

**Grade 10 Resource Links**

*These resource lists are intended to jumpstart the research and development of K-10 Health Instruction.*

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**Body Systems**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Body System Challenge Worksheet https://sciencespot.net/Media/hlthhumbdychall.pdf
* Biology Dictionary – Body Systems https://biologydictionary.net/body-systems/
* Fact Monster- Biology – Human Body Systems https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems
* Khan Academy- Biology Body Systems https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems
* TED Ed Resources:

What happens during a heart attack?

What causes migraines?

What are the floaters in your eye?

How your muscular system works

How oxygen circulates through your body

How does the thyroid manage your metabolism?

How do your kidneys work?

How do your hormones work?

How the heart actually pumps blood

Why does your voice change?

How does your digestive system work?

How blood pressure works

What does the pancreas do?

Your skin!

How does the immune system work?

**Community/Environmental Health**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Choosing a Career in Health https://www.nlm.nih.gov/changingthefaceofmedicine/resources/lesson\_hs.html
* Communicable Diseases https://www.youtube.com/watch?v=BTH4DqOMp94
* Chain of Infection https://www.youtube.com/watch?v=03mK0bpIeyQ
* Discovery Education - Careers in Health http://www.discoveryeducation.com/teachers/free-lesson-plans/careers-in-health.cfm
* Does Farming Impact Air Quality? https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/
* Food Allergy Awareness https://healthpoweredkids.org/lessons/food-allergy-awareness/
* Kids Health-health careers https://kidshealth.org/en/teens/health-care-careers.html
* Rice Center for Technology in Teaching and Learning http://coolsciencecareers.rice.edu/
* Virginia Education Wizard https://www.vawizard.org/wizard/careersAssess
* Asthma in the City Lesson https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx
* FEMA - Youth Emergency Preparedness (9-12) https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\_HS\_TG\_082613\_508.pdf
* Allergy and Asthma Foundation http://fightthecauseofallergy.org
* CDC Emergency Preparedness https://emergency.cdc.gov/preparedness/
* EPA Environmental Health 101 Lesson

https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101

* EPA Student Environmental Health Resources https://www.epa.gov/students
* EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
* EPA Learning and Teaching about the Environment https://www.epa.gov/students
* Global Asthma Report http://www.globalasthmareport.org
* Global Asthma Network http://www.globalasthmanetwork.org/patients/causes.php
* Green Schools - Earth Day Activities and Ideas

http://www.greenschools.net/article.php-id=160.html

* HealthyPeople.Gov Environment https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health
* How Do Chemicals Affect Animals and Their Kids? https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/
* How can chemicals influence your hormones? https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/
* How can we get the most from our waste? https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/
* How do our food choices affect the environment? https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/
* Infectious Diseases https://www.youtube.com/watch?v=9axOFtPqS0c
* Insulin Resistance https://www.youtube.com/watch?v=OvopID91fTo
* Maryland - Grade 8 EH Lesson

https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\_EH\_Lssn.pd

* NIEHS- Your Environment- Your Health http://www.niehs.nih.gov/health/scied/teachers/
* OSU Hydroville Curriculum Project - Problem-based environmental health curricula, resources, and events http://blogs.oregonstate.edu/hydroville/
* Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
* Public Health Advocacy Curriculum https://drive.google.com/file/d/1a2eW3KYiXDLZFLoBNuBUD\_9k91BLt-wz/view
* Recycle Plastic More Sustainably https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
* TED Ed Resources:

What is in the air you breathe?

Microbial Jungles- How Microbes form communities

Conserving our Coral Reefs

Why do we wear sunscreen?

Do we really need pesticides?

Meet the Blue Fin Tuna

How to Create Cleaner Coal

How much land does it take to power the world? What happened to acid rain?

How do wind turbines work?

What happened to acid rain?

What if there were 1 million more trees?

Beauty of Pollination

* We are Teachers - Earth Day Activities

https://www.weareteachers.com/meaningful-earth-day-activities/

* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/
* What is TB https://www.youtube.com/watch?v=wV1pllyOaj8
* WHO Environmental Health http://www.who.int/topics/environmental\_health/en/
* **Lesson Plan**
	+ FEMA Be a Hero Youth Emergency Preparedness Guide https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\_HS\_TG\_082613\_508.pdf
* **Articles and Videos**
	+ “Environmental Issues Involving Global Warming” - 8th Grader TED Talk https://www.youtube.com/watch?v=PRJvuA5bW9s
	+ National Geographic - “Allergy Misery” http://environment.nationalgeographic.com/environment/global-warming/allergies-misery/
	+ Scientific American: “The Link Between the Environment and Health” https://www.scientificamerican.com/article/environment-and-our-health/
	+ “This is Environmental Health” https://www.youtube.com/watch?v=zmnEtCGDXMg

