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**Grade 6 Resource Links**

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

*This 2023 Update was funded by the* [*Office of Behavioral Health Wellness*](about:blank)*, Virginia Department of Behavioral Health and Developmental Services*

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [Human Body Facts and Worksheets](about:blank)
* Asthma 101 [https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/](about:blank)
* Body Composition [https://healthpoweredkids.org/lessons/body-composition/](about:blank)
* Caring for Skin- Largest Organ [https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/](about:blank)
* Fact Monster- Biology – Human Body Systems [https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems](about:blank)
* KidsHealth.Org How the Body Works: Urinary System [http://kidshealth.org/en/kids/usmovie.html?WT.ac=en-k-htbw-main-page-i](about:blank)
* Kids Health How the Body Works YouTube Series [https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z](about:blank)
* Kids Health-Human Body Series [http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body](about:blank)
* LiveStrong-Does Exercise Affect the Urinary System? [http://www.livestrong.com/article/529262-does-exercise-affect-the-urinary-system/](about:blank)
* Wisconsin Department on Communicable disease prevention K-12- Communicable Disease Prevention Lesson Plans for Middle Schoolers “ Inspector Bacterium”; “ The Germs Go Marching In”; “Archaeological Dig” (21-39) [http://dpi.wi.gov/sites/default/files/imce/sspw/pdf/k\_12communicable.pdf](about:blank)
* The Facts About Concussions [https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/](about:blank)
* TED ED Resources

[What happens during a heart attack?](about:blank)

[What causes migraines?](about:blank)

[Can you be awake and asleep at the same time?](about:blank)

[What are the floaters in your eye?](about:blank)

[How do lungs work?](about:blank)

[How your muscular system works](about:blank)

[How oxygen circulates through your body](about:blank)

[How does the thyroid manage your metabolism?](about:blank)

[How do your kidneys work?](about:blank)

[How do your hormones work?](about:blank)

[How the heart actually pumps blood](about:blank)

[Why does your voice change?](about:blank)

[How does the liver work?](about:blank)

[How does your digestive system work?](about:blank)

[How blood pressure works](about:blank)

[What does the pancreas do?](about:blank)

[Your skin!](about:blank)

[How does the immune system work?](about:blank)

* Your Happy Heart [https://healthpoweredkids.org/lessons/your-happy-heart/](about:blank)

**Community/Environmental Health**

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Does Farming Impact Air Quality? [https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/](about:blank)
* EPA Environmental Health 101 Lesson [https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101](about:blank)
* EPA Student Environmental Health Resources [https://www.epa.gov/students](about:blank)
* Green Schools - Earth Day Activities and Ideas [http://www.greenschools.net/article.php-id=160.html](about:blank)
* How Do Chemicals Affect Animals and Their Kids? [https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/](about:blank)
* How can chemicals influence your hormones? [https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/](about:blank)
* How is asthma related to the neighborhood you live in? [https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/](about:blank)
* 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/](about:blank)
* How do our food choices affect the environment? [https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/](about:blank)
* KidsHealth.Org Ozone, Air Quality and Asthma [http://kidshealth.org/en/parents/ozone-asthma.html](about:blank)
* KidsHealth.Org Smoking [http://kidshealth.org/en/teens/smoking.html](about:blank)
* NIH Healthy Lungs Exercise and Air Quality – Top 10 Tips [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4666455/pdf/EDU-ELF1-2013.pdf](about:blank)
* Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](about:blank)
* TED ED Resources

[TedEd - What is in the air you breathe?](about:blank)

[Microbial Jungles- How Microbes form communities](about:blank)

[Conserving our Coral Reefs](about:blank)

[Why do we wear sunscreen?](about:blank)

[Do we really need pesticides?](about:blank)

[Meet the Blue Fin Tuna](about:blank)

[How to Create Cleaner Coal](about:blank)

[How much land does it take to power the world?](about:blank)

[How much electricity does it take to power the world?](about:blank)

[How do wind turbines work?](about:blank)

[What if there were 1 million more trees?](about:blank)

[Beauty of Pollination](about:blank#review)

* Recycle Plastic More Sustainably [https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/](about:blank)
* Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYfF4Ns](about:blank)
* Virginia Foundation for Healthy Youth [http://www.vfhy.org](about:blank)
* Virginia 24/7 Campaign for Tobacco Free Schools [http://247campaignva.com](about:blank)
* We are Teachers - Earth Day Activities [https://www.weareteachers.com/meaningful-earth-day-activities/](about:blank)
* What happens to plastic in the soil? [https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/](about:blank)

