

**Grade 8 Resource Links**

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

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* **Interactive Websites**
* BBC Science: Human Body & Mind includes the Nervous System Game that has students wire up the nervous system and senses. This challenge requires Flash 5 and takes 5-10 minutes. http://www.bbc.co.uk/science/humanbody/body/index\_interactivebody.shtml
* Interactive Body Activities http://interactivesites.weebly.com/body-systems.html
* KidsHealth.org How the Body Works http://kidshealth.org/en/kids/center/htbw-main-page.html provides quizzes, articles, movies, activities, word finds on the different body parts.
* Nervous System for Kids– Science Games and Videos http://www.neok12.com/Nervous-System.htm
* The Brain-Videos & Lessons http://study.com/academy/topic/the-brain.html
* **Resource Websites**
* AAAS Alcohol and Your Brain http://sciencenetlinks.com/student-teacher-sheets/alcohol-and-your-brain/
* Human Body Facts and Worksheets
* Kids Health-human body series http://classroom.kidshealth.org/index.jsp?Grade=68&Section=bodyNational Institute on Drug Abuse https://www.drugabuse.gov
* Science Kids/Human Body Facts: Brain Facts for Kids http://www.sciencekids.co.nz/sciencefacts/humanbody/brain.html
* Science Kids/Biology Lesson Plans: Brain and Senses http://www.sciencekids.co.nz/lessonplans/biology/brain.html
* Teachers Try Science - communicating about communicable diseases! http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases
* Teacher’s Corner - CDC - BAM! Body and Mind Infectious Disease Epidemiology http://www.cdc.gov/bam/teachers/epi.html
* Teacher Vision - students learn about stroke signs https://www.teachervision.com/stroke/printable/64689.html
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* TED ED Resources

 What happens during a heart attack?

What causes migraines?

Can you be awake and asleep at the same time?

What are the floaters in your eye?

How do lungs work?

How your muscular system works

How oxygen circulates through your body

How does the thyroid manage your metabolism?

How do your kidneys work?

How do your hormones work?

How the heart actually pumps blood

Why does your voice change?

How does the liver work?

How does your digestive system work?

How blood pressure works

What does the pancreas do?

Your skin!

How does the immune system work?