**Nutrition**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMIkjOqlw
* American Public Health Association - Topics & Issues https://www.apha.org/topics-and-issues
* Discovery Education- Eating Disorders https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
* Giving Nation - six week youth social action challenge http://www.g-nation.org.uk/
* Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Goodheart Wilcox - Comprehensive Health Resources http://www.gwlearning.com/health/0305/index.htm
* Goodheart Wilcox - Essential Health Resources http://www.g-wlearning.com/health/0428/index.htm
* Healthy Eating – 5 Food Groups – You Tube
* Healthy Eating – What is Healthy Eating? - You Tube
* Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
* Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
* Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
* Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
* Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
* Health Start Foundation – Nutrients https://www.healthstartfoundation.org/hsblog/what-are-nutrients-anyway?gad=1&gclid=Cj0KCQjwi46iBhDyARIsAE3nVrYNd3ZlqX40ge0NuMTQ9tWjufNDLFdons4JGnNKVhQSI7NNI3pWY5waAoE2EALw\_wcB
* Kid Health - Finding Low Cost Medical Care http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care
* NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\_r=0
* Nutrition – High School Lesson Plans
* Nutrition Activities in Any Classroom – Junior and Senior High
* Obesity http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf
* PE Central- Calculating Fat, Carbohydrates & Proteins http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919
* Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1
* The 5 Fabulous Food Groups - You Tube
* Vegetable Database https://fruitsandveggies.org/stories/vegetables/
* Young Invincibles Healthy Adulting Toolkit http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf

**Physical Health/Disease Prevention/Health Promotion**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Addressing Social Determinants of Health and Development http://ctb.ku.edu/en/table-of-contents/analyze/analyze-community-problems-and-solutions/social-determinants-of-health/main
* AAP Bright Futures Adolescent Screening Recommendations https://www.aap.org/en-us/Documents/periodicity\_schedule.pdf
* Access to Health Services – Healthy People 2020 https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services
* American Public Health Association - Topics & Issues https://www.apha.org/topics-and-issues
* Brain Pop Educators Lesson Plan - Oncology https://educators.brainpop.com/lesson-plan/oncology-game-cancer-lesson-plan/
* CDC Distracted Driving Lesson Plan https://www.cdc.gov/careerpaths/scienceambassador/documents/distracted-drivers.pdf
* CDC Community Health Programs https://www.cdc.gov/nccdphp/dch/
* Community Toolbox http://ctb.ku.edu/en
* Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
* Discovery Education- Eating Disorders https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
* Federal Government Department of Health and Human Services https://www.hhs.gov/about/index.html#
* Giving Nation - six week youth social action challenge http://www.g-nation.org.uk/
* Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Goodheart Wilcox - Comprehensive Health Resources http://www.gwlearning.com/health/0305/index.htm
* Goodheart Wilcox - Essential Health Resources http://www.g-wlearning.com/health/0428/index.htm
* Health Insurance Explained https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be
* Health Insurance Quiz http://kff.org/quiz/health-insurance-quiz/
* HealthBeat - Get Physical https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/
* HealthBeat - Breathe and Believe https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/
* HealthBeat - Hip Hopscotch https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/
* HealthBeat - Sleep is Your Friend https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/
* HealthyPeople.gov - Social Determinants of Health https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health
* Hitting Cancer Below the Belt Colon Cancer Education http://hcb2.org
* Intel - Creative Kids Go Pro - learn about community business and service organizations and choose one to help producing informational brochures https://engage.intel.com/docs/DOC-51241?wapkw=creative+kids+go+pro
* Kaiser Family Foundation - Health Insurance Explained https://www.youtube.com/watch?v=-58VD3z7ZiQ
* KidsHealth - Going to the Doctor http://kidshealth.org/en/kids/going-to-dr.html
* KidsHealth - Health Insurance Basics http://kidshealth.org/en/teens/insurance.html
* Kid Health - Finding Low-Cost Medical Care http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care
* Lesson Plan: Dangers of Distracted Driving http://www.educationworld.com/a\_tech/techlp/techlp067.shtml
* Media Literacy - Recognizing Propaganda - Unreliable Testimony http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml
* MedlinePlus: Evaluating Health Information http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html
* NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\_r=0
* NIH Sleep, Sleep Disorders, and Biological Rhythms https://science.education.nih.gov/supplements/webversions/SleepDisorders/guide/guide\_lessons\_toc.html
* Obesity http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf
* Place Matters - community health series http://unnaturalcauses.org/
* Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
* Purdue University - Healthy Body Image - A Lesson Plan for High School Students https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf
* Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1
* SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* Sleep Education for School by the Academy of Sleep Medicine http://school.sleepeducation.com/9-12.aspx
* SuperTracker Nutrition Lesson Plans for High School Students
* Volunteer Virginia http://virginiaservice.virginia.gov/volunteering/
* Benefits and Risks of Screening Tests – Pub Med https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072602/
* Virginia FAMIS – Cover Virginia http://coverva.org
* 211 Virginia http://www.211virginia.org
* Virginia Department of Health www.vdh.virginia.gov
* Virginia Department of Social Services www.dss.virginia.gov
* Virginia Department of Behavioral Health and Developmental Services www.dbhds.virginia.gov
* Virginia FAMIS Children’s Health Insurance Brochure https://www.coverva.org/materials/famis\_brochure\_english.pdf
* Young Invincibles Healthy Adulting Toolkit http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf

**Substance Abuse Prevention**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 14 Drug Education Activities, Scholastic Printable Skills Pages
* Biological Sciences Curriculum Study (BSCS) Drug Abuse, Addiction, and the Adolescent Brain https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain
* Catch My Breath – A Nicotine Vaping Prevention Program
* CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
* Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
* Connect with Kids - On The Rocks - Title: Sing It! http://www.connectwithkids.com/LHI/pdf/OnTheRocks\_ResourceGuide.pdf
* Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
* Drug Addiction in the Brain https://youtu.be/NxHNxmJv2bQ
* E-Cigarettes and Vaping – Lesson 1: Why Should I care? and  Lesson 2: Don’t get (e-)Hooked!
* Effects of Vaping https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/
* Easy to Start, Hard to Quit (Vaping) https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/
* Everfi Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
* Everfi Prescription Drug Safety Lesson Plan - Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi Prescription Drug Safety Lesson Plan - Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
* Everfi Prescription Drug Safety Lesson Plan - Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
* FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Oq8gY
* Generation RX – Teen Prescription Rx Toolkit https://www.generationrx.org/toolkits/teen/
* Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
* GirlsHealth.gov - Drugs, Alcohol, and Smoking http://www.girlshealth.gov/substance/
* Heads Up – Methamphetamine

http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf

* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html
* How Opioids Change the Brain: Lesson Plan https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/
* How your brain responds to the reward circuit https://www.youtube.com/watch?v=s27f7Jzy2k0
* Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm
* Keeping it Real – Middle, High School DARE Curriculum https://dare.org/education/
* KidsHealth.Org Teachers Guides
	+ Smoking 7-KidsHealth Smoking Teacher's Guide 9-12
	+ Drugs6-KidsHealth Drugs Teacher's Guide 9-12
	+ Alcohol 5-KidsHealth Alcohol Teacher's Guide 9-12
* KidsHealth - human body series http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body
* KidsHealth – Methamphetamine – Teen Tip Sheet
* KidsHealth Teen Peer Pressure http://kidshealth.org/teen/your\_mind/friends/peer\_pressure.html
* KidsHealth Teens Drugs and Alcohol http://kidshealth.org/en/teens/drug-alcohol/#catalcohol
* Know VAPE The dangers of Youth VAPING https://vpm.pbslearningmedia.org/collection/know-vape/
* LA Health -  E-cig & vaping Informational video (Loudoun schools) https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\_Vaping\_Cut.1.mp4
* Lesson: The Mysterious Vaping Illness That’s Becoming and Epidemic
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* Little Lungs in a Great Big World https://www.youtube.com/watch?v=fmKply2PfmI
* Lung Health https://vpm.pbslearningmedia.org/collection/lung-health/
* Meth Mouse – Interactive Lesson on Effects of Methamphetamines
* National Institute on Drug Abuse (NIDA)
* https://www.drugabuse.gov
* https://teens.drugabuse.gov
* https://www.drugabuse.gov/related-topics/trends-statistics/monitoring-future
* https://www.drugabuse.gov/sites/default/files/preventingdruguse\_2.pdf
* http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids
* Nicotine Addiction – Toolkit for Schools
* NIDA - Mind Matters – The Body’s Response to Marijuana
* NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube Why is Meth So Addictive?  Hazelden Betty Ford Foundation – You Tube
* NIDA and Scholastic, Inc. – Heads Up. Real News about Drugs and Your Body http://www.scholastic.com/drugs-and-your-bodyhttp://headsup.scholastic.com/teachers/collections/lesson-plans-and-printables
* NIDA Teacher’s Edition Resources on Methamphetamine
* NIH – Meth Mouse Game https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
* Online game/ad FDA https://whatsinavape.com
* PBS Frontline – The Meth Epidemic
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/
	+ Myth or Fact Lesson – Grades 6-12  https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
	+ Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/
	+ Science of Addiction – Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
	+ Accessibility – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ The Cycle of Addiction- Grades 6-12 https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/
	+ Contemplating Nature vs Nurture  Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
	+ Prescription Drug Abuse Awareness Campaign- Grades 9-12 https://www.pbslearningmedia.org/resource/54a03afc-8e26-4636-a46c-154f68e8aaab/prescription-drug-abuse-awareness-campaign-lesson-plan/
	+ The Brain on Autopilot – Grades 9-12 https://www.pbslearningmedia.org/resource/afe8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/