**Nutrition**

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 5-2-1-0 Let's Go Middle and High School Toolkit [https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools](about:blank)
* Action for Healthy Kids – Nutrition [https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\_Nutrition\_v3.pdf](about:blank)
* Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers [http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers](about:blank)
* American Heart Association (AHA) Middle School Lesson Plans [http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\_UCM\_304280\_Article.jsp?appName=MobileApp](about:blank)
  + AHA - We Jump We Shoot We Save Teacher's Guide 2012-13 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467922.pdf](about:blank)
  + AHA - We Jump We Shoot We Save Teacher's Guide 2013-14 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467933.pdf](about:blank)
  + AHA - What or Who Influences Your Food Choices [http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf](about:blank)
  + AHA - Brain Power [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467221.pdf](about:blank)
  + AHA - Garden Growing While on the Move [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467219.pdf](about:blank)
  + AHA - Lesson In Sportsmanship -
  + AHA - Don’t Fumble With This Jumble [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306494.pdf](about:blank)
  + AHA - Stepping Across the States - [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306495.pdf](about:blank)
  + AHA - Our Challenge: A Look At the Obesity Epidemic [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452021.pdf](about:blank)
  + AHA - Obesity Trends [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452018.pdf](about:blank)
  + AHA - NFL Play 60 Challenge [http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans\_UCM\_453013\_Article.jsp#.V\_K0AvArLic](about:blank#.V_K0AvArLic)
* CA Adolescent Nutrition and Fitness Program - Junk Food Marketing [http://canfit.org/pdf/SchoolLessonPlan.pdf](about:blank)
* Canada Media Smarts
  + Looking at food advertising lesson [http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson](about:blank)
  + Junk food advertising [http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson\_Youve\_Gotta\_Have\_a\_Gimmick.pdf](about:blank)
  + You’ve Gotta Have a Gimmick [http://mediasmarts.ca/lessonplan/youve-gotta-have-gimmick-lesson](about:blank)
* Check Out What’s Chilling - Nutrition [https://ymiclassroom.com/lesson-plans/nfra/](about:blank)
* [Health Start Foundation – Nutrients](about:blank)
* How the food you eat affects your brain [https://www.youtube.com/watch?v=xyQY8a-ng6g](about:blank)
* How the food you eat affects your gut [https://www.youtube.com/watch?v=1sISguPDlhY](about:blank)
* Sports and Energy Drinks [https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/](about:blank)
* The 5 Fabulous Food Groups - You Tube
* TED Ed Resources

[How do we know if we have a virus?](about:blank)

[How playing sports benefits your body and brain](about:blank)

[Yoga does for body and brain](about:blank)

[What is obesity?](about:blank)

[How playing an instrument benefits your brain](about:blank)

[Why do germs make us sick?](about:blank)

[Why our muscles get tired](about:blank)

* Vegetable Database [https://fruitsandveggies.org/stories/vegetables/](about:blank)

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

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 10 ways to stop eating sugar [https://www.youtube.com/watch?v=eeAMIkjOqlw](about:blank)
* Asthma 101 [https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/](about:blank)
* Chain of Infection [https://www.youtube.com/watch?v=03mK0bpIeyQ](about:blank)
* CDC BAM! Body and Mind [http://www.cdc.gov/bam/nutrition/index.html](about:blank)

[CDC BAM Teacher’s Corner](about:blank) – Body Image Ad lesson

[CDC BAM Teacher’s Corner](about:blank) – If Those Dolls Were Real People

* Decreasing Screen Time [https://healthpoweredkids.org/lessons/decreasing-screen-time/](about:blank)
* Eat Fit - addresses media and body image [https://uccalfresh.ucdavis.edu/curriculum/youth/EF](about:blank)
* Family Doctor.Org (American Association of Family Physicians) - Finding Reliable Health Information on the Web [https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true](about:blank)
* Food Span - Marketing Lesson 11 - Johns Hopkins Center for a Livable Future [http://foodspanlearning.org/](about:blank)
* FCS Fast Food Commercials & Nutrition Lesson [http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/](about:blank)
* Food Day Curriculum [https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267](about:blank)
* Girlshealth.gov - Nutrition [http://www.girlshealth.gov/nutrition/index.html](about:blank)
* Girlshealth.gov - Having Body Image Issues [https://www.girlshealth.gov/feelings/bodyimage/index.html](about:blank)
* Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
* Goodheart Wilcox Middle School Health Skills

[https://www.g-wlearning.com/health/3085/index.htm](about:blank)

[https://www.g-wlearning.com/health/2958/index.htm](about:blank)