* Education.com - Brain anatomy worksheets:
	+ http://www.education.com/worksheet/article/brain-anatomy/
	+ http://www.education.com/worksheet/article/brain-anatomy/
	+ http://www.education.com/worksheet/article/inside-out-anatomy-brain/
	+ http://www.education.com/worksheet/article/parts-of-the-brain/
* American Public Health Association https://www.apha.org/topics-and-issues/communicable-disease
* Alameda County Public Health Department http://www.acphd.org/communicable-disease.aspx
* Virginia Department of Health www.vdh.virginia.gov
* Centers for Disease Control and Prevention (CDC) www.cdc.gov
	+ https://www.cdc.gov/foodsafety/foodborne-germs.html
	+ https://www.cdc.gov/diseasesconditions/
	+ https://www.cdc.gov/flu/protect/habits.htm
* **Lesson Plans**
* AAAS Science NetLinks Alcohol and Its Impact on the Brain http://sciencenetlinks.com/lessons/alcohol-and-its-impact-on-the-brain/
* American Heart Association Middle School Lessons http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\_UCM\_304280\_Article.jsp#
* Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
* Body Composition https://healthpoweredkids.org/lessons/body-composition/
* Caring for Skin- Largest Organ https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/
* Communicable Disease Lesson Plan www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health\_lp\_showcase.docx
* Communicating About Communicable Diseases! http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases
* CDC- BAM! Body and Mind - Infectious Disease Epidemiology - Teacher’s Corner - Activities http://www.cdc.gov/bam/teachers/epi.html
* Discovery School The Ultimate Guide: Human Body http://www.discoveryeducation.com/teachers/free-lesson-plans/the-ultimate-guide-human-body.cfm
* Fact Monster- Biology – Human Body Systems https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems
* Kids Health Food Safety Teacher’s Guide Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\_safety.pdf
* KidsHealth.org Nervous System lesson plan https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous\_system.pdf
* Neuro Concepts Lesson and Activities/ Brain U - Regents of University of Minnesota http://brainu.org/neuroscience-concepts-activities-grade-level-middle-school-grades-7-8
* Neuroscience for Kids - Brain Awareness Week Lessons https://faculty.washington.edu/chudler/baw1.html
* NIH - How Your Brain Understands What Your Ears Hearhttps://science.education.nih.gov/MiddleSchool/BrainUnderstandsEarsHear
* NIH - The Brain: Our Sense of Self https://science.education.nih.gov/MiddleSchool/OurSenseOfSelf
* PE Central Communicable or Non Communicable Disease Lesson Plan http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.WIaBuWVNFhom
* PE Central AIDS Fact Quilt http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.WIaCZmVNFho
* Preventing Communicable and Non Communicable Diseases https://sharemylesson.com/teaching-resource/communicable-and-non-communicable-diseases-254318
* Your Happy Heart https://healthpoweredkids.org/lessons/your-happy-heart/
* My Body the Inside Story: Unit Content and Tasks http://www.henry.k12.ga.us/cur/mybody/content.htm#nervous
* Scholastic - Study Jams - Science - The Nervous System http://studyjams.scholastic.com/studyjams/jams/science/human-body/nervous-system.htm
* **Videos**
* KidsHealth.org How the Brain and Nervous System Works http://kidshealth.org/en/kids/nsmovie.html
* The Human Brain https://www.youtube.com/watch?v=0-8PvNOdByc
* Is it Communicable or Non-Communicable? https://www.youtube.com/watch?v=vpEAos0blyw
* Preventing Communicable Disease https://www.youtube.com/watch?v=EgJcflR\_Dic,
* Preventing Non-Communicable Diseases https://www.youtube.com/watch?v=lruYVSGcxHs

**Community/Environmental Health**

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Allergy and Asthma Foundation http://fightthecauseofallergy.org
* APHA Healthy Community Design https://www.apha.org/topics-and-issues/environmental-health/healthy-community-design
* Asthma in the City Lesson

https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx

* CDC Healthy Community Design https://www.cdc.gov/features/healthycommunities/
* CDC Healthy Community Design https://www.youtube.com/watch?v=ll7Yv6L9rwE
* Does Farming Impact Air Quality? https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/
* 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 Environmental Topics https://www.epa.gov/environmental-topics
* EPA Learning and Teaching about the Environment https://www.epa.gov/students
* Global Asthma Report http://www.globalasthmareport.org
* Global Asthma Network http://www.globalasthmanetwork.org/patients/causes.php
* Green Schools - Earth Day Activities and Ideas http://www.greenschools.net/article.php-id=160.html
* HealthyPeople.Gov Environment https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health
* How Do Chemicals Affect Animals and Their Kids? https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/
* How can chemicals influence your hormones? https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/
* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/
* 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/
* How can we get the most from our waste? https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/
* How do our food choices affect the environment? https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/
* Maryland - Grade 8 EH Lesson https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\_EH\_Lssn.pd
* NEA Environmental Lessons http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html
* NIEHS- Your Environment- Your Health http://www.niehs.nih.gov/health/scied/teachers/
* WHO Environmental Health http://www.who.int/topics/environmental\_health/en/
* ATSDR Health Effects of Exposure to Substances https://www.atsdr.cdc.gov/substances/ToxOrganSystems.asp
* Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
* Recycle Plastic More Sustainably https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
* **TED ED and other Video Resources**

Human Impacts on the Environment https://www.youtube.com/watch?v=YXT-RTjTjew

Pollution (Land, Air, Water) https://www.youtube.com/watch?v=vP3pbh\_-pu8

What is in the air you breathe?

Microbial Jungles- How Microbes form communities

Conserving our Coral Reefs

Why do we wear sunscreen?

Do we really need pesticides?