	+ Decisions and Consequence – Grades 9-12 https://www.pbslearningmedia.org/resource/29d45378-8fc0-4c03-9607-8a347dba92dc/decisions-and-consequences/
	+ Commitment to Recovery – Grades 9-12 https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/
	+ Full Educators Guide https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/
	+ Community and Family Guide https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/
* PBS – Teachers Guide: The Meth Epidemic https://www.pbs.org/wgbh/pages/frontline/teach/meth/
* PBS video on juuling epidemic https://youtu.be/lNs19kGAnLU
* Physician Advocacy Network - Lesson Plan – Vaping and Juuling
* Positive Choices – Numerous Drug Education Resources for Teachers
* RCMP Impaired Driving Plan http://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/lp-pl/index-eng.htm#act1
* The real cost anti-vaping commercial (Hacked) https://www.youtube.com/watch?v=EzU4ihBbf3g
* Resources to Reduce Methamphetamine Use
* Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
* Scholastic Heads Up Series http://headsup.scholastic.com
	+ Heads Up- Real News About Drugs and Your Body – 14 Activities http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf
	+ Youth Vaping Risks https://www.scholastic.com/youthvapingrisks/
* Smoking and Vaping - Lung Health https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/
* SODAT NJ – Drug Prevention Lesson Plans http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html
	+ Everything Tobacco
		- Unit 1 - General Tobacco - Health Effects and Social Effects https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html
		- Unit 2 - What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html
	+ E-Cigs/Vapes & Pod-Based
		- Unit 1 - Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html
		- Unit 2 - So What’s Really in These E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
		- Unit 3 - What’s So Bad About E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html
		- Unit 4 - Why Do E-Cigarettes and Vape Pens Matter to Young People? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html
		- Unit 5 - What Can I Do About It? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html
		- Unit 6 - What are JUULS & Other Pod-Based Systems? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html
	+ Hookah
		- Lesson - Understanding Hookah and Its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html
	+ Smokeless Tobacco
		- Lesson – Understanding Smokeless Tobacco and its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html
	+ Nicotine Addiction
		- Unit 1 - The Brain https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html
		- Unit 2 - Addiction 101 https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html
		- Unit 3 - Nicotine Addiction  https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html
	+ Positive Youth Development
		- Refusal Skills Activities https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html
* Stop Underage Drinking https://www.stopalcoholabuse.gov
* Substance Abuse and Mental Health Services Administration www.samhsa.gov
* Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
* TED Ed Resources:

What causes opioid addiction?

How do drugs affect the brain?

Is Marijuana bad for your brain?

How do steroids affect your muscles

What you should know about vaping

* The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
* Tobacco and E Cigarettes https://healthpoweredkids.org/lessons/tobacco-and-e-cigarettes/
* The Opioid Crisis: Help Teens Make Informed Decisions https://ymiclassroom.com/lesson-plans/opioids/
* Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
* Teen vaping https://www.pbs.org/video/teen-vaping-1531870790/
* TeenHealth.org – Drugs and Alcohol http://teenshealth.org/en/teens/drug-alcohol
* Tobacco & Nicotine: Know the Facts (PowerPoint)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction https://www.youtube.com/watch?v=md4lRQsLlnE
* Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
* Understanding the Opioid Epidemic: Family and Community Discussion Guide understanding-the-opioid-epidemic-family-and-community-discussion-guide
* US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide
* http://nahimgood.org/Docs/JustThinkTwice.pdf
* VAABC High School Guide https://www.abc.virginia.gov/education/publications
* VDOE Grades 9-10 Alcohol Units http://www.doe.virginia.gov/instruction/health/
* Ways a Teen Can Say Not to Alcohol or Drugs https://www.treatmentsolutions.com/blog/15-ways-a-teen-can-say-no-to-alcohol-and-drugs/
* Why are Drugs so Hard to Quit? https://www.youtube.com/watch?v=Xbk35VFpUPI
* Why is vaping so popularhttps://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8**/**
* Youth.gov Resource- Risk and Protective Factors by developmental period http://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence
* YouTube: Alcohol and Your Brain https://www.youtube.com/watch?v=zXjANz9r5F0

