Cohen Children’s Medical Center
Northwell Health

Educating the Community to Lead Healthy, Successful Lives
At Cohen Children's Medical Center, our team offers comprehensive education to many areas of the community including:

**Students**

We are here to support the healthy growth and development of students grades 4-12. We understand that in an ever-evolving world, topics which affect our young people's health are always changing and we look forward to helping your school meet these new educational needs.

**School Administrators and Teachers**

Providing the latest information to school administrators is of equal importance as educating their students. We prioritize offering a variety of topics to teachers, social workers, and other student personnel in order to promote a safe environment for each and every student.

**Sports Teams**

Young athletes have unique health needs and we are here to assist in providing the proper education to help them lead healthy, successful lives. Our program for sports teams spans the range of nutrition and wellness to concussion prevention and more.

**Nurses**

Nurses are one of the most critical supports to the growth and well-being of children and adolescents. We offer professional education on the latest topics in pediatric nursing to ensure every nurse is equipped with the information they need.

**Community Organizations**

We know that young people often access health information outside of the home, doctors office, and school setting. We partner with community organizations to provide interactive education to young people in non-traditional settings, as well as training for the staff who influence their lives.

**Parent Groups**

We know that parents are constantly looking for ways to keep up-to-date on what's going on with their kids. Our educational programs target parents, PTA and SEPTA groups, etc.

Looking to schedule a session? Want to customize a workshop to best fit your needs? Contact us at CommunityRelations@Northwell.edu
For Students and Community Organizations We Offer:

**Values**
For Grades 4-7
Drawing your line - Understand your individual values and how peer pressure can interfere with and achieve your goals.

**Body Image and Social Media**
For Grades 6-12
How do you see yourself - An exploration of the difference between self-esteem and body image and how your surroundings can impact your own vision.

**Bullying in Collaboration with Long Island Coalition Against Bullying**
Available to all Grades
Standing Tall - Learn your role as an upstander and the impact bullying can have on self-esteem.

**Healthy Habits**
Available to all Grades
Developing healthy eating and exercise habits can shape overall mental and physical wellness. Workshop includes signs of disordered eating and guidance on where to seek help.

**The ABC’s of Vaping**
For Grades 7-12
Navigate the different types of vaping available, the impact they have on your overall health and break down the myths vs. facts.

**Consent**
For Grades 5-12
The Big "C" - Consent affects all aspect of your life - relationships, school, friendships, etc. Learn how to navigate those situations and feel empowered in decision-making and finding your voice.

**Think First: A National Injury Prevention Program**
For Grades 5-12
Traumatic brain injuries, like most injuries, can be prevented by making safe decisions. Think First is a program geared to reducing injuries amongst children, teens, and young adults.

**What to do in an Emergency**
For Grades 5-13
Learn about the leading causes of unintentional injuries and deaths, prevention of these injuries and how to respond in an emergency.
Pedestrian Safety
For Grades K-4
Safety Street is an interactive activity where students practice crossing the street with our simulated street model as well as safe pedestrian behavior.

The Path of Drug Use
For Grades 7-12
Learn the difference between different substances and how they can affect your future. Find resources to get help and the warning signs along the way.

College Bound
For Grades 11 & 12
Prepare for the new freedoms and temptations of post-graduation by gaining an understanding for safely navigating relationships, drugs, alcohol and more.

Ready, Set, Shop & Grow
For Grades 2-5
This program places students in a simulated grocery store, testing their knowledge on healthy food choices and the MyPlate model.

For Students and Community Organizations Continued:

Healthy Relationships
For Grades 6-12
Learn to navigate dynamics of healthy and unhealthy relationships with partners, friends and family.

Distracted Driving
For Grades 11 & 12
Learn how to avoid risky situations behind the wheel of the car and understand the impacts driving under the influence or texting can have on your safety.

Gender and Sexuality
For Grades 7-12
Being an Ally - Familiarization with different sexual orientations, gender identities and learning to be accepting individual identities.

