

Cattaraugus County Health Department

Public Health Education

Directory and Resources

2024-2025

Health Education
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Public Health
Prevent. Promote. Protect.
**Cattaraugus County
Health Department**



Health Education Mission

The Health Education Team of Cattaraugus County Health Department (CCHD) offers a wide range of educational resources on health-related topics such as **presentations, display and/or materials**. Resources are designed to reach to people outside of traditional healthcare settings including schools, worksites, local private and public organizations, professional groups and individuals.

Presentations

All presentations on health-related topics are provided **free of charge** and **can be modified** to meet your needs. Topics include, but are not limited to:

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Health Fairs and Community Events

The CCHD Health Education Team proudly collaborates with community organizations to offer health education **displays and/or materials** at local gatherings like health fairs and neighborhood events. **Please note that, based on staff availability, we may not be able to participate in all events.*

Requests for Presentations and Resources

To request a **presentation, display and/or materials** from the CCHD Health Education Team please contact us at (716) 373-8050 or healtheducation@cattco.org.

Meet Our Team



Matthew Tyssee, MSC - Public Health Educator

Matt graduated with his B.S.Ed. from St. Bonaventure University and with his M.S. in Clinical Mental Health Counseling from Penn West University. Matt is passionate about educating on topics related mental health and emotional wellness with emphasis on coping skills and trauma management, tobacco, e-cigarettes, and vaping prevention, and reproductive health. Matt is always up for new and exciting adventures, but in his free time he enjoys spending time with his fiancé, friends and family, traveling, hiking with his four beautiful pups: Maverick, Patrick, Bradley and Kalliope.



Traci Wind, MS, CHES, CLC - Reproductive Health Educator

Traci is received her B.S. in Health Education from SUNY Brockport and went on to receive her M.S at Canisius college in Community and School Health. Traci is a Certified Health Education Specialist (CHES®), a Certified Lactation Counselor, and Certified Zumba Instructor. She has over 10 years of experience in the public health setting and is very passionate about educating on topics related to reproductive and sexual health. Traci is a devoted wife, and proud mother of two young children and one fur baby (12-year old chocolate lab). In her free time, she enjoys spending time with family and friends and instructing Zumba.



Erin Washburn, BS – Health Education Assistant

Erin graduated with her Bachelor of Science in Environmental Biology from SUNY Oswego. She is passionate about helping people feel confident and comfortable in their own bodies, minds, and environments. Her goal is for people to feel safe everywhere they go! Erin loves horseback riding, reading, and playing with her guinea pigs.

Health Education Presentation Descriptions and Additional Topics

Early Elementary (Head Start & Pre-K)

Personal/Physical Health

- **Handwashing** - This lesson explores the importance of germ prevention and how to minimize the spread of germs. Participants will learn about key moments when hand-washing is crucial and will practice proper hand-washing techniques. The session includes a hands-on 'Glo Germ' activity, making invisible germs visible and highlighting effective hygiene practices in a fun and engaging way.
- **Personal hygiene** - Learn proper “head to toe” hygiene practices and why it is important to stay clean.
- **Dental hygiene** – This lesson teaches the importance of brushing and flossing for maintaining a healthy lifestyle. Participants will practice proper oral hygiene techniques and understand why it's essential for overall health. Each participant will receive a toothbrush and engaging activity pages to take home as helpful reminders.
- **Lead Poisoning Prevention** – This lesson teaches children about the dangers of lead in their environment, and helps them demonstrate behaviors that will help them prevent becoming lead poisoned.

Environmental Health

- **Winter Safety** – Participants will explore essential safety tips for winter wellness and practice the “penguin shuffle” to prevent slips and falls in icy conditions.
- **Sun Safety** – This session promotes healthy habits and provides education on protecting skin from harmful sun exposure.
- **Halloween Safety** – Participants will learn key tips for a safe Halloween, including how to choose safe costumes, the importance of staying with a trusted adult, and checking the safety of treats. The session will also cover strategies for navigating neighborhoods, using reflective gear, and practicing safe behaviors while trick-or-treating to ensure a fun and secure experience.

Elementary (Grades K - 4)

Personal/Physical Health

- **Handwashing** - This lesson explores the importance of germ prevention and how to minimize the spread of germs. Participants will learn about key moments when hand-washing is crucial and will practice proper hand-washing techniques. The session includes a hands-on 'Glo Germ' activity, making invisible germs visible and highlighting effective hygiene practices in a fun and engaging way.
- **Personal hygiene** - Learn proper “head to toe” hygiene practices and why it is important to stay clean.
- **Dental hygiene** – this lesson teaches the importance of brushing and flossing for maintaining a healthy lifestyle. Participants will practice proper oral hygiene techniques and understand why it's essential for overall health. Each participant will receive a toothbrush and engaging activity pages to take home as helpful reminders.
- **Personal Safety** – Educates youth about abduction prevention and empowers them practice safe behaviors using the “4 Rules of Personal Safety.” Includes a “Tips for Parents: Preventing Abduction” handout for youth to take home to their parents.
- **My Body is Mine** – Educates youth on Safe/Unwanted/Unsafe Touch. They will identify what safe/unsafe touch feels and looks like. They will also what to do if someone gives them an unsafe touch.

