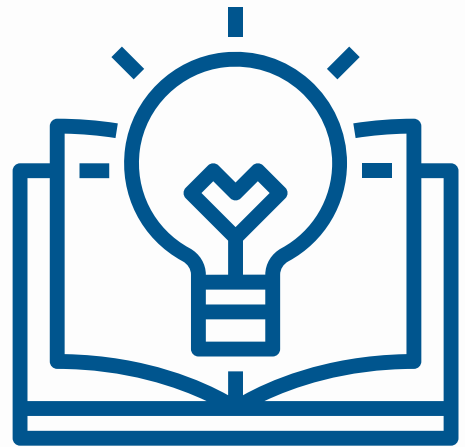


Health Education

Health Education teaches you how to get and stay healthy. Health Education can be about a specific health issue, like diabetes, or general topics like reproductive health, exercise, eating healthy, or handling stress. Health education teaches you how to make healthier choices and avoid getting sick or injured. The goal of health education is to help you be healthy so you can live your best life.



What are the Different Types of Health Education?

The types of health education include

- **Physical Health Education** teaches you about exercise and eating well to keep your body healthy.
- **Social Health Education** teaches you how to talk to people in different places, like school and work, and how to make friends.
- **Mental and Emotional Health Education** helps you learn how to deal with your thoughts and feelings so you can handle stress and feel good about yourself.
- **Sexual and Reproductive Health Education** teaches you about relationships, being safe, and understanding your body.
- **Healthcare Education** teaches you about staying healthy, going to the doctor, your rights in healthcare, and using health insurance.

Examples of Health Education

- **Physical Health Education:** Classes like yoga and learning to cook healthy food.
- **Social Health Education:** Learning how to make friends and how to get along with co-workers.
- **Mental and Emotional Health Education:** Ways to manage stress and be strong.
- **Reproductive and Sexual Health Education:** Learning about your body and safe relationships.
- **Healthcare Education:** Learning how to get ready for a doctor's appointment and going to health fairs.



Resources

You can find many tools and resources for self-advocates, supporters and health professionals on the AASPIRE [Healthcare Toolkit](#) website.

You news, stories, and tools related to staying healthy at the [Special Olympics Inclusive Health](#) website.

You can learn about sexual health with the [Sexual Health Resource Toolkit](#).

Learn about health insurance for people with intellectual disabilities from this [Center for Inclusive Health](#) report.

Get Started with Health Education

Step 1. Think about each part of your health.

Step 2. Decide what you want to learn.

Step 3. Talk to your family and friends. Use the resources on this page.