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**Grade 10 Resource Links**

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**Body Systems**

* TED Ed Resources:

[What happens during a heart attack?](https://ed.ted.com/lessons/what-happens-during-a-heart-attack-krishna-sudhir)

[What causes migraines?](https://ed.ted.com/lessons/what-causes-migraines-marianne-schwarz)

[What are the floaters in your eye?](https://ed.ted.com/lessons/what-are-those-floaty-things-in-your-eye-michael-mauser)

[How your muscular system works](https://ed.ted.com/lessons/how-your-muscular-system-works-emma-bryce)

[How oxygen circulates through your body](https://ed.ted.com/lessons/oxygen-s-surprisingly-complex-journey-through-your-body-enda-butler)

[How does the thyroid manage your metabolism?](https://ed.ted.com/lessons/how-does-the-thyroid-manage-your-metabolism-emma-bryce)

[How do your kidneys work?](https://ed.ted.com/lessons/how-do-your-kidneys-work-emma-bryce)

[How do your hormones work?](https://ed.ted.com/lessons/how-do-your-hormones-work-emma-bryce)

[How the heart actually pumps blood](https://ed.ted.com/lessons/how-the-heart-actually-pumps-blood-edmond-hui)

[Why does your voice change?](https://ed.ted.com/lessons/why-does-your-voice-change-as-you-get-older-shaylin-a-schundler)

[How does your digestive system work?](https://ed.ted.com/lessons/how-your-digestive-system-works-emma-bryce)

[How blood pressure works](https://ed.ted.com/lessons/how-blood-pressure-works-wilfred-manzano)

[What does the pancreas do?](https://ed.ted.com/lessons/what-does-the-pancreas-do-emma-bryce)

[Your skin!](https://ed.ted.com/lessons/the-science-of-skin-emma-bryce)

[How does the immune system work?](https://ed.ted.com/lessons/how-does-the-immune-system-work-emma-bryce)

**Community/Environmental Health**

* Choosing a Career in Health <https://www.nlm.nih.gov/changingthefaceofmedicine/resources/lesson_hs.html>
* Discovery Education - Careers in Health <http://www.discoveryeducation.com/teachers/free-lesson-plans/careers-in-health.cfm>
* 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](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](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>
* Maryland - Grade 8 EH Lesson

[https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\_EH\_Lssn.pd](https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pdf)

* 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/>
* TED Ed Resources:

[What is in the air you breathe?](https://ed.ted.com/lessons/what-s-in-the-air-you-breathe-amy-hrdina-and-jesse-kroll)

[Microbial Jungles- How Microbes form communities](https://ed.ted.com/lessons/the-microbial-jungles-all-over-the-place-and-you-scott-chimileski-and-roberto-kolter)

[Conserving our Coral Reefs](https://ed.ted.com/lessons/conserving-our-spectacular-vulnerable-coral-reefs-joshua-drew)

[Why do we wear sunscreen?](https://ed.ted.com/lessons/why-do-we-have-to-wear-sunscreen-kevin-p-boyd)

[Do we really need pesticides?](https://ed.ted.com/lessons/do-we-really-need-pesticides-fernan-perez-galvez)

[Meet the Blue Fin Tuna](https://ed.ted.com/lessons/meet-the-bluefin-tuna-the-toughest-fish-in-the-sea-grantly-galland-and-raiana-mckinney)

[How to Create Cleaner Coal](https://ed.ted.com/lessons/how-to-create-cleaner-coal-emma-bryce)

[How much land does it take to power the world?](https://ed.ted.com/lessons/how-much-land-does-it-take-to-power-the-world) [What happened to acid rain?](https://ed.ted.com/lessons/should-you-be-worried-about-acid-rain-joseph-goffman)

[How do wind turbines work?](https://ed.ted.com/lessons/how-do-wind-turbines-work-rebecca-j-barthelmie-and-sara-c-pryor)

[What happened to acid rain?](https://ed.ted.com/lessons/should-you-be-worried-about-acid-rain-joseph-goffman)