* Grocery Store Scavenger Hunt [http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html](about:blank)
* [Healthy Eating – 5 Food Groups – You Tube](about:blank)
* [Healthy Eating – What is Healthy Eating? - You Tube](about:blank)
* [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](about:blank)
* [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](about:blank)
* [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](about:blank)
* [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](about:blank)
* [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](about:blank)
* Hitting Cancer Below the Belt Colon Cancer Education [http://hcb2.org](about:blank)
* How the food you eat affects your gut [https://www.youtube.com/watch?v=1sISguPDlhY](about:blank)
* Insulin Resistance [https://www.youtube.com/watch?v=OvopID91fTo](about:blank)
* Iowa Children’s Hospital - Online Health Information What Can You Trust [https://uichildrens.org/online-health-information-what-can-you-trust](about:blank)
* Keeping Clean when You’re a Preteen [https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/](about:blank)
* Kids Health Media Literacy and Health Teacher’s Guide [https://classroom.kidshealth.org/classroom/6to8/personal/growing/media\_literacy\_health.pdf](about:blank)
* Kids Health Fast Breaks [https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
* Kids Health Teacher Guides - Grades 6-8
  + NBA Fit Classroom Lesson:  
    [http://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
  + Breakfast  
    [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf](about:blank)
  + Fitness  
    [https://classroom.kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf](about:blank)
  + School Lunch  
    [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\_lunch.pdf](about:blank)
  + Food Labels  
    [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\_labels.pdf](about:blank)
  + Food Safety  
    [https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\_safety.pdf](about:blank)
  + Healthy Snacking  
    [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\_snacking.pdf](about:blank)
  + Screen Time  
    [https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen\_time.pdf](about:blank)
* Let's Get Moving Unit - Michigan State University [http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html](about:blank)
* Medline Plus - Evaluating Health Information [https://medlineplus.gov/evaluatinghealthinformation.html](about:blank)
* Medline Plus - Guide to Healthy Web Surfing [https://medlineplus.gov/healthywebsurfing.html](about:blank)
* Move your way [https://youtu.be/dAaB8XDUi4I](about:blank)
* NYTimes- Thinking Critically About Ads [http://learning.blogs.nytimes.com/2011/04/25/on-the-market-thinking-critically-about-advertising/?\_r=1](about:blank)
* [Nutrition – High School Lesson Plans](about:blank)
* [Nutrition Activities in Any Classroom – Junior and Senior High](about:blank)
* PE Central - Food Pyramid Game [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645](about:blank)
* PE Central - Calculating Fat, Carbohydrates & Proteins [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919](about:blank)
* Power Chargers – Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](about:blank)
* Read, Write, Think - Advertisement Analysis [http://www.readwritethink.org/files/resources/lesson\_images/lesson97/advert.pdf](about:blank)
* Scholastic - Body Image and the Media Lesson Plan [https://www.scholastic.com/teachers/lesson-plans/teaching-content/body-image/](about:blank)
* Sample Physical Activity Log - Michigan State University [http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html](about:blank)
* Scholastic – Choices – Magazines to “empower students to make positive, real world decisions [https://choices.scholastic.com](about:blank)
* SENTARA Stroke Education Toolkit [https://sentarastrokeawareness.com/toolkit/](about:blank)
* Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYfF4Ns](about:blank)
* Super Sleep [https://healthpoweredkids.org/lessons/super-sleep/](about:blank)
* TED ED and other Resources

[How do we know if we have a virus?](about:blank)

[How playing sports benefits your body and brain](about:blank)

[Yoga does for body and brain](about:blank)

[What is obesity?](about:blank)

[How playing an instrument benefits your brain](about:blank)

[Why do germs make us sick?](about:blank)

[Why our muscles get tired](about:blank)

* The Sleep Factor Lessons and Power Points [https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints](about:blank)
* [SuperTracker Nutrition Lesson Plans for High School Students](about:blank)
* USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6 [http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum](about:blank) [http://www.fns.usda.gov/sites/default/files/sump\_level3.pdf](about:blank)
* UC Davis Youth Nutrition Education Materials [http://fsnep.ucdavis.edu/curriculum/youth-materials](about:blank)
  + Nutrition to Grow On Curriculum [http://cns.ucdavis.edu/resources/ntgo/index.html](about:blank)
  + Eat Fit [https://uccalfresh.ucdavis.edu/curriculum/youth/EF](about:blank)
* World Sleep Day Education Kit

[https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes\_Ages%2011-18%20years.pdf](about:blank)

**Substance Abuse Prevention**

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [14 Drug Education Activities, Scholastic Printable Skills Pages](about:blank)
* Addiction and the Brain- for kids! [https://youtu.be/s0bqT\_hxMwI](about:blank)
* 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](about:blank)
* [CATCH My Breath](about:blank) E-cigarette/JUUL youth prevention program for Middle and High School students. [https://catchinfo.org/enroll/](about:blank)
* [Catch My Breath – A Nicotine Vaping Prevention Program](about:blank)
* [(Chippewa Valley Coalition) Marijuana Prevention - Middle School](about:blank)
* [Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy](about:blank)
* Discovery Education - Deadly Highs – Grades 6-8 [http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm](about:blank)
* Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
* Effects of Vaping [https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/](about:blank)
* 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/](about:blank)
* E-Cigarettes and Vaping – [Lesson 1: Why Should I care?](about:blank) and  [Lesson 2: Don’t get (e-)Hooked!](about:blank)
* Everfi Marijuana Lesson Plans [https://everfik12hc.wpengine.com/marijuana-lesson-plans/](about:blank)
* 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](about:blank)
* [Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)](about:blank)
* Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* [Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar](about:blank)
* FDA Anti-Juuling Video for Teens [https://youtu.be/zYuyS1Oq8gY](about:blank)
* FDA Medicines in My Home [https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm](about:blank)
* Generation RX – Teen Prescription Rx Toolkit [https://www.generationrx.org/toolkits/teen/](about:blank)
* [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](about:blank)
* Girls Health Website [https://www.girlshealth.gov/substance/](about:blank)
* Handling stress / Dealing with pressures - Teaching guide for 5-9 peer pressure; activities and great discussion questions [http://www.goodcharacter.com/BCBC/Pressures.html](about:blank)
* Harding University Alcohol, Family, Community Lesson Plan [alcohol-family-community](about:blank)
* Heads Up – Methamphetamine

[http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf](about:blank)

* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) [https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html](about:blank)
* How your brain responds to the reward circuit [https://www.youtube.com/watch?v=s27f7Jzy2k0](about:blank)
* 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/](about:blank)
* How to say no to drugs [https://youtu.be/6Y6gn\_dd54Q](about:blank)
* Habits and Addiction [https://youtu.be/oV38woahNso](about:blank)
* Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm](about:blank)
* Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals [http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson\_6thgr.pdf](about:blank)
* Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals and Poison Prevention (Grade 6-above) [http://poisoncontrol.utah.edu/publiced/pdfs/InhalantComboLesson.pdf](about:blank)
* [Johnny’s Ambassadors Online Marijuana Curriculum](about:blank)
* Keeping it Real –Middle, High School DARE Curriculum [https://dare.org/education/](about:blank)
* KidsHealth.org [https://kidshealth.org/en/teens](about:blank)
* [KidsHealth – Methamphetamine – Teen Tip Sheet](about:blank)
* KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8 [https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer\_pressure.pdf](about:blank)
* KidsHealth.Org Teachers Guides - Alcohol, Smoking, Drugs [www.KidsHealth.org/classroom](about:blank)
* Kids meet a teen in recovery [https://youtu.be/yl\_7qSgrf3Y](about:blank)
* Know VAPE The dangers of Youth Vaping [https://vpm.pbslearningmedia.org/collection/know-vape/](about:blank)
* LA Health -  E-cig & vaping Informational video (Loudoun schools)[https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\_Vaping\_Cut.1.mp4](about:blank)
* Lessons for Responsible Medicine Use [https://ymiclassroom.com/otcmedsafety/](about:blank)
* [Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic](about:blank)
* Little Lungs in a Great Big World [https://www.youtube.com/watch?v=fmKply2PfmI](about:blank)
* Lung Health [https://vpm.pbslearningmedia.org/collection/lung-health/](about:blank)
* [Marijuana – Download the Facts – Printables and Lessons](about:blank)
* 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](about:blank)
* [Meth Mouse – Interactive Lesson on Effects of Methamphetamines](about:blank)
* [Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)](about:blank)
* Medicine for Kids: Prescription and Non Prescription [https://youtu.be/0Zs4EbWBdSc](about:blank)
* [(NIDA) Stressed Out? How to Cope (grades 6-12)](about:blank)
* National Education Association’s Rx for Understanding: Prescription Drug Abuse Prevention Program- Grades 5-8 Lesson Plans [https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program\_Grades%205-8%20Lesson%20Plans.pdf](about:blank)
* NIDA Easy-to-Read/ESL Drug Facts and videos [https://easyread.drugabuse.gov/](about:blank)
* [NIDA - Mind Matters – The Body’s Response to Marijuana](about:blank)
* [NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube](about:blank)
* [NIDA Teacher’s Edition Resources on Methamphetamine](about:blank)
* [Nicotine Addiction – Toolkit for Schools](about:blank)
* NIH – Meth Mouse Game[https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse](about:blank)
* NIH Video on synthetic cannabinoids - bath salts [https://youtu.be/cRA54zeGAnM](about:blank)
* Online game/ad FDA [https://whatsinavape.com](about:blank)
* [(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)](about:blank)
* [(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)](about:blank)
* [PBS Frontline – The Meth Epidemic](about:blank)
* 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/](about:blank)
  + Myth or Fact Lesson – Grades 6-12  [https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/](about:blank)
  + Learning About Opioids – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/](about:blank)
  + Science of Addiction – Grades 6-12[https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/](about:blank)
  + Accessibility – Grades 6-12
  + [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/](about:blank)
  + Signs and Symptoms – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/](about:blank)
  + The Cycle of Addiction- Grades 6-12[https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/](about:blank)
  + Contemplating Nature vs Nurture  Grades 6-12 [https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/](about:blank)
  + Full Educators Guide [https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/](about:blank)
  + Community and Family Guide [https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/](about:blank)
* PBS – Teachers Guide: The Meth Epidemic[https://www.pbs.org/wgbh/pages/frontline/teach/meth/](about:blank)

PBS video on juuling epidemic [https://youtu.be/lNs19kGAnLU](about:blank)

