that HEALTH class

What people are saying...

"This curriculum is brilliant. It is written for children in grades K-12 using all the best practices for engaged learning, it is exceptionally user friendly for faculty, and has the best parent outreach and education to cross my path in years. I wish I had had this when I began my career teaching health education at Phillips Academy Andover and during all the years I consulted with independent schools helping them develop their own curriculum. Cara + Vanessa have now done it for everyone!"

– Dr. Catherine Steiner-Adair

CLINICAL AND CONSULTING PSYCHOLOGIST, AUTHOR OF THE BIG DISCONNECT

"We are so grateful for That Health Class. Having content created by experts our community knows, respects, and trusts (through their books, presentations, and podcasts) has truly been a game-changer for us."

– Edgar McIntosh, Ed.D.

ASSISTANT SUPERINTENDENT FOR CURRICULUM, INSTRUCTION & ASSESSMENT, SCARSDALE PUBLIC SCHOOLS

"That Health Class has done exactly what it promises, made health education less awkward for everyone. Our faculty feels confident teaching sensitive topics with age-appropriate, science-backed materials. Students are engaged, curious, and comfortable asking real questions. And parents now have a trusted library of resources to support conversations at home. It's a curriculum that respects kids' intelligence, supports teachers with ready-to-use tools, and brings families into the learning. For our community, it's been a thoughtful, timely, and incredibly helpful resource."

– Genevieve Mow M.A. LMFT

DIRECTOR OF STUDENT AND COMMUNITY LIFE, PSI PLURALASTIC SCHOOL

"That Health Class curriculum has become an integral part of our Wellness program... There was both excitement and relief to see a trusted, grounded source offering this curriculum. The videos and lessons are engaging for students, and we appreciate the flexibility to choose topics based on the maturity level and needs of each class. We also value the thoughtful support Less Awkward provides for communicating with parents about sensitive topics. Now we have access to a wealth of high-quality resources that truly empower educators and families alike."

– Shira Landau

DIRECTOR OF WELLNESS, PRESSMAN ACADEMY

"I've found the Less Awkward website incredibly useful. There are numerous resources that can be used to either develop new programming at your school or augment what is currently in place. Materials were engaging for our students and appropriate to their needs."

– Cary Rabinowitz

TEACHER, JTD SCHOOL

Want to learn more about That Health Class? Click here.

less awkward