[What if there were 1 million more trees?](https://ed.ted.com/lessons/can-we-build-a-perfect-forest-jean-francois-bastin)

[Beauty of Pollination](https://ed.ted.com/lessons/the-hidden-beauty-of-pollination-louie-schwartzberg#review)

* We are Teachers - Earth Day Activities

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

* 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**

* [The 5 Fabulous Food Groups - You Tube](https://www.youtube.com/watch?v=L9ymkJK2QCU)
* 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](http://www.g-wlearning.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](https://www.youtube.com/watch?v=7GGUeqS3_7c)
* [Healthy Eating – What is Healthy Eating? - You Tube](https://www.youtube.com/watch?v=tyGEF7mZ03g)
* [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](https://www.youtube.com/watch?v=PDx4C7tcFbI)
* [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](https://www.youtube.com/watch?v=cINHMoLLur4)
* [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](https://www.youtube.com/watch?v=01QVPn5NuKU)
* [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](https://www.youtube.com/watch?v=5imsDV9war4)
* [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](https://www.youtube.com/watch?v=LOTL7CFgisg)
* 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](http://deptapp08.drexel.edu/nutritioneducation/hs_lesson_plans.html)
* [Nutrition Activities in Any Classroom – Junior and Senior High](https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf)
* 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>
* Kid Health - Finding Low Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
* Young Invincibles Healthy Adulting Toolkit <http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf>

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

* 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>
* 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](http://www.g-wlearning.com/health/0305/index.htm)
* Goodheart Wilcox - Essential Health Resources <http://www.g-wlearning.com/health/0428/index.htm>
* 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>
* 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 Education for School by the Academy of Sleep Medicine <http://school.sleepeducation.com/9-12.aspx>
* [SuperTracker Nutrition Lesson Plans for High School Students](https://5210.psu.edu/wp-content/uploads/2018/05/SuperTrackerHighSchoolLessonPlans2016Updates-FINAL-1.pdf)
* Volunteer Virginia <http://virginiaservice.virginia.gov/volunteering/>
* 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>
* Benefits and Risks of Screening Tests – Pub Med <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072602/>
* Virginia FAMIS – Cover Virginia [http://coverva.org](http://coverva.org/)
* 211 Virginia [http://www.211virginia.org](http://www.211virginia.org/)
* Federal Government Department of Health and Human Services [https://www.hhs.gov/about/index.html#](https://www.hhs.gov/about/index.html)
* Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be>
* Health Insurance Quiz <http://kff.org/quiz/health-insurance-quiz/>
* Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov/)
* Virginia Department of Social Services [www.dss.virginia.gov](http://www.dss.virginia.gov/)
* Virginia Department of Behavioral Health and Developmental Services [www.dbhds.virginia.gov](http://www.dbhds.virginia.gov/)
* Virginia FAMIS Childrens Health Insurance Brochure <https://www.coverva.org/materials/famis_brochure_english.pdf>
* 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>
* Young Invincibles Healthy Adulting Toolkit <http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf>

**Substance Abuse Prevention**

* Featured Resource  
  [Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](https://healthsmartva.pwnet.org/alcohol-tobacco-drug-use-prevention-school)
* [14 Drug Education Activities, Scholastic Printable Skills Pages](http://headsup.scholastic.com/teachers/14-drug-education-activities)
* 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](https://www.catch.org/bundles/23725)
* [CATCH My Breath](https://catchinfo.org/enroll/) 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](https://www.commonsense.org/education/articles/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>
* E-Cigarettes and Vaping – [Lesson 1: Why Should I care?](https://schools.jefferson.kyschools.us/vapingequals/E-Cigarettes-Vaping-Health-Lesson1.pdf) and  [Lesson 2: Don’t get (e-)Hooked!](https://schools.jefferson.kyschools.us/vapingequals/E-Cigarettes-Vaping-Health-Lesson2.pdf)
* 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)](https://everfi.com/blog/financial-education/prescription-drug-safety-lesson-plan/)
* 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](https://everfi.com/webinars/k-12/teen-prevention-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](https://www.getsmartaboutdrugs.gov/content/resources-educators)
* 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>