* PE Central - The Pressure Is On! [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WEJDSmVNFho](about:blank#.WEJDSmVNFho)
* [Physician Advocacy Network - Lesson Plan – Vaping and Juuling](about:blank)
* [Positive Choices – Numerous Drug Education Resources for Teachers](about:blank)
* Reality Matters: Under the Influence - Lesson plan teaching about addiction and the effects on the brain and body [http://school.discoveryeducation.com/lessonplans/programs/underTheInfluence/](about:blank)
* [Resources to Reduce Methamphetamine Use](about:blank)
* Risky Business - Lesson Plan: Risky choices, stats about risky choice, consequences of risky choices [http://school.discoveryeducation.com/lessonplans/programs/riskyBusiness/](about:blank)
* Scholastic
  + Heads Up Series [http://headsup.scholastic.com](about:blank)
  + Heads Up- Real News About Drugs and Your Body – 14 Activities [http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf](about:blank)
  + Youth Vaping Risks [http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET\_CID=20190109\_SNP\_FDA\_ACQ\_24770&ET\_RID=1708294776](about:blank)
  + Alcohol and Your Body [alcohol and your body - scholastic gr 6-8https://healthsmartva.org/uploads/rteditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf](about:blank)
  + [OTC Medication Safety Program: Start a Critical Conversation](about:blank) (teacher tools for grades 5-8)
    - Comparing Over the Counter Medication (grades 5-6) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/](about:blank)
    - Reading and Understanding the Drug Facts Label (grades 5-6) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/](about:blank)
    - Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/](about:blank)
    - Exploring the Harms of Medication Misuse (grades 5-6) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/](about:blank)
    - Reading about Medication Safety – A Review (grades 5-6) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/](about:blank)
    - Distinguishing  Between Over the Counter and Prescription Medicine (grades 7-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/](about:blank)
    - Obtaining Information From a Drug Facts Label  (grades 7-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/](about:blank)
    - The Importance of Medicine Measuring, Tools, Storage and Safe Disposal [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/](about:blank)
    - Understanding the Dangers of Misuse (grades 6-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/](about:blank)
    - Medicine Safety Text Analysis (grades 6-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/](about:blank)
* Smoking and Vaping - Lung Health [https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/](about:blank)
* Sleep Well [https://ymiclassroom.com/lesson-plans/sleep/](about:blank)
* SODAT NJ – Drug Prevention Lesson Plans [http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html](about:blank)
* 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](about:blank)
  + Everything Tobacco
    - Unit 1- General Tobacco – Health Effects and Social Effects [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html](about:blank)
    - Unit 2 - What’s Menthol Got to Do With It? [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html](about:blank)
  + 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](about:blank)
    - Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html](about:blank)
    - Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html](about:blank)
    - Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html](about:blank)
    - Unit 5-What Can I Do About It? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html](about:blank)
    - Unit 6- What are JUULS & Other Pod-Based Systems? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html](about:blank)
  + Hookah
    - Lesson - Understanding Hookah and Its Risks [https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html](about:blank)
  + Smokeless Tobacco
    - Lesson – Understanding Smokeless Tobacco and its Risks [https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html](about:blank)
  + Nicotine Addiction
    - Unit 1 – The Brain [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html](about:blank)
    - Unit 2- Addiction 101 [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html](about:blank)
    - Unit 3 – Nicotine Addiction  [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html](about:blank)
  + Positive Youth Development
    - Refusal Skills Activities [https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html](about:blank)
* [(Stanford Medicine) Cannabis/Marijuana - The Basics](about:blank)
* [(Stanford Medicine) Cannabis/Marijuana – Health Effects](about:blank)
* [(Stanford Medicine) THC & The Brain](about:blank)
* [(Stanford Medicine) Refusal Skills and Social Norms](about:blank)
* Substance Use and Abuse [https://youtu.be/wQl\_4kcE5nw](about:blank)
* The Opioid Crisis: Help Teens Make Informed Decisions [https://ymiclassroom.com/lesson-plans/opioids/](about:blank)
* Taking Down Tobacco [https://ymiclassroom.com/lesson-plans/takingdowntobacco/](about:blank)
* The real cost: anti-vaping commercial (Hacked) [https://www.youtube.com/watch?v=EzU4ihBbf3g](about:blank)
* [The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students](about:blank)
* [Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos](about:blank)
* TED Ed Resources:

[How do drugs affect the brain?](about:blank)

[Is Marijuana bad for your brain?](about:blank)

[How do steroids affect your muscles](about:blank)

[What you should know about vaping](about:blank)

* [Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices](about:blank)
* Teen vaping [https://www.pbs.org/video/teen-vaping-1531870790/](about:blank)
* [Tobacco & Nicotine: Know the Facts (PowerPoint)](about:blank)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction [https://www.youtube.com/watch?v=md4lRQsLlnE](about:blank)
* Why Are Drugs so Hard to Quit? [https://www.youtube.com/watch?v=Xbk35VFpUPI](about:blank)
* [Why Is Meth so Addictive?  Hazelden Betty Ford Foundation – You Tube](about:blank)
* Why Is vaping so popular[https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/](about:blank)
* Understanding the Opioid Epidemic [https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/](about:blank)
* Understanding the Opioid Epidemic: Family and Community Discussion Guide https://vpm.pbslearningmedia.org/resource/b83250e7-72a4-40c2-8bc1-c613cd4add08/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](about:blank)

Videos:

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

**Safety/Injury Prevention**

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Are Teens Addicted to Texting? [https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/](about:blank)
* Bike Safety [https://youtu.be/Pc5e8Un05aA](about:blank)
* Concussion Handout HeadsUp [https://www.cdc.gov/headsup/pdfs/resources/RocketBlades\_Concussion\_HandoutforKids-a.pdf](about:blank)
* Concussion Conundrum [https://healthpoweredkids.org/lessons/concussion-conundrum/](about:blank)
* CDC Street Smartz [https://www.cdc.gov/bam/safety/street.html](about:blank)
* Education World Be A Sport for Sport Safety [https://www.educationworld.com/a\_lesson/lesson233.shtml](about:blank)
* Emergency CPR Activities from the American Heart Association [http://bethebeat.heart.org/](about:blank)
* FEMA Youth Emergency Preparedness [https://www.fema.gov/media-library-data/bb917e271da92ac61b0e717074f5281e/FEMA\_MS\_TG\_082613\_508.pdf](about:blank)
* KidsHealth.org Safety Tip Sheets [http://kidshealth.org/en/kids/watch/](about:blank)
* Lessons for Responsible Medicine Use [https://ymiclassroom.com/otcmedsafety/](about:blank)
* PE Central- Fire Safety Skills Tag [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6852](about:blank)
* PE Central First Aid Booklet [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1328](about:blank)
* Protect Skin from the Sun [https://www.cdc.gov/cancer/skin/basic\_info/sun-safety.htm](about:blank)
* Safe Routes to School [http://www.walkbiketoschool.org](about:blank)
* The Facts About Concussions [https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/](about:blank)
* US Fire Administration Info [https://www.usfa.fema.gov/prevention/outreach/children.html](about:blank)