Nutrition and Substance Use

- **Prescription Medications** – Participants will learn the importance of taking medicine as prescribed and learn how to store and dispose of it correctly. *This lesson is designed for and developmentally appropriate for grade 4 or higher.*
- **Healthy Eating** – This 3-lesson series equips participants with basic information regarding healthy food science, healthy food attitudes, and how to implement that information into making healthy choices. **Note: This lesson is developmentally appropriate for grade 1 or higher.**

Mental Health

- **Emotion Control** – This lesson uses the characters from the movie “Inside Out” to explore the five most common emotions, and learn effective strategies for understanding and managing them.
- **Invisible Illnesses** – This lesson teaches students that disabilities are not always easy to spot, and can be easy to overlook. Participants will use a class-wide game to emphasize the importance of equitable and empathetic treatment of others.
- **Bullying Prevention** – This lesson helps participants understand what bullying is, how to handle bullying situations, and the roles of bully, target, upstander, and bystander. Emphasis is placed on the importance of being an upstander. Participants receive a self-reflective checklist for participants to assess whether they may be a target or a bully.

Environmental Health

- **Winter Safety** – Participants will explore essential safety tips for winter wellness and practice the “penguin shuffle” to prevent slips and falls in icy conditions.
- **Sun Safety** – This session promotes healthy habits and provides education on protecting skin from harmful sun exposure.
- **Halloween Safety** – Participants will learn key tips for a safe Halloween, including how to choose safe costumes, the importance of staying with a trusted adult, and checking the safety of treats. The session will also cover strategies for navigating neighborhoods, using reflective gear, and practicing safe behaviors while trick-or-treating to ensure a fun and secure experience.
- **Tick Talk** – This lesson explores tick-borne illnesses by explaining transmission, identification, and disease identification. With a focus on Lyme disease and prevention strategies, participants will gain a comprehensive understanding of tick bite prevention and tick removal methods. Participants get to look at preserved specimens.

Middle School (Grades 5-8)

Personal, Sexual, & Reproductive Health

- **Personal Hygiene**– Learn proper “head to toe” hygiene practices and why it is important to stay clean.
- **Human growth and development/puberty** – Young people will learn more about their maturing bodies by outlining reproductive anatomy, and the basic changes they should make in their daily hygiene practices during puberty to stay healthy and clean.
- **Online Safety** – Young people will learn about their own online presence and activity so that it is in line with how they want to be seen in real life and make good choices.
- **Teen Pregnancy (The Price is Right: Baby Edition)** – Participants play *The Price is Right* as a way to learn how much the first year of a child’s life will cost not only in dollar and cents, but the cost to their teen years and future.

Nutrition, Substance Use and Wellness

- **Healthy Eating** – This 3-day lesson outlines the same nutrition concepts from the elementary, as well as developmentally appropriate discussion on how food relates to social and emotional well-being.
- **Tobacco, e-cigarettes, and vaping prevention** – This lesson equips people with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices. This includes interactive activities and parent resources that can be sent home. **Note: This presentation runs for 4 consecutive days with each session lasting 45 minutes.**
- **Prescription Medications** – Participants will learn the importance of taking medicine as prescribed and learn how to store and dispose of it correctly. *This lesson is designed for and developmentally appropriate for grade 4 or higher.*
- **Alcohol, Tobacco, & Other Drugs** – This lesson educates high school students about the physical, mental, and social effects of substance use. Participants will craft presentations of their own on the final day. **Note: This presentation runs for 3 consecutive days with each session lasting 45 minutes.**

Mental Health

- **Emotion Regulation** – This lesson uses the characters from the movie “Inside Out” to explore the five most common emotions, and learn effective strategies for understanding and managing them as they grow and develop.
- **Invisible Illnesses** – This lesson teaches students that disabilities are not always easy to spot, and can be easy to overlook. Participants will use a class-wide game to emphasize the importance of equitable and empathetic treatment of others.
- **Bullying Prevention** – This lesson helps participants understand what bullying is, how to handle bullying situations, and the roles of bully, target, upstander, and bystander. Emphasis is placed on the importance of being an upstander. Participants receive a self-reflective checklist for participants to assess whether they may be a target or a bully.
- **Wellness** – This lesson discusses the importance of balancing all aspects of wellness. Participants complete an activity setting SMART goals.

Environmental Health

- **Tick Talk** – This lesson explores tick-borne illnesses by explaining transmission, identification, and disease identification. With a focus on Lyme disease and prevention strategies, participants will gain a comprehensive understanding of tick bite prevention and tick removal methods. Participants get to look at preserved specimens.
- **Rabies** – This lesson explains what the rabies virus is, how it spreads, and the signs to watch for. It also covers how to protect yourself from rabies and what to do if you get bitten or scratched.