* 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](https://healthsmartva.org/uploads/rteditor/file/7-KidsHealth%20Smoking%20Teacher's%20Guide%209-12.pdf)
  + Drugs[6-KidsHealth Drugs Teacher's Guide 9-12](https://healthsmartva.org/uploads/rteditor/file/6-KidsHealth%20Drugs%20Teacher's%20Guide%209-12.pdf)
  + Alcohol [5-KidsHealth Alcohol Teacher's Guide 9-12](https://healthsmartva.org/uploads/rteditor/file/5-KidsHealth%20Alcohol%20Teacher's%20Guide%209-12.pdf)
* KidsHealth - human body series <http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body>
* [KidsHealth – Methamphetamine – Teen Tip Sheet](https://kidshealth.org/en/teens/meth.html)
* 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>
* 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](https://www.nytimes.com/2019/09/04/learning/vaping-illness-lesson-plan.html)
* Little Lungs in a Great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
* 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](http://headsup.scholastic.com/teachers/marijuana-download-the-facts-printables-and-lessons)
* [Meth Mouse – Interactive Lesson on Effects of Methamphetamines](https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse)
* National Institute on Drug Abuse (NIDA)
* [https://www.drugabuse.gov](https://www.drugabuse.gov/)
* [https://teens.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](http://makesmokinghistory.org/dangers-of-vaping/schools/)
* [NIDA - Mind Matters – The Body’s Response to Marijuana](https://teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-marijuana)
* [NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube](https://www.youtube.com/watch?v=TTMNXzL4O4s) [Why is Meth So Addictive?  Hazelden Betty Ford Foundation – You Tube](https://www.youtube.com/watch?v=dXFs4gsvJqU)
* NIDA and Scholastic, Inc. – Heads Up. Real News about Drugs and Your Body <http://www.scholastic.com/drugs-and-your-body><http://headsup.scholastic.com/teachers/collections/lesson-plans-and-printables>
* [NIDA Teacher’s Edition Resources on Methamphetamine](http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf)
* NIH – Meth Mouse Game <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
* Online game/ad FDA [https://whatsinavape.com](https://whatsinavape.com/)
* [PBS Frontline – The Meth Epidemic](https://www.pbs.org/wgbh/pages/frontline/teach/meth/)
* 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](http://www.panmn.org/teachers)
* [Positive Choices – Numerous Drug Education Resources for Teachers](https://positivechoices.org.au/drugs-a-z/methamphetamine/)
* 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](https://www.montanameth.org/resources/)
* Safe Driving <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
* Scholastic Heads Up Series [http://headsup.scholastic.com](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/>
* 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](https://www.stopalcoholabuse.gov/)
* Substance Abuse and Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov/)
* [Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos](https://teens.drugabuse.gov/teachers/lesson-plan-and-activity-finder/teacher-s-guide-prescription-drug-misuse-choose-your-path)
* TED Ed Resources:

[What causes opioid addiction?](https://ed.ted.com/lessons/what-causes-opioid-addiction-and-why-is-it-so-tough-to-combat-mike-davis)

[How do drugs affect the brain?](https://ed.ted.com/lessons/how-do-drugs-affect-the-brain-sara-garofalo)

[Is Marijuana bad for your brain?](https://ed.ted.com/lessons/is-marijuana-bad-for-your-brain-anees-bahji)

[How do steroids affect your muscles](https://ed.ted.com/lessons/how-do-steroids-affect-your-muscles-and-the-rest-of-your-body-anees-bahji)

[What you should know about vaping](https://ed.ted.com/lessons/what-you-should-know-about-vaping-and-e-cigarettes-suchitra-krishnan-sarin)

* [The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students](http://nahimgood.org/Docs/JustThinkTwice.pdf)
* [Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices](https://www.smartmovessmartchoices.org/pdfs/SmartMoves_SchoolToolKit_Web.pdf)
* 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)](https://healthsmartva.pwnet.org/uploads/rteditor/file/Tobacco-E-Cigarette-PreventionGr6-12.pptx)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4lRQsLlnE>
* 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 popular[https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8**/**](https://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 2022***