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [What is SEL](about:blank)
* [WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?](about:blank)
* [Teaching Activities to Support Core SEL Competencies](about:blank)
* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](about:blank)
* [3 Committee for Children (CFC) Free SEL Classroom Activities](about:blank)
* [4 Inventive Games that Teach Students Social Skills](about:blank)
* [5 Activities to Support Students Through the Holidays](about:blank)
* [5-Minute Film Festival: Resources for Teaching About Character, Edutopia](about:blank)
* [5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes](about:blank)
* [7 Fun Communication Games that Increase Understanding](about:blank)
* [7 SEL Activities for Students to Do at Home](about:blank)
* [8 Social Emotional Learning Activities for a Classroom](about:blank)
* [8 Downloadable SEL Activities for Home and School](about:blank)
* [9 mental health activities to do with your children - BelievePerform](about:blank)
* [10 Activities to Help Children Explore Emotions](about:blank)
* [10 Activities to Integrate Social Emotional Learning into the Classroom](about:blank)
* [10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools](about:blank)
* [10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics](about:blank)
* [10 Tips to Help Your Child with Anger, Aha! Parenting](about:blank)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](about:blank)
* [12 Games to Teach Social-Emotional Learning - Playworks](about:blank)
* [12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students](about:blank)
* [12 Ways Teachers Can Build Their Own Resilience](about:blank)
* [13 Powerful SEL Activities | Edutopia](about:blank)
* [15 Activities for Teaching CASEL Core Competencies | Waterford.org](about:blank)
* [16 Anger Management Activities, School Counseling Files](about:blank)
* [16 Social and Emotional Learning Activities - Aperture Education](about:blank)
* [21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day](about:blank)
* [25 Ways to Integrate Social Emotional Learning into Your Classroom](about:blank)
* [25 At Home SEL Activities - Choice Board](about:blank)
* [28 Mental Health Activities, Worksheets & Books for Adults & Students](about:blank)
* [30 Character-Building Ideas and Activities for School, Sign Up Genius](about:blank)
* [30 + Free Choice SEL Activities](about:blank)
* [73 Social Emotional Learning Activity Sheets](about:blank)
* [97 SEL Skills Activities – InspiredStudents.org](about:blank)
* [100 Kid Activities to Build Character, Moments a Day](about:blank)
* [101 Ways to Teach Children Social Skills](about:blank)
* [132 SEL Apps, Games, Activities for Building Character in the Classroom](about:blank)
* An Adolescent Mental Health Curriculum - A Starter Kit for Schools [http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools](about:blank)
* [Breathing Activity for Elementary Students](about:blank)
* [Butterfly Breathing Video – YouTube](about:blank)
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](about:blank)
* 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](about:blank)
* CA Media Smarts - Avatars and Body Image [http://mediasmarts.ca/teacher-resources/avatars-body-image](about:blank)
* CA Media Smarts - Gender Body Image [http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson](about:blank)
* [Caution: Thin Ice! (6th)](about:blank)
* CDC Healthy Relationships Talking Points [http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf](about:blank)
* CDC Healthy Communication Skills Teachers Guide [http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf](about:blank)
* [Classroom Activities - MACMH | MACMH](about:blank)
* [Classroom Physical Activity Helps Students with Mental Health and Anxiety](about:blank)
* [Color Your Community](about:blank)
* [Color Your Destiny](about:blank)
* Committee for Children (CFC) Free Classroom Activities [https://www.centervention.com/social-emotional-learning-activities/](about:blank)
* Committee for Children (CFC) Free Classroom Activities [https://www.cfchildren.org/resources/free-classroom-activities/](about:blank)
* 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](about:blank)
* Decreasing Screen Time [https://healthpoweredkids.org/lessons/decreasing-screen-time/](about:blank)
* Discovery - Self Esteem [http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm](about:blank)
* 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/](about:blank)
* [EMOTIONAL ABC Classroom](about:blank)
* EVERFI - Social Emotional Learning Resources [https://everfi.com/offerings/social-emotional-learning/](about:blank)
* [Everyday mindfulness - YouTube](about:blank)
* Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](about:blank)
* [Free-Anger-Worksheets](about:blank)- An anger log to help kids track their triggers for anger. Elementary, Middle
* [Free-Calming-Poster](about:blank)- Simple calming posters for a calm down area that remind kids to relax and breathe. Elementary, Middle
* [Free-Coping-Strategies-Challenge](about:blank)- Have students learn 30 coping strategies in 30 days to teach about managing emotions. Elementary, Middle
* [Free-Coping-Strategies-Notebook](about:blank)- A tool that helps kids to practice and use their coping strategies when they need them. Elementary, Middle
* [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](about:blank)
* Future Self Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/](about:blank)
* [Getting Caught in the Web Lesson 1](about:blank)
* Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
* 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](about:blank)