High School (Grades 9-12)

Personal, Sexual, & Reproductive Health

- **Contraception** - Factual information is taught in regards to contraception and the effectiveness of different types of birth control, with a strong message that abstinence is best, as well as how to talk to your partner about using birth control. Optional condom demonstration upon request.
- **Contraception/Pregnancy Belly** – Two-day presentation; First day is with factual information taught in regards to contraception and the effectiveness of different types of birth control, with a strong message that abstinence is best. As well as how to talk to your partner about using birth control. Optional condom demonstration upon request. Second day is going over aspects of how raising a child as an adolescent parent will affect their life goals, as well as wearing the “belly” to examine the discomforts of pregnancy.
- **Sexual Health/Testicular and Breast Cancer Prevention** - Promotes the individual to best optimize their health, including going for regular check-ups, checking for lumps, knowing if your partner has been tested for STD's or AIDS, and being tested regularly for STD's or AIDS (if sexually active). We will then look at the BSE/TSE models so they will know what to feel for when doing future exams on their own bodies.
- **Sexual Transmitted Infections (including HIV/AIDS)** – Learn about a variety of sexually transmitted infections (STIs), how they are acquired, treated, and prevented. Optional condom demonstration upon request.
- **Human growth and development/puberty** – Young people will learn more about their maturing bodies by outlining reproductive anatomy, and the basic changes they should make in their daily hygiene practices during puberty to stay healthy and clean.
- **Teen Pregnancy**
 - **The Price is Right: Baby Edition** - A fun game in which the young people play *The Price is Right* as a way to learn how much the first year of a child's life will cost not only in dollar and cents, but the cost to their teen years and future.
 - **Pregnancy Belly** – Young people can personally experience the physical symptoms of pregnancy while wearing the “belly” as well as examine the discomforts of pregnancy and child birth, as well as the aspects of how raising a child as an adolescent parent will affect their life goals.
- **Fetal Alcohol Spectrum Disorder (FASD)** – FASD is 100% preventable, but unfortunately is the number one cause of birth defects in the United States. Learn the effects that alcohol can have on a fetus if consumed during pregnancy.
- **Lead & Pregnancy** – Participants will learn about the importance of lead poison prevention during pregnancy. Lesson details consequences for mother and baby of lead exposure during pregnancy.
- **Self-Image** – Examines the influence that society, culture, and the media have on self-esteem and body image as well as health choices surrounding alcohol use and adolescent sexual activity.
- **Let's Talk Consent** – Discusses what consent is and how that looks in relationships, porn, and when alcohol is involved. We also look at how to ask for consent and identify verbal and nonverbal consent.
- **Healthy Relationships** – Discusses what abusive relationships are and what a healthy relationship looks like. This includes ALL relationships – friendships, working, and romantic.
- **Advanced Online Safety** - A look at what you text, email, post or share and how it can come back to haunt you socially and legally. Students learn also about why sexting is never a good idea.
- **Online Dating Safety** – Participants will learn about the risks associated with online dating and safety procedures to take while using those services.
- **Body Piercing and Tattooing Risks** - The ins and outs of tattooing, piercing and microblading as well as how it can affect your health, future, and the way people perceive you.

Mental Health

- **Emotion Regulation** – This lesson uses the characters from the movie “Inside Out” to explore the five most common emotions, and learn effective strategies for understanding and managing them as they grow and develop.
- **Invisible Illnesses** – This lesson teaches students that disabilities are not always easy to spot, and can be easy to overlook. Participants will use a class-wide game to emphasize the importance of equitable and empathetic treatment of others.
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Environmental Health

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- **Rabies** – This lesson explains what the rabies virus is, how it spreads, and the signs to watch for. It also covers how to protect yourself from rabies and what to do if you get bitten or scratched.
- **Sun Safety** – This session promotes healthy habits and provides education on protecting skin from harmful sun exposure.
- **Winter Safety** – Participants will learn essential tips for staying safe during winter, including practical advice for winter emergencies and practice the “penguin shuffle” to prevent slips and falls on icy surfaces.

Adult and Community

***All presentations above can be modified** to meet the needs of any adult or community audience. Additional topics that may be of interest include:

- Lead poisoning prevention
- Chronic disease and conditions (heart disease, diabetes, cancer, stroke, asthma)
- Zoonotic/Vector-Borne Disease (rabies, ticks & Lyme, mosquito-borne illnesses)
- Substance use and abuse
- Health and physical activity
- Tobacco, e-cigarettes, and vaping prevention/cessation
- Stress management and emotional-wellbeing
- Healthy eating – eating on a budget and shopping smart; buying fresh, local, seasonal foods

For additional topic or modification requests, please contact us at (716) 373-8050 or healtheducation@cattco.org.