? A School-Wide Approach to Reinforcing Health Skills	3/14	4:30 p.m.	5:30 p.m.	1	1
68	Beyond Rainbows and Pronouns: Teaching About Gender Identity in Elementary School	3/14	4:30 p.m.	5:30 p.m.	1	0
69	Igniting Mental Wellness Within Health and Physical Education	3/14	4:30 p.m.	5:30 p.m.	1	0
70	Using AI to Authentically Assess Student Learning in Health	3/14	4:30 p.m.	5:30 p.m.	1	0
71	Establishing and Sustaining a School Wellness Council	3/15	8:00 a.m.	9:00 a.m.	1	1
72	Equitable Body Image Curriculum for High School Health Classes	3/15	8:00 a.m.	9:00 a.m.	1	0
73	S.T.O.P! Being Your Own Worst Enemy! (Structure Thoughts to Optimize Performance): Using Performance Psychology Techniques to Improve Mental Fitness	3/15	8:00 a.m.	9:00 a.m.	1	0
74	The Ultimate Guide in Creating Your Own Augmented Reality (AR) Class Content	3/15	8:00 a.m.	9:00 a.m.	1	0
75	Creating Relationships Through the Exchange of Cultures	3/15	10:45 a.m.	11:45 a.m.	1	1
76	Elementary Curriculum and Parental Support Dealing With Dementia	3/15	10:45 a.m.	11:45 a.m.	1	0
77	Let's Build! Laying the Foundation to Support Skills-Based Health Education!	3/15	10:45 a.m.	11:45 a.m.	1	0
78	Mental and Emotional Health Self-Care Tools for Your School Community	3/15	10:45 a.m.	11:45 a.m.	1	0
79	Sex Ed on Fire: Effective Tactics to Push Back on Disinformation Campaigns	3/15	10:45 a.m.	11:45 a.m.	1	0
80	Abstinence Education 2023: Teaching Abstinence Where Students Don't Get Screwed	3/15	12:00 p.m.	1:00 p.m.	1	0
81	Building Connections to Content: Inclusion Activities That Promote Student SEL	3/15	12:00 p.m.	1:00 p.m.	1	0
82	Cultivating Equity in Nutrition Education: Reimagining a Nutrition Lesson	3/15	12:00 p.m.	1:00 p.m.	1	0
83	Developing Infinite Skills-Based Practice Opportunities	3/15	12:00 p.m.	1:00 p.m.	1	0
84	Hey, You Can't Say That! Language That Promotes Equity and Inclusivity in H/PE	3/15	12:00 p.m.	1:00 p.m.	1	1

85	Analyzing Influences and Practicing Health-Enhancing Behaviors: Strategies and Assessment Tools	3/15	1:30 p.m.	2:30 p.m.	1	0
86	Breaking Barriers for Wellness Through School-Wide Initiatives and Education	3/15	1:30 p.m.	2:30 p.m.	1	1
87	Double Dipping: Activities That Address PE and Health Indicators	3/15	1:30 p.m.	2:30 p.m.	1	0
88	Implementing Skills-Based Health Into Your Physical Education Class	3/15	2:45 p.m.	3:45 p.m.	1	0
89	Skills-Based Health: Using Formative and Summative Assessments	3/15	2:45 p.m.	3:45 p.m.	1	1
90	The New Drug Talk: Rethinking Our Strategies for Addressing Substance Use With Teens	3/15	2:45 p.m.	3:45 p.m.	1	0
91	Addressing Today's Needs: Free Lessons for Fentanyl, Vaping, Anxiety, and More	3/16	8:00 a.m.	9:00 a.m.	1	0
92	Be Slow to Speak, Quick to Listen	3/16	8:00 a.m.	9:00 a.m.	1	0
93	Impact of Social Media on Mental Health	3/16	8:00 a.m.	9:00 a.m.	1	0
94	Overcoming Adversity and Fostering Inclusive Leadership in the HPE Classroom	3/16	8:00 a.m.	9:00 a.m.	1	0
95	An Innovative Response to Problem Gambling, Gaming, and Digital Media Use	3/16	9:15 a.m.	10:15 a.m.	1	1
96	Empowering Growth: A Revolutionary Instructional Coaching Approach	3/16	9:15 a.m.	10:15 a.m.	1	0
97	Integrating Students With Disabilities in School Health Education	3/16	9:15 a.m.	10:15 a.m.	1	0
98	From Overload to Insight: Cognitive Load in Health Education	3/16	10:30 a.m.	11:30 a.m.	1	0
99	Preserving Our Own Mental Health as Educators and Coaches	3/16	10:30 a.m.	11:30 a.m.	1	0
100	Up Your Health (Teaching) Game!	3/16	10:30 a.m.	11:30 a.m.	1	0
101	Using the WSCC Model to Integrate SEL in Schools	3/16	10:30 a.m.	11:30 a.m.	1	0