* Guided Imagery [https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/](about:blank)
* Healthy Relationships, Online THATSNOTCOOL [https://thatsnotcool.com](about:blank)
* How to Help Children Manage Fears [https://childmind.org/article/help-children-manage-fears/](about:blank)
* [Ingredients of a Relationship Recipe (6th)](about:blank)
* [Interactive Games in Support of Mental Health | Mental Health Delta Division](about:blank)
* KidsHealth.org Teacher’s Guides for Grades 6-8:
  + Conflict Resolution [https://classroom.kidshealth.org/6to8/personal/growing/conflict\_resolution.pdf](about:blank)
  + Depression [https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf](about:blank)
  + Empathy [https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf](about:blank)
  + Eating Disorders [https://classroom.kidshealth.org/6to8/problems/conditions/eating\_disorders.pdf](about:blank)
  + Getting Along [http://classroom.kidshealth.org/6to8/personal/growing/getting\_along.pdf](about:blank)
  + Healthy Relationships [http://classroom.kidshealth.org/6to8/personal/growing/healthy\_relationships.pdf](about:blank)
  + Peer Pressure [http://classroom.kidshealth.org/6to8/personal/growing/peer\_pressure.pdf](about:blank)
  + Self Esteem [http://classroom.kidshealth.org/6to8/personal/growing/self\_esteem.pdf](about:blank)
  + Stress [https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf](about:blank)
  + Suicide Prevention [http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf](about:blank)
* Know the Odds - Underage Gambling [https://ymiclassroom.com/lesson-plans/know-the-odds/](about:blank)
* Learning to calm fear lesson plan [https://healthpoweredkids.org/learning-to-calm-fear/](about:blank)
* [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](about:blank)
* Love is Respect [https://www.loveisrespect.org](about:blank)
* [Mental Health Activities for High School Students - The Truthful Tutor](about:blank)
* [‎Mental Health Awareness: Free Resources & More | Share My Lesson](about:blank)
* Mental Health First Aid [https://www.thenationalcouncil.org](about:blank)
* 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/](about:blank)
* Michigan Education - Online Professional Development for Social Emotional Learning

Introduction to SEL [https://plp.mivu.org/Registration.aspx?section=3195](about:blank)

Embedding SEL Schoolwide [https://plp.mivu.org/Registration.aspx?course=542](about:blank)

Creating a Professional Culture Based on SEL [https://plp.mivu.org/Registration.aspx?section=3224](about:blank)

Integrating SEL - Culturally Responsive Classrooms [https://plp.mivu.org/Registration.aspx?section=3226](about:blank)

       Trauma Informed Support [https://plp.mivu.org/Registration.aspx?section=2960](about:blank)

* [Mindful Moments – MCPS Be Well 365 - Student Activity Videos](about:blank)
* [Mindful Movement for Young Learners - YouTube](about:blank)
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening [http://www.mindfulschools.org/resources/explore-mindful-resources/](about:blank)
* Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources](about:blank)
* Mindful Teachers Site - NIDA CDC What Does Respect Mean To You [https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence](about:blank)
* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](about:blank)
* Noticing Walk and Reflection [https://healthpoweredkids.org/lessons/noticingwalk/](about:blank)
* [Open Up Magazine, Minnesota Association for Children’s Mental Health - It’s All in Your Viewpoint](about:blank)
* 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](about:blank)
* PBS - Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/](about:blank)
* PBS - It's My Life [http://pbskids.org/itsmylife/index.html](about:blank)
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides [http://www.pbs.org/inthemix/educators/lessons/](about:blank)
* PE Central lessons
  + Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](about:blank#.WR3WWmVNFho)
  + Sounds of Music (Stress Management) [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho](about:blank#.WR8CIWVNFho)
  + What is Stress [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659](about:blank)
* ProCon.org - Social Networking [http://socialnetworking.procon.org/](about:blank)
* Purdue Healthy Body Image Middle School Lessons [https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf](about:blank)
* Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day](about:blank)
* [Responsibility Knocks, But It Costs, Too! (6th)](about:blank)
* Resiliency: One Step at a Time [https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/](about:blank)
* Relationship skills/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Responsible Decision Making/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/](about:blank)
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](about:blank)
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources [https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening](about:blank)
* SCDA Girls Only Toolkit [http://www.sdcda.org/office/girlsonlytoolkit/](about:blank)
* Scholastic 6-8 Social Emotional Lessons [https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/](about:blank)
* Scholastic Mind Up Curriculum - brain centered teaching strategies [http://teacher.scholastic.com/products/mindup/](about:blank)
* 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](about:blank)
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine [http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson](about:blank)
* Screening for Mental Health - depression, suicide, and self-injury [https://mentalhealthscreening.org/programs/sos-signs-of-suicide](about:blank)
* Self-Awareness/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Self-Esteem and Body Image [https://healthpoweredkids.org/lessons/self-esteem-and-body-image/](about:blank)
* Self-Management/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/](about:blank)
* Social Awareness/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries](about:blank)
* Signs of Suicide and ACT [https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum](about:blank)
* [So Much to Do, So little time:  How Do I tie all of the loose ends together Lesson 2](about:blank)
* Social Networking [http://socialnetworking.procon.org/](about:blank)
* Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/](about:blank)
* Striking Out Stress: A “Gallery Walk” Activity [http://www.educationworld.com/a\_tsl/archives/02-1/lesson045.shtml](about:blank)
* [A Student’s Guide to Using Social Media](about:blank)
* Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](about:blank)
* Suicide Prevention Resource Center [www.sprc.org](about:blank)
* Supporting Students’ Personal and Social Competencies [https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html](about:blank)
* TED ED Resources:

[The psychology of PTSD](about:blank)

[How to stay calm under pressure](about:blank)

* [UNICEF Kid Power Videos for Children and Families](about:blank)
* Virginia Department of Behavioral Health Services [http://www.dbhds.virginia.gov/](about:blank)
* “Walk in Our Shoes” Lesson Plan [http://walkinourshoes.org/content/Classroom\_Lesson\_Plans.pdf](about:blank)
* Wall Street Journal - Overview of Mindfulness  [https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647](about:blank)
* We Are Teachers: Resources for Social and Emotional Learning [http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources](about:blank)
* [What is important to me?](about:blank)
* What’s normal anxiety? [https://www.youtube.com/watch?v=xsEJ6GeAGb0](about:blank)
* When Grief Enters the Classroom [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf](about:blank)

**Violence Prevention**

* Health Smart Virginia 6th Grade Page [https://healthsmartva.org/6th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Anti-Bullying Animated Short Film [https://youtu.be/YyDJafzuUK4](about:blank)
* Anti-Bullying Resources for Teachers [https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/](about:blank)
* Anti-Bullying Video [https://youtu.be/0gpMP-qiAGI](about:blank)
* Blueprints for Healthy Youth Development site [http://www.blueprintsprograms.com](about:blank)
* Building Community and Combating Hate - Middle School Lesson [http://www.partnersagainsthate.org/educators/middle\_school\_lesson\_plans.pdf](about:blank)
* Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#!/fullWidth/3697](about:blank#!/fullWidth/3697)
* CDC Violence Prevention [https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html](about:blank)
* [Committee for Children - Bullying Prevention Unit](about:blank)
* 10 Conflict Resolution Lessons, Fairfax County Schools [http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf](about:blank)
* Coaching Boys into Men Toolkits [http://www.coachescorner.org](about:blank)
* Discovery Online - Resolving Conflicts [http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf](about:blank)
* Five Ways to Stop Bullying [https://youtu.be/vGV5jzPYvm0](about:blank)
* Healthy Communication Skills Guide [http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf](about:blank)
* Healthy Relationships, Online THATSNOTCOOL [https://thatsnotcool.com](about:blank)
* In the Mix - Thinking it Through [https://www.youtube.com/watch?v=xDoQIpe5TxA](about:blank)
* Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf](about:blank)
* Love is Respect [https://www.loveisrespect.org](about:blank)
* 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](about:blank)
* National Gang Center [https://www.nationalgangcenter.gov](about:blank),
* Olweus - Class Meetings That Matter - Grades 6-8 [http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US](about:blank)
* Ophelia Project - It Has a Name: Relational Aggression [http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf](about:blank)
* Olweus Schoolwide Bullying Prevention Program [http://olweus.sites.clemson.edu](about:blank)
* Online Safety [https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/](about:blank)
* PACER Classroom Resources (Bullying)

[https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd](about:blank)

* PACER Middle/High School Activities (Bullying) [https://www.pacer.org/bullying/classroom/middle-highschool/](about:blank)
* PACER Middle/High School Education Curriculum (Bullying)

[https://www.pacer.org/bullying/classroom/mid-high-curr/](about:blank)

* PACER Middle and High School - Engaging Students in Anti-Bullying Leadership [https://www.pacer.org/bullying/wewillgen/](about:blank)
* Pacer National Bullying Prevention Center [http://www.pacer.org/bullying/](about:blank)
* Pacer Student Action Plan [http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf](about:blank)
* Pacer Teens Against Bullying [http://www.pacerteensagainstbullying.org](about:blank)
* 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](about:blank)
* Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org](about:blank)
* Respect Others Respect Yourself [http://headsup.scholastic.com/teachers/respect-others-respect-yourself](about:blank)
* SDCDA Girls Only Toolkit [http://www.sdcda.org/office/girlsonlytoolkit/](about:blank)
* Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries](about:blank)
* Stop Bullying.gov Youth Engagement Kit [https://www.stopbullying.gov/what-you-can-do/teens/index.html](about:blank)
* Stop Bullying Video Clips [https://www.cartoonnetwork.com/stop-bullying](about:blank)
* Teaching Tolerance at [http://www.tolerance.org/school\_climate\_resources](about:blank)
* Teaching Health and Happiness - Communication [https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf](about:blank)
* Teaching Tolerance - What’s a Clique [https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique](about:blank)
* Teaching Tolerance - Cliques in School [https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools](about:blank)
* 2023 Teen Dating Violence Prevention Toolkit [https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf](about:blank)
* Virginia Rules [https://virginiarules.org/varules\_topics/gangs/](about:blank)