***Marijuana Specific Resources***

* (Chippewa Valley Coalition) Marijuana Prevention - High School
* (Stanford Medicine) Cannabis/Marijuana - The Basics
* (Stanford Medicine) Cannabis/Marijuana – Health Effects
* (Stanford Medicine) THC & The Brain
* (Stanford Medicine) Refusal Skills and Social Norms
* (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
* (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
* Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
* Marijuana Education Initiative
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry.

https://www.aacap.org/aacap/families\_and\_youth/facts\_for\_families/fff-guide/Marijuana-and-Teens-106.aspx

* Marijuana – Download the Facts – Printables and Lessons
* Teen Use of Edibles: A Focus Group Study of An Emerging Issue
* (Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)
* Understand the Big Deal – How Marijuana Affects Youth
* NIDA) Stressed Out? How to Cope (grades 6-12)
* Johnny’s Ambassadors Online Marijuana Curriculum
* (Partnership to End Addiction) Advocacy Toolkit (8-12 grade)
* (Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)
* (NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)
* (NIDA) National Drug and Alcohol Use IQ Challenge Kahoot
	+ Is this Legit? Accessing Reliable and Valuable Health Information (NIDA) (grades 9-12)

Videos:

* Prevention of Youth Marijuana Use (SAMHSA) https://youtu.be/CrA9lDd9ALo
* Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) https://youtu.be/k1QStvIzOpA
* How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp\_NIVx-QA
* Youth Marijuana Prevention, Future Self (Michigan HHS) PSA  https://youtu.be/QLfFxfu8IIA
* Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67nOvYV\_U
* Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News) https://youtu.be/zv5M5uxK\_6o
* Marijuana Risks: Virtual Assistant: 60 (SAMHSA) https://youtu.be/-nDGVFujQ9A
* The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention  https://youtu.be/t71pDKlUfrE
* Middle School Drug Trends 2020: Marijuana (Marshfield Clinic Health System) https://youtu.be/YcWpd\_\_obE8
* The Human Brain: Major Structures and Functions(NIDA) https://youtu.be/0-8PvNOdByc
* The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) https://youtu.be/DMcmrP-BWGk
* Anyone Can Become Addicted to Drugs (NIDA) https://youtu.be/wCMkW2ji2OE
* Addiction: A Disease that Impairs Free Will (NIDA) https://youtu.be/X1AEvkWxbLE
* Why are drugs so hard to quit? (NIDA) https://youtu.be/Xbk35VFpUPI
* Mind Matters: How does Marijuana Affect Your Brain and Body (NIDA) https://youtu.be/JB01nJwBveM
* Mind Matters: How do Drugs Affect Your Life? (NIDA) https://youtu.be/Fp4bdXYZmR4
* Mind Matters: How do Drugs Work on the Brain? (NIDA) https://youtu.be/ivzxGOK2nQ0
* Mind Matters: What if Someone I know Needs Help (NIDA) https://youtu.be/Avi9pHvTw-k
* Mind Matters: Teen Brain Development (NIDA) https://youtu.be/EpfnDijz2d8
* Marijuana Risks: Build a Brain (NIDA) https://youtu.be/HLYlDpJxxqs
* Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/