Meet the Blue Fin Tuna

How to Create Cleaner Coal

How much land does it take to power the world?

How much electricity does it take to power the world?

How do wind turbines work?

What if there were 1 million more trees?

Beauty of Pollination

* We are Teachers - Earth Day Activities

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

* Virginia Department of Environmental Quality (DEQ) http://www.deq.virginia.gov

**Nutrition**

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Action for Healthy Kids – Nutrition https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\_Nutrition\_v3.pdf
* Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
* The 5 Fabulous Food Groups - You Tube
* 5-2-1-0 Let's Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
	+ AHA - What or Who Influences Your Food Choices https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf
* Discovery – When Food Becomes an Enemy https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
* FCS Fast Food Commercials & Nutrition Lesson: http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/
* Food Day Curriculum https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267
* Food Span -Johns Hopkins Center for a Livable Future: http://foodspanlearning.org/
* Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss http://www.pbs.org/wgbh/pages/frontline/teach/fat/
* Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html
* Healthy Eating – 5 Food Groups – You Tube
* Healthy Eating – What is Healthy Eating? - You Tube
* Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
* Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
* Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
* Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
* Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
* Health Start Foundation – Nutrients
* How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
* How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
* Kids Health Teacher’s Guides Grades 6-8
	+ Breakfast https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf
	+ School Lunch https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\_lunch.pdf
	+ Food Labels https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\_labels.pdf
	+ Healthy Snacking https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\_snacking.pdf
	+ Fitness http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf
	+ Sleep https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf
	+ Screen Time http://kidshealth.org/classroom/6to8/personal/fitness/screen\_time.pdf
	+ NBA Fit Classroom http://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf
* Kids Health Eating Disorder Teachers Guide Grades 9-12 https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating\_disorders.pdf
* National Eating Disorders Association (NEDA) Page for Educators and Coaches https://www.nationaleatingdisorders.org/learn
* NEDA Educator’s Toolkit https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf
* PE Central Body Image and Eating Disorders Lesson http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFhohttp://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf
* PE Central - Food Pyramid Game http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645
* PE Central - Calculating Fat, Carbohydrates & Proteins http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919
* Sports and Energy Drinks https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/
* TED Ed and other Video Resources

Which type of milk is best for you?

Fruit and Veggies for Kids

The five fabulous food groups

How does your body know you're full?

What is a calorie?

How do vitamins work?

How the food you eat affects your brain

* Teaching Fast Food Nation 7-12 http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0
* USDA Choose My Plate Teacher Resources https://www.choosemyplate.gov/teachers
* USDA Choose My Plate Parents & Educators Resources https://www.choosemyplate.gov/kids-parents-educators
* UC Davis Youth Nutrition Education Materials http://fsnep.ucdavis.edu/curriculum/youth-materials
* Nutrition to Grow On Curriculum http://cns.ucdavis.edu/resources/ntgo/index.html
* Eat Fit https://uccalfresh.ucdavis.edu/curriculum/youth/EF
* Vegetable Database https://fruitsandveggies.org/stories/vegetables/