Sexual Health 101
For Grades 7-12
Dive deep into understanding how engaging in sexual behaviors can impact goals and relationships.
For Parents Groups We Offer:

**Child Passenger Safety**
This workshop will provide participants with the basics of proper car seat selection, installation and use. Car seat check events are held monthly at our hospital from March through November.

**Home Safety**
Stemming from the alarming fact that 2,200 children die at home each year from unintentional injuries in the home, we cover how to properly: child proof, identify hazards, poison control and practice safe sleep.

**Mental Health Challenges and Disorders in Youth**
Learn about the mental health challenges that children and teens are facing today to identify and address the needs of children at risk.

**Bullying in Collaboration with the Long Island Coalition Against Bullying**
Learn how to navigate bullying issues with your children. Covering a wide range of challenges including what to do if your child is a bully or is bullied.

**Breastfeeding**
Breastfeeding helps mothers give their babies the best start in life. Learn what to expect, how to find support and resources, as well as learn your rights.

**Nutrition**
Navigate a variety of topics which affect your child's nutrition such as: healthy eating, child weight concerns and dealing with picky eaters.
For Sports Teams We Offer:

**Bike and Helmet Safety**
Cohen Children’s Medical Center's bike safety education and helmet fittings help reduce the risk of head injuries by 85%.

**Nutrition**
Young athletes need to eat right to perform their best. Learn how to fuel the body with proper nutrition and hydration while dispelling myths and misinformation.

**Avoiding Concussion Injuries on the Field**
Learn what to do if you're injured during a sporting event or practice and understand the early warning signs of concussion and trauma.

**Being a Team Player: Your Role in Emergencies on the Field**
There are many ways in which young athletes can be first responders during an injury on the field. Be prepared with hand-to-hand CPR training, as well as learn how to help your teammates and coaches while waiting for medical assistance.

For School Administrators and Teachers We Offer:

**Stopping Bullying in Your School**
Learn how to identify bullying, stop the cycle and create a culture of respect in your school.

**Introducing Health & Wellness**
Creating a Culture of Wellness - Workshop topics include how to establish a wellness committee, healthy school fundraising, and lunch and snack offerings.

**Gender & Sexuality**
How to build and cultivate a safe space for all students, while building a working knowledge of different sexual orientations and gender identities.

**Mental Health Challenges and Disorders in Youth**
Learn about the mental health challenges that children and teens are facing today to identify and address the needs of those at risk.

**Understanding Drug Use in Adolescence**
Gain a basic overview of the drug use crisis adolescents are facing today and learn how to identify early warning signs.
For Nurses We Offer:

**Bullying and Social Media**
Learn to identify the signs of bullying and how social media can feed the cycle.

**Injury Prevention**
Learn the latest statistics on injuries for school-aged children, how to prevent these injuries and resources to share with students and family.

**Mental Health Challenges and Disorders in Youth**
Learn about the mental health challenges children and teens are facing today.

**Recovery Resilience and Hope: Addressing the Opioid Epidemic**
Explore the prevalence of substance use, misuse and addiction. Understand the need to normalize and humanize this disease. Know how to prevent, recognize and respond to an overdose.

**The Latest Trends in Drug Use**
Learn about the current drugs students are using to conform to peer pressure, gateway drugs, and addiction.

**Orthopedic Issues**
Cohen Children’s Medical Center provides an overview of common orthopedic injuries and what a school nurse can do.

**Eating Disorders 101**
Review eating disorders which our youth struggle with today and resources available to assist them and their families.

**What You Need to Know About Tobacco Use Among Youth: Juuling, Smoking, Vaping and More**
Be aware of the latest research, what students are using and the impact it has on their brain chemistry and health.

**Stop The Bleed**
This national awareness campaign and call to action educates, trains and empowers civilian bystanders with the necessary skills and tools to help in a bleeding emergency before professional help arrives.
Important Contact Information

Emergency Department Information:
269-01 76th Ave., New Hyde Park NY 11040
Phone: (718) 470-3000

Urgi Center Information:
269-01 76th Ave., New Hyde Park NY 11040
Phone: (718) 470-3800

General & Specialty Pediatric Care:
Call 1-800-GOCOHEN for the location nearest to you

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