**Safety/Injury Prevention**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* American Heart Association Videos
	+ Learn Hands-Only CPR https://www.youtube.com/watch?v=pk53b\_eweyk
	+ Tell the Story - 911 AED Advocacy Lesson http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf
	+ Student Developed Staying Alive - CPR Video https://www.youtube.com/watch?v=2g9K-t\_ZUxs
* American Red Cross Student Training https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools
* Anyone Can Save A Life - An Emergency Action Planning Program for After School Practices and Events http://www.anyonecansavealife.org and E-Learning Module http://www.anyonecansavealife.org/e-learning-module/index.htm
* British Red Cross - First Aid learning for Young People http://firstaidlearningforyoungpeople.redcross.org.uk/
* CPR In Action - a 3D Look Inside the Body
* Cure Violence http://cureviolence.org
* Discovery Education - Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
* End Distracted Driving Lesson plan https://enddistracteddriving.files.wordpress.com/2010/03/no-phone-zone-lesson-plan.pdf
* Fire Safety Resources – Vermont https://firesafety.vermont.gov/pubed/programs
* Fire Risks and Safety https://www.safekids.org/safetytips/field\_age/teens-15%E2%80%9319-years/field\_risks/fire
* Fire Safety Checklist https://www.safekids.org/checklist/fire-safety-checklist
* Fullerton Joint Union High School District Cyber Safety Lesson Plan https://coolcybersafetylessons.wikispaces.com/1.+Lesson+Plans
* Healthy People 2020 Injury and Violence https://www.healthypeople.gov/2020/topics-objectives/topic/injury-and-violence-prevention
* Injury Prevention Resources http://www.parachutecanada.org
* International CPR Institute Videos: CPR Instructional Video 2016 https://www.youtube.com/watch?v=u55OoE2p2c0 and AED Instructional Video 2016 https://www.youtube.com/watch?v=NxNIXSLrZF0
* National Center for Injury Prevention and Control www.cdc.gov/injury
* National Injury and Violence Data Site http://www.cdc.gov/injury/wisqars/
* No Phone Zone Lesson Plan https://www.scribd.com/document/27913353/No-Phone-Zone-Lesson-Plan
* Overview of Science of Injury Prevention and Public Health Approaches to Violence http://genderandhealth.ca/en/modules/trauma/module-map.jsp
* Overview of national injury and violence prevention areas http://www.astho.org/programs/prevention/injury-and-violence-prevention/
* Ophelia Project - Cyber bullying lesson plan http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf
* ProCon.org- Social Networking http://socialnetworking.procon.org/
* States Legislation and Policy for Injury Prevention http://www.ncsl.org/research/health/injury-and-violence-prevention.aspx
* Partners for Safe Teen Driving https://safeteendriving.org
* Safe Driving Lesson http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
* Stop the Texts, Stop the Wrecks https://ymiclassroom.com/lesson-plans/stopthetexts/
* Suicide Prevention Resource Center www.Sprc.org
* Teen Drivers - NHTSA http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers-–-Parents-&-Teens
* Teen Driver Safety https://www.cdc.gov/injury/features/teen-drivers/index.html
* Teach - VIP E Violence and Injury Prevention Comprehensive Curriculum http://www.who.int/violence\_injury\_prevention/capacitybuilding/teach\_vip/e-learning/en/
* Think First: National Head and Spinal Cord Injury Prevention Program http://thinkfirst.org/teens
* Virginia Department of Education http://www.doe.virginia.gov/instruction/health/index.shtml
* Virginia Injury and Violence Data Site http://www.vdh.virginia.gov/livewell/data/interactive/applications/voirs
* You Tube Videos
	+ Underage Drinking What a Waste https://www.youtube.com/watch?v=4Gi3x5a-qxE
	+ One Decision https://www.youtube.com/watch?v=WWptgB\_1bco
	+ Underage Drinking - Is It Worth It https://www.youtube.com/watch?v=WGQ8F05C5gk
	+ Prom-Drunk Driving https://www.youtube.com/watch?v=LigPLJP6x3U
	+ Texting and Driving Crash - It Can Wait https://www.youtube.com/watch?v=ApnyKv1GuNI
	+ Fletcher’s Drive - It Can Wait https://www.youtube.com/watch?v=4kBaLbubNd4

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* What is SEL
* WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
* Teaching Activities to Support Core SEL Competencies
* 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 6 Mental Health Lessons that Changed My Life https://youtu.be/BryGqImYBEM
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 10 things depression makes us do https://www.youtube.com/watch?v=pcmoQinDhJ4
* 97 SEL Skills Activities – InspiredStudents.orgAn Adolescent Mental Health Curriculum = A Starter Kit for Schools http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools
* Are Teens Addicted to Texting? https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/
* Body Image and Eating Disorders body-image-and-eating-disorder-hiding-in-plain-sight
* Canadian Mental Health Association - Mental Health and High School Curriculum Guide: http://www.cibhs.org/sites/main/files/file-attachments/mental\_health\_and\_high\_school\_curriculum\_guide.pdf
* CDC Healthy Relationships Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* Conflict Resolution: Find the Best Route to Your Destination
* Discovery - Depression Lesson Plan http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
* Does Being Popular in High School Really Matter? https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/
* Eating Disorders www.usatoday.com/educate/casestudies/eatingdisorders.pdf
* Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?
* EVERFI - Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/
* Everyday mindfulness - YouTube
* Future Self Social Emotional Learning https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/
* Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Good Mental Health https://youtu.be/beTd4UFLtOU
* Guided Imagery https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/
* Guide for Life: 5 Skills for Personal Success - Arkansas Department of Education

 http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf

* Healing trauma https://www.youtube.com/watch?v=ZoZT8-HqI64
* Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
* Hiding in Plain Sight - Youth Mental Illness https://vpm.pbslearningmedia.org/collection/kenburnsclassroom/film/hiding-in-plain-sight/
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* Know the Odds - Underage Gambling https://ymiclassroom.com/lesson-plans/know-the-odds/
* KidsHealth.org Teacher’s Guides for Grades 9-12:
	+ Conflict Resolution https://classroom.kidshealth.org/9to12/personal/growing/conflict\_resolution.pdf
	+ Depression https://classroom.kidshealth.org/classroom/9to12/problems/emotions/depression.pdf
	+ Empathy https://classroom.kidshealth.org/9to12/personal/growing/empathy.pdf
	+ Eating Disorders https://classroom.kidshealth.org/9to12/problems/conditions/eating\_disorders.pdf
	+ Getting Along http://classroom.kidshealth.org/9to12/personal/growing/getting\_along.pdf
	+ Healthy Relationships http://classroom.kidshealth.org/9to12/personal/growing/healthy\_relationships.pdf
	+ Peer Pressure http://classroom.kidshealth.org/9to12/personal/growing/peer\_pressure.pdf
	+ Self Esteem http://classroom.kidshealth.org/9to12/personal/growing/self\_esteem.pdf
	+ Stress https://classroom.kidshealth.org/9to12/problems/emotions/stress.pdf
	+ Suicide Prevention http://classroom.kidshealth.org/9to12/problems/emotions/suicide.pdf
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Love is Respect https://www.loveisrespect.org
* Managing Conflicts
* Mental Health Activities for High School Students - The Truthful Tutor
* Mental Health First Aid https://www.thenationalcouncil.org
* Mental Health and High School Curriculum Guide, Canadian Mental Health Association http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf
* Mental Health HS Curriculum Guide - Teen Mental Health.org http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/
* Michigan Education - Online Professional Development for Social Emotional Learning

Introduction to SEL https://plp.mivu.org/Registration.aspx?section=3195

Embedding SEL Schoolwide https://plp.mivu.org/Registration.aspx?course=542

Creating a Professional Culture Based on SEL https://plp.mivu.org/Registration.aspx?section=3224

Integrating SEL into Culturally Responsive Classrooms https://plp.mivu.org/Registration.aspx?section=3226

Trauma Informed Support https://plp.mivu.org/Registration.aspx?section=2960

* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* NC Schools - Mrs. Kelly’s Health and PE Mental Health Lessons - https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms\_file/show/17927483.pdf?t=1386943520
	+ Identify responses to stress and coping
	+ Methods to deal with anxiety
	+ Identify Causes and Symptoms
	+ Design Help Seeking Strategies
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening- http://www.mindfulschools.org/resources/explore-mindful-resources/
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson
* Open Up Magazine, Minnesota Association for Children’s Mental Health - It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* PBS- Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PBS - Its My Life http://pbskids.org/itsmylife/index.html
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides http://www.pbs.org/inthemix/educators/lessons/
* PE Central lessons
	+ Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ Sounds of Music (Stress Management) http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho
* Positive Self Talk
* Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
* Reframing feelings before acting on them: “Slow down and look around you”
	+ Student Activity 1
	+ Student Activity 2
	+ Student Reading
* Relationship skills/Social Emotional learning https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/
* Responsible Decision Making/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/
* Resiliency: One Step at a Time https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons-https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
* Scholastic Mind Up Curriculum - brain centered management and teaching strategies http://teacher.scholastic.com/products/mindup/
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html
* Screening for Mental Health - depression, suicide, and self-injury https://mentalhealthscreening.org/programs/sos-signs-of-suicide
* Self-calming methods: “Downshift to a lower gear with help from your body”
* Self-Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/
* Self-Management/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* Signs of Suicide and ACT https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum
* Social Networking http://socialnetworking.procon.org/
* Stigma and Identity https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/
* Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a\_tsl/archives/02-1/lesson045.shtml
* A Student’s Guide to Using Social Media
* Social Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/
* Social Anxiety, School, and Sad Thoughts https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/
* Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
* Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
* Suicidal Ideations hiding-in-plain-sight-youth-mental-illness
* Suicide Prevention Resource Center www.sprc.org
* Supporting Students’ Personal and Social Competencies https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html
* TED Ed Resources

The psychology of PTSD

How to stay calm under pressure

* TeenMentalHealth.org - Mental Health and High School Curriculum Guide  http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/06/DRAFT-6-2015-Version-New-Design.compressed.pdf
* The Compassion Project consists of 15 online lessons and 3 digital activities http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12\_compassion\_course\_outline.pdf
* Toxic Positivity https://youtu.be/AxSzW8TcO1g
* Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov/
* “Walk in Our Shoes” Lesson Plan http://walkinourshoes.org/content/Classroom\_Lesson\_Plans.pdf
* Wall Street Journal - Overview of Mindfulness https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647
* We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
* What’s normal anxiety? https://www.youtube.com/watch?v=xsEJ6GeAGb0
* What is trauma? https://www.youtube.com/watch?v=BJfmfkDQb14
* When Grief Enters the Classroom

 https://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf

* Youth Mental Health https://vpm.pbslearningmedia.org/collection/youth-mental-health/

**Violence Prevention**

* Health Smart Virginia 10 Grade Page https://healthsmartva.org/10th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf
* Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
* Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* Blueprints for Healthy Youth Development site http://www.blueprintsprograms.com
* CDC Violence Prevention https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html
* Coaching Boys into Men Toolkits. http://www.coachescorner.org
* Discovery Online - Resolving Conflicts http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf
* Healthy Communication Skills Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* KidsHealth Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf
* KidsHealth Teachers Guide 9-12 Grade Conflict Resolution http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict\_resolution.pdf
* In the Mix - Thinking It Through https://www.youtube.com/watch?v=xDoQIpe5TxA
* National Crime Prevention Council: Youth Gangs - Know the Facts http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf
* National Gang Center https://www.nationalgangcenter.gov
* Olweus - Class Meetings That Matter- Grades 6-8 http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
* Olweus School-wide Bullying Prevention Program http://olweus.sites.clemson.edu
* Online Safety https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/
* Ophelia Project - It Has a Name: Relational Aggression.http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
* PACER Classroom Resources (Bullying)

https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd

* PACER Middle/High School Education Curriculum (Bullying)

https://www.pacer.org/bullying/classroom/mid-high-curr/

* PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-highschool/
* PACER Middle and High School - Engaging Students in Anti-Bullying Leadership

https://www.pacer.org/bullying/wewillgen/

* Pacer National Bullying Prevention Center http://www.pacer.org/bullying/
* Pacer Student Action Plan http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf
* Pacer Teens Against Bullying http://www.pacerteensagainstbullying.org
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org
* Respect Others Respect Yourself http://headsup.scholastic.com/teachers/respect-others-respect-yourself
* SDCDA Girls Only Toolkithttp://www.sdcda.org/office/girlsonlytoolkit/
* Stop Bullying.gov Youth Engagement Kit https://www.stopbullying.gov/what-you-can-do/teens/index.html
* Stop Bullying Video Clips https://www.cartoonnetwork.com/stop-bullying
* Teaching Health and Happiness - Communication https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf
* Teaching Tolerance at http://www.tolerance.org/school\_climate\_resources
* Teaching Tolerance - What’s a Clique https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique Cliques in School https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools
* Teen Health https://youtu.be/8ixNuGRX7YY
* Virginia Rules https://virginiarules.org/varules\_topics/gangs/
* **Healthy Relationships/Dating Violence**
	+ Break the Cycle’s DV 101 Single Day Dating Violence Lesson https://www.breakthecycle.org/sites/default/files/dv\_101\_single\_day\_lesson\_plan.pdf
	+ CDC Healthy Relationship Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
	+ Kate Brown Healthy Relationship Quiz https://kbep.org/healthy-relationship-quiz/
	+ Kids Health Healthy Relationship Handout

 https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf

* + Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
	+ Love is Respect https://www.loveisrespect.org
	+ Michigan Dating Violence Youth Education Package https://www.michigan.gov/documents/dhs/DHS-PUB-0224\_172099\_7.pdf
	+ National Crime Prevention Council Violence Lesson (Session 14, Community Works) http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf
	+ Respect Others Respect Yourself (CDC &NIDA) http://headsup.scholastic.com/teachers/respect-others-respect-yourself
	+ Refusal Skills - Rethinking Drinking, Alcohol and You. https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Stay-in-control/Drink-Refusal-Skills.aspx
	+ Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox

http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf

* + Teen Dating Violence Awareness https://youtu.be/x2WE2I1nkYA
	+ Teen Dating Violence Prevention https://youtu.be/ZFpmB571fqE
	+ 2023 Teen Dating Violence Prevention Toolkit https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf
	+ VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide http://www.ncdsv.org/images/VSDVAA\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf
	+ You Tube clips on Dating Violence, e.g., https://youtu.be/ODntqYIYx7E
* **Suicide Prevention**
	+ Suicide Prevention Lifeline: 1-800-273-TALK (8255) http://www.sprc.org/settings/schools
	+ Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR http://www.thetrevorproject.org
	+ Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov
	+ Virginia Department of Health http://www.vdh.virginia.gov/suicide-prevention/