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

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* The 5 Fabulous Food Groups - You Tube
* 5-2-1-0 Let's Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
* 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMIkjOqlw
* American Heart Association (AHA) Middle School Lesson Plans
	+ AHA – Brain Power https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467221.pdf
	+ AHA – Don’t Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306494.pdf
	+ AHA – Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467219.pdf
	+ AHA – NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans\_UCM\_453013\_Article.jsp#.V\_K0AvArLic
	+ AHA – Our Challenge: A Look At the Obesity Epidemic https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452021.pdf
	+ AHA - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452018.pdf
	+ AHA – Stepping Across the States - http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306495.pdf
	+ AHA - We Jump We Shoot We Save Teachers Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467922.pdf
	+ AHA - We Jump We Shoot We Save Teachers Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467933.pdf
	+ AHA - What or Who Influences Your Food Choices https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf
* Alliance for a Healthier Generation https://www.healthiergeneration.org/our-work/schools
* Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
* Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
* CDC - BAM! Body and Mind- http://www.cdc.gov/bam/nutrition/index.html
* CDC Chronic Disease Prevention Program https://www.cdc.gov/chronicdisease/
* CDC Lesson - Body Image Ad Decoder https://www.cdc.gov/bam/teachers/documents/body\_image\_ad.pdf
* CDC Lesson – If These Dolls Were Real People https://www.cdc.gov/bam/teachers/documents/body\_image\_dolls.pdf
* Chain of Infection https://www.youtube.com/watch?v=03mK0bpIeyQ
* Communicable Disease Lesson Plan - Danny Clarkwww.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health\_lp\_showcase.docx
* Communicable and Non Communicable Diseases Lesson Plan https://www.bcpss.org/webapps/cmsmain/webui/institution/CURRICULUM/Health
* Communicable and Non Communicable Diseases PPT Presentation https://sharemylesson.com
* Colorado Education Initiative -Goal Setting Lesson http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf
* Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
* Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
* Discovery – When Food Becomes an Enemy https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
* Fit Armadillo - Smart Goals Lesson Plan http://fitarmadillo.com/back-to-school-2014-smart-goals-lesson-plan/
* Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss http://www.pbs.org/wgbh/pages/frontline/teach/fat/
* Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html
* Girls Health – Body Image and Media https://www.girlshealth.gov/feelings/bodyimage/index.html
* Girls Health - Eating Disorders https://www.girlshealth.gov/feelings/eatingdisorder/index.html
* Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Goodheart Wilcox Middle School Health Skills

https://www.g-wlearning.com/health/3085/index.htm

https://www.g-wlearning.com/health/2958/index.htm

* HealthBeat - Get Physical https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/
* HealthBeat - Breathe and Believe https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/
* HealthBeat - Hip Hopscotch https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/
* HealthBeat - Sleep is Your Friend https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/
* Healthy Eating – 5 Food Groups – You Tube
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* Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
* Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
* Hitting Cancer Below the Belt Colon Cancer Education http://hcb2.org
* How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
* Insulin Resistance https://www.youtube.com/watch?v=OvopID91fTo
* Keeping Clean when You’re a Preteen https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/
* Kids Health Fast Breaks -NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf
	+ Fitness http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf
	+ Sleep https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf
	+ Screen Time http://kidshealth.org/classroom/6to8/personal/fitness/screen\_time.pdf
	+ NBA Fit Classroom http://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf
* Kids Health Eating Disorder Teachers Guide Grades 9-12 https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating\_disorders.pdf
* Let’s Get Moving Unit – Michigan State University http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html
* Move your way https://youtu.be/dAaB8XDUi4I
* National Eating Disorders Association (NEDA) Page for Educators and Coaches https://www.nationaleatingdisorders.org/learn
* NEDA Educator’s Toolkit https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf
* NIH Healthy Behaviors: Lesson 2 – Influences on Behavior https://science.education.nih.gov/MiddleSchool/HealthyBehaviors
* Nutrition – High School Lesson Plans
* Nutrition Activities in Any Classroom – Junior and Senior High
* PBS Frontline- obesity, eating habits, and weight loss http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html
* PBS In the Mix -Hearing Between the Lines” http://www.pbs.org/inthemix/educators/lessons/selfimage2/
* PE Central Body Image and Eating Disorders Lesson http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFhohttp://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf
* PE Central Physical Activity Lesson Ideas and Resources http://www.pecentral.org
* PE Central - Non-Communicable Diseases Research Lesson Idea www.pecentral.org
* PE Central - Non or Communicable Disease Lesson Plan www.pecentral.org
* Power Chargers – Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
* Purdue Extension - Middle School Healthy Body Image Lesson Activity 2: Mixed Messages- Living in a Supersized World https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf
* Place Matters Lesson http://www.unnaturalcauses.org/assets/uploads/file/Place\_Matters\_Lessons.pdf
* Read Write Think Grocery Store Scavenger Hunt http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html
* Sample Physical Activity Log - Michigan State University http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html
* Safe Routes http://www.walkbiketoschool.org
* Scholastic – Choices – Magazines to “empower students to make positive, real world decisions https://choices.scholastic.com
* SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
* Sleep- NIH Curriculum Supplement https://science.education.nih.gov/HighSchool/SleepDisorders
* Stress Lessons - Grade 7-9 - Psychology Foundation of Canada https://peitfsca.files.wordpress.com/2012/09/khst\_grades7-9manual1.pdf
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* Stress Management Unit Plan http://thehealthteacher.com/unit-plan-stress-management/
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
* Super Sleep https://healthpoweredkids.org/lessons/super-sleep/
* TED ED and other Resources