* [(Chippewa Valley Coalition) Marijuana Prevention - High School](https://www.cvcoalition.org/youth-prevention-lessons/marijuana/)
* [(Stanford Medicine) Cannabis/Marijuana - The Basics](https://med.stanford.edu/cannabispreventiontoolkit/Curriculum/marijuana-cannabis-the-basics.html)
* [(Stanford Medicine) Cannabis/Marijuana – Health Effects](file:///Users/erimafobbs/Downloads/•%09https:/med.stanford.edu/cannabispreventiontoolkit/Curriculum/HealthEffects.html)
* [(Stanford Medicine) THC & The Brain](file:///Users/erimafobbs/Downloads/•%09https:/med.stanford.edu/cannabispreventiontoolkit/Curriculum/THCandtheBrain.html)
* [(Stanford Medicine) Refusal Skills and Social Norms](https://med.stanford.edu/cannabispreventiontoolkit/Curriculum/RefusalSkillsandSocialNorms.html)
* [(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)](https://drugfree.org/article/marijuana-what-you-need-to-know/?gclid=Cj0KCQiAmKiQBhClARIsAKtSj-kT0qc-JRIgJg0SLuvxHDGbNwroArMLHDquwRk6htPEHb8UpvB-9MgaApa9EALw_wcB)
* [(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)](https://drugfree.org/wp-content/uploads/2017/02/Marijuana_Talk_Kit.pdf)
* [Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)](file:///Users/erimafobbs/Downloads/•%09https:/teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-marijuana)
* [Marijuana Education Initiative](https://marijuana-education.com/about/)
* [Teen Use of Edibles: A Focus Group Study of An Emerging Issue](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4864086/)
* [(Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)](http://headsup.scholastic.com/teachers/the-science-of-marijuana-lesson?tm=999)
* [Understand the Big Deal – How Marijuana Affects Youth](https://www.cde.state.co.us/sites/default/files/documents/dropoutprevention/resources/marijuanayouth_slidespdf121911.pdf)
* [NIDA) Stressed Out? How to Cope (grades 6-12)](https://teens.drugabuse.gov/teachers/lessonplans/stressed-out)
* [Johnny’s Ambassadors Online Marijuana Curriculum](https://johnnysambassadors.org/curriculum/)
* [(Partnership to End Addiction) Advocacy Toolkit (8-12 grade)](https://drugfree.org/wp-content/uploads/2020/08/advocacy_toolkit.pdf)
* [(Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)](https://positivechoices.org.au/teachers/the-effects-of-cannabis)
* [(NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)](https://nida.nih.gov/sites/default/files/mod4_69.pdf)
* [(NIDA) National Drug and Alcohol Use IQ Challenge Kahoot](https://teens.drugabuse.gov/teens/games/nida-kahoot)
  + [Is this Legit? Accessing Reliable and Valuable Health Information (NIDA) (grades 9-12)](https://teens.drugabuse.gov/teachers/lessonplans/legit-accessing-valid-and-reliable-health-information)

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)
* 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>

**Safety/Injury Prevention**

* 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](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/>
* Cure Violence [http://cureviolence.org](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>
* 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](http://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](https://safeteendriving.org/)
* Safe Driving Lesson <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
* Suicide Prevention Resource Center [www.Sprc.org](http://www.sprc.org/)
* Teen Drivers - NHTSA [http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers-–-Parents-&-Teens](http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers-%E2%80%93-Parents-&-Teens)
* 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**

* Featured Resources

[Health Smart Virginia Feature Section – Social Emotional Health Resources](https://healthsmartva.pwnet.org/social-emotional-health-resources)

[Health Smart Virginia Feature Section – Mental Health Wellness Resources](https://healthsmartva.pwnet.org/social-emotional-health-resources)

[Health Smart Virginia Feature Section – Trauma Informed, Now What?](https://healthsmartva.pwnet.org/trauma-informed)

[What is SEL](https://casel.org/what-is-sel/)

[WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?](https://addypreslifestyle.com/what-is-sel-who-is-casel-why-does-sel-matter-to-everyone/)

[Teaching Activities to Support Core SEL Competencies](http://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf)

* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](https://www.youtube.com/watch?v=ihwcw_ofuME)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](http://www.momjunction.com/articles/important-conflict-resolution-skills-for-teenagers_00106119/)
* [97 SEL Skills Activities – InspiredStudents.org](https://inspiredstudents.org/activities/)An Adolescent Mental Health Curriculum = A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
* 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](https://healthsmartva.pwnet.org/uploads/rteditor/file/Lesson_Plan_Conflict_Resolution_Find_Best_Route.pdf)
* Discovery - Depression Lesson Plan <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
* Eating Disorders [www.usatoday.com/educate/casestudies/eatingdisorders.pdf](http://www.usatoday.com/educate/casestudies/eatingdisorders.pdf)
* [Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?](https://healthsmartva.pwnet.org/uploads/rteditor/file/Lesson_Plan_Emotional_Regulation.pdf)
* EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
* [Everyday mindfulness - YouTube](https://www.youtube.com/watch?v=QTsUEOUaWpY)
* Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
* 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>

* [Interactive Games in Support of Mental Health | Mental Health Delta Division](https://mentalhealthdeltadivision.com/interactive-games/)
* 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](https://www.nami.org/Blogs/NAMI-Blog/August-2017/Lessons-We-Missed-as-Kids-Practicing-Mental-Healt)
* [Managing Conflicts](https://dese.mo.gov/sites/default/files/cnsl-curr-se2-12-unit-1-instructional-activity-8-lesson-7.pdf)
* [Mental Health Activities for High School Students - The Truthful Tutor](https://thetruthfultutor.com/mental-health-activities-for-high-school-students/)
* Mental Health First Aid [https://www.thenationalcouncil.org](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](https://dese.mo.gov/college-career-readiness/school-counseling/curriculum/social-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/>
* 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](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-10-unit-1-instructional-activity-3-lesson-2.pdf)
* 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”](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Lesson_Plan_Slow_down.doc)
  + [Student Activity 1](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Student_Activity_1_Slow_down.doc)
  + [Student Activity 2](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Student_Activity_2_Slow_down.doc)
  + [Student Reading](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Student_Reading_Slow_down.pdf)
* 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”](https://healthsmartva.pwnet.org/uploads/rteditor/file/Lesson_Plan_Self-calming_methods.pdf)
* Signs of Suicide and ACT <https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum>
* Social Networking <http://socialnetworking.procon.org/>
* 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](http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf)
* Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](http://www.samhsa.gov/)
* Suicide Prevention Resource Center [www.sprc.org](http://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](https://ed.ted.com/lessons/the-psychology-of-post-traumatic-stress-disorder-joelle-maletis)

[How to stay calm under pressure](https://ed.ted.com/lessons/how-to-avoid-choking-under-pressure-noa-kageyama-and-pen-pen-chen)

* 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>
* 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>
* When Grief Enters the Classroom <https://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf>

**Violence Prevention**

* 10 Conflict Resolution Lessons, Fairfax County Schools <http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf>
* Blueprints for Healthy Youth Development site [http://www.blueprintsprograms.com](http://www.blueprintsprograms.com/)
* CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
* Olweus School-wide Bullying Prevention Program [http://olweus.sites.clemson.edu](http://olweus.sites.clemson.edu/)
* Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org](https://www.pbis.org/)
* Teaching Tolerance at <http://www.tolerance.org/school_climate_resources>
* Coaching Boys into Men Toolkits. [http://www.coachescorner.org](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](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>
* 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](http://www.pacerteensagainstbullying.org/)
* Respect Others Respect Yourself <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
* SDCDA Girls Only Toolkit<http://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 - 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>
* 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>
  + 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>
  + 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](http://www.thetrevorproject.org/)
  + Virginia Department of Behavioral Health Services [http://www.dbhds.virginia.gov](http://www.dbhds.virginia.gov/)
  + Virginia Department of Health <http://www.vdh.virginia.gov/suicide-prevention/>