

The Interlocal Purchasing System

Purchasing Made Personal



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www.EsteemJourney.com

J. Waite Services, Inc.

EMAIL PO & VENDOR QUOTE TO: TIPSP0@TIPS-USA.COM
PO MUST REFERENCE VENDOR'S TIPS CONTRACT NUMBER

	<u>PAYMENT TO</u>	<u>TIPS CONTACT</u>
ADDRESS	637 Roy Green Rd	NAME Charlie Martin
CITY	Longview	PHONE (866) 839-8477
STATE	TX	FAX (866) 839-8472
ZIP	75602	EMAIL tips@tips-usa.com

DISADVANTAGED/MINORITY/WOMAN BUSINESS ENTERPRISE: Y

HUB: N

SERVING STATES

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Overview

A primary prevention curriculum for optimal health. ESTEEM was created through the collaborative efforts of educators, counselors, coaches, and nurses - as well as parents and teens. ESTEEM has been utilized in public schools since 2004. Experience a program that is evidence-based, medically accurate, and proven effective to help students reduce risky behaviors. Choosing the right curriculum for your district is a challenging job. We make it easier by assisting you through each approval step, supplying sample documents to modify, providing your administrators, SHAC, and parents access to view the workbooks online. ESTEEM series: Five age-appropriate workbooks: 5, 6, 7, 8, HS Each workbook is an interactive, personal journal for each student to work out important life decisions. Parent/Guardian worksheets called- Continuing Conversations are included with every lesson. Trained teachers deliver each lesson in about 1-hour Activities are aligned to the Health TEKS. Leader kits consist of lesson quizzes, answer keys, parent/guardian worksheets, games, thumb drive. Incorporates multiple teaching styles throughout all grade level workbooks. Workbooks cost \$4.85/ea. (Both workbooks) and leader kits are \$85/ea. Services: 1-day certification training Parent/Guardian Preview Nights SHAC or school admin presentations Training for service-learning projects Training for student campus clubs Grantee technical assistance Below is a list of general lesson topics. Younger grades will NOT include all of the topics below. Workbook A (to be taken home after course completion) Lesson 1: Structure, Function & Relationship of Body Systems Lesson 2: Preventative Health Behaviors, Communicable/non-Communicable diseases, Emergency Preparedness, Health Literacy, Vector-Borne Illnesses, First Aid and Emergency Treatment Lesson 3: Healthy Food Choices, Analyze Food Labels & Nutritional Values, Balance Caloric Intake, Personalized Dietary Plan, Physical Activity Guidelines, Goals for Health, Media Influence Lesson 4: Types of CPR for adults, teens, children and infants, Automated External Defibrillator (AED)-for Adults, Signs of Choking - The Heimlich Maneuver, Prepared for an Emergency Lesson 5: Universal Values, SMART Goals, Importance of Education, Evaluating Developmental Assets, Learning the Success Sequence, Overcoming Obstacles, Mature Vs. Popular Lesson 6: Assertive Communication, Empathy & Sympathy, Emotional Intelligence, Effective Problem Solving, Anger- De- Escalation, Apology & Time-out steps, "I" and "You" Messages, Problem Solving Lesson 7: Mental Health and Wellness, Brain Development, Stress & Distress, Healthy Boundaries, Factors for Depression & Self-harm, Suicide Hotline, Eating Disorders, Positive Peer Pressure Lesson 8: Character Traits of a True Friend, Wait

Ending Gossip Lesson 9: Use & Misuse of Alcohol, Tobacco/Vaping, Drugs: OTC/Prescription/Opioids/Fentanyl Legal Consequences, Reporting Suspected Abuse, Alternative Activities, Treatment Options Workbook B Lesson 10: Puberty: Emotional-Physical Changes, Brain Development, Success Sequence, Reproductive Systems, Process of Fertilization, Teen Pregnancy, Sexual Risk Avoidance Lesson 11: Viral & Bacterial Diseases, Benefits of Boundaries, Reality Rates, Emotional Consequences, Consequences of Teen Pregnancy, Value of Self-Control, Appropriate Affection Lesson 12: Child Abuse: Laws-Crimes-Punishments, Paternity & Child Support, Trafficking, Gang Violence, Bullying Action Plan, Family Safety Plan, Refusal Skills Lesson 13: Social Media influence, Gaming and the Brain, Dangers of Sexting, Cyberbullying, Digital Citizenship, Pornography Addiction, Online Trafficking, Emotional Impact of Screen Time Lesson 14: Update SMART Goals, Abstinence from Risky Behaviors, Benefits of Healthy Marriage, Dating Violence, Positive Dating Standards, Ending Unhealthy Relations

AWARDED CONTRACTS "View EDGAR Doc" on Website

Contract	Comodity	Exp Date	EDGAR
230904	Books, Library, and Educational Materials	11/30/2026	See EDGAR Certification Doc.

CONTACTS BY CONTRACTS

230904

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