How do we know if we have a virus?

How playing sports benefits your body and brain

Yoga does for body and brain

What is obesity?

How playing an instrument benefits your brain

Why do germs make us sick?

Why our muscles get tired

* The Sleep Factor Lessons and Power Points https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints
* USA Today - Obesity: www.usatoday.com/educate/casestudies/obesity.pdf
* World Sleep Day Education Kit

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

**Substance Abuse Prevention**

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 14 Drug Education Activities, Scholastic Printable Skills Pages
* Alcohol’s Effects on the Brain https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm
* Above the Influence http://abovetheinfluence.com/drugs/alcohol/
* Addiction and the Brain- for kids! https://youtu.be/s0bqT\_hxMwI
* 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 E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
* Catch My Breath – A Nicotine Vaping Prevention Program
* (Chippewa Valley Coalition) Marijuana Prevention - Middle School
* Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
* 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? and  Lesson 2: Don’t get (e-)Hooked!
* Generation RX – Teen Prescription Rx Toolkit https://www.generationrx.org/toolkits/teen/
* Effects of Vaping https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/
* Easy to Start, Hard to Quit (Vaping) https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/
* Everfi Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
* Everfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
* Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
* 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 – Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Oq8gY
* Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
* GirlsHealth.gov - Drugs, Alcohol, and Smoking http://www.girlshealth.gov/substance/
* Habits and Addiction https://youtu.be/oV38woahNso
* Harding University Alcohol, Family, Community Lesson Plan alcohol-family-community
* Heads Up – Methamphetamine http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf
* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html
* How Opioids Change the Brain: Lesson Plan https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/
* How your brain responds to the reward circuit https://www.youtube.com/watch?v=s27f7Jzy2k0
* How to say no to drugs https://youtu.be/6Y6gn\_dd54Q
* 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 https://kidshealth.org/en/teens
* KidsHealth.org - Teachers Guide: Dealing with Peer Pressure -Grades 6-8  https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer\_pressure.pdf
* KidsHealth in the Classroom https://classroom.kidshealth.org/classroom/6to8/problems/drugs/drugs.pdf
* KidsHealth – Methamphetamine – Teen Tip Sheet
* Kids meet a teen in recovery https://youtu.be/yl\_7qSgrf3Y
* Know VAPE The dangers of Youth Vaping https://vpm.pbslearningmedia.org/collection/know-vape/
* LA Health -  E-cig & vaping Informational video (Loudoun schools) https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\_Vaping\_Cut.1.mp4
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic
* Little Lungs in a great Big World https://www.youtube.com/watch?v=fmKply2PfmI
* Lung Health https://vpm.pbslearningmedia.org/collection/lung-health/
* Marijuana Education Initiative
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry

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

* Marijuana – Download the Facts – Printables and Lessons
* Medicines in My Home Grades 6-8 https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm
* Medicine for Kids: Prescription and Non Prescription https://youtu.be/0Zs4EbWBdSc
* Meth Mouse – Interactive Lesson on Effects of Methamphetamines
* Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
* c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/
* NIDA - Mind Matters – The Body’s Response to Marijuana
* NIDA) Stressed Out? How to Cope (grades 6-12)
* (NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)
* (NIDA) National Drug and Alcohol Use IQ Challenge Kahoot
* NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
* NIDA Teacher’s Edition Resources on Methamphetamine
* NIDA Mind Over Matter Series https://drugpubs.drugabuse.gov/promotions/mind-over-matter
* NIDA Mind Over Matter - Anabolic Steroids http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids
* NIDA Scholastic Heads Up Series http://headsup.scholastic.com/teachers
* NIDA Brain Power - Grades 6-9 https://www.drugabuse.gov/publications/brain-power/grades-6-9
* NIH – Meth Mouse Game  https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
* NIH Video on synthetic cannabinoids (bath salts https://youtu.be/cRA54zeGAnM
* Nicotine Addiction – Toolkit for Schools
* Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/
* Online game/ad FDA https://whatsinavape.com
* (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
* (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
* (Partnership to End Addiction) Advocacy Toolkit (8-12 grade)
* PBS Frontline – The Meth Epidemic
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/
	+ Myth or Fact Lesson – Grades 6-12  https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
	+ Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/
	+ Science of Addiction – Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
	+ Accessibility – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ The Cycle of Addiction - Grades 6-12https://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/
	+ 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 Epidemichttps://www.pbs.org/wgbh/pages/frontline/teach/meth/
* PBS video on juuling epidemic https://youtu.be/lNs19kGAnLU
* PE Central Pressure Is On! http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WESLoWVNFho
* Physician Advocacy Network - Lesson Plan – Vaping and Juuling
* Positive Choices – Numerous Drug Education Resources for Teachers
* (Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)
* Project Alert – Substance Abuse Prevention – Grades 7-8 https://www.projectalert.com
* The real cost anti-vaping commercial (Hacked) https://www.youtube.com/watch?v=EzU4ihBbf3g
* Resources to Reduce Methamphetamine Use
* (Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)
* Scholastic
	+ Heads Up Series http://headsup.scholastic.com
	+ Heads Up - Real News About Drugs and Your Body – 14 Activities http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf
	+ Get Smart About Tobacco Lesson Plan (grades 6-7) https://opi.mt.gov
	+ Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET\_CID=20190109\_SNP\_FDA\_ACQ\_24770&ET\_RID=1708294776
	+ The Real Cost of Vaping https://www.scholastic.com/youthvapingrisks/
	+ Alcohol and Your Body alcohol and your body - scholastic gr 6-8
	+ OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
		- 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/
		- 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/
		- 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/
		- Understanding the Dangers of Misuse (grades 6-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/
		- 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/

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/

* + - 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/
* Smoking and Vaping - Lung Health https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/
* SODAT NJ – Drug Prevention Lesson Plans http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html
* (Stanford Medicine) Cannabis/Marijuana - The Basics
* (Stanford Medicine) Cannabis/Marijuana – Health Effects
* (Stanford Medicine) THC & The Brain
* (Stanford Medicine) Refusal Skills and Social Norms
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html
	+ Everything Tobacco
		- Unit 1 - General Tobacco – Health Effects and Social Effects https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html
		- Unit 2 - What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html
	+ E-Cigs/Vapes & Pod-Based
		- Unit 1 – Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html
		- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
		- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html
		- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html
		- Unit 5-What Can I Do About It? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html
		- Unit 6- What are JUULS & Other Pod-Based Systems? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html
	+ Hookah
		- Lesson - Understanding Hookah and Its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html
	+ Smokeless Tobacco
		- Lesson – Understanding Smokeless Tobacco and its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html
	+ Nicotine Addiction
		- Unit 1 – The Brain https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html
		- Unit 2 - Addiction 101 https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html
		- Unit 3 – Nicotine Addiction https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html
	+ Positive Youth Development
		- Refusal Skills Activities https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html
* Stop Underage Drinking https://www.stopalcoholabuse.gov
* Substance Use and Abuse https://youtu.be/wQl\_4kcE5nw
* Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
* Understanding the Opioid Epidemic: Family and Community Discussion Guide https://vpm.pbslearningmedia.org/resource/b83250e7-72a4-40c2-8bc1-
* Taking Down Tobacco https://ymiclassroom.com/lesson-plans/takingdowntobacco/
* The Opioid Crisis: Help Teens Make Informed Decisions https://ymiclassroom.com/lesson-plans/opioids/
* The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
* Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
* TED Ed Resources:

How do drugs affect the brain?

Is Marijuana bad for your brain?

How do steroids affect your muscles

What you should know about vaping

* Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
* Teen Use of Edibles: A Focus Group Study of An Emerging Issue
* Teen vaping https://www.pbs.org/video/teen-vaping-1531870790/
* Tobacco & Nicotine: Know the Facts (PowerPoint) 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
* Understand the Big Deal – How Marijuana Affects Youth
* Virginia ABC Education Publications https://www.abc.virginia.gov/education/publications
* Why are Drugs so Hard to Quit? https://www.youtube.com/watch?v=Xbk35VFpUPI
* Why Is Meth so Addictive?  Hazelden Betty Ford Foundation – You Tube
* Why is vaping so popular https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/Johnny’s Ambassadors Online Marijuana Curriculum

 Videos:

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

**Safety/Injury Prevention**

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Are Teens Addicted to Texting? https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/
* Bike Safety https://youtu.be/Pc5e8Un05aA
* Concussion Handout HeadsUp https://www.cdc.gov/headsup/pdfs/resources/RocketBlades\_Concussion\_HandoutforKids-a.pdf
* Concussion Conundrum https://healthpoweredkids.org/lessons/concussion-conundrum/
* Fire Safety: Activities to Spark Learning http://www.educationworld.com/a\_lesson/lesson/lesson026.shtml
* Fire Safety Resources https://www.teachervision.com/emergency/teacher-resources/47554.html
* Fire Safety Resources – Vermont https://firesafety.vermont.gov/pubed/programs
* Injury Prevention Resources http://www.parachutecanada.org
* KidsHealth- First Aid & Safety: http://kidshealth.org/en/parents/firstaid-safe/
* Lesson Planet Safety Issues Lesson Plan https://www.lessonplanet.com/teachers/its-your-life-safe-or-sorry-safety-issues
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* National Crime Prevention Council - School Safety http://archive.ncpc.org/topics/school-safety.html
* National Education Association - School Safety Resources for Educators http://www.nea.org/home/44693.htm
* Protect Skin from the Sun https://www.cdc.gov/cancer/skin/basic\_info/sun-safety.htm
* Safe Routes to School http://www.saferoutesinfo.org/
* SafeKids - Home Safety for Educators http://www.safekids.org/home-safety-educators
* Teacher Vision - School Safety Resources for Teachers https://www.teachervision.com/school-safety-month/teacher-resources/6661.html
* Teen Drivers - NHTSA http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers-–-Parents-&-Teens
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* Videos:
	+ ThinkFirst Teen Video Clip https://www.youtube.com/watch?v=RJWcOYftedk
	+ One Decision https://www.youtube.com/watch?v=WWptgB\_1bco,
	+ Underage Drinking - Is It Worth It? https://www.youtube.com/watch?v=WGQ8F05C5gk
	+ Texting and Driving Crash - It Can Wait https://www.youtube.com/watch?v=ApnyKv1GuNI
	+ Seat Belt May Have Saved Teen Crash Victims Life https://www.youtube.com/watch?v=m4SaoXTF9NQ
	+ Caught on Tape - Teen Drivers Moments Before a Crash https://www.youtube.com/watch?v=r3MlUA0qkiQ

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
	+ What is SEL
	+ WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
	+ Teaching Activities to Support Core SEL Competencies
* 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 3 Committee for Children (CFC) Free SEL Classroom Activities
* 4 Inventive Games that Teach Students Social Skills
* 5 Activities to Support Students Through the Holidays
* 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
* 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
* 6 Mental Health Lessons that Changed My Life https://youtu.be/BryGqImYBEM
* 7 Fun Communication Games that Increase Understanding
* 7 SEL Activities for Students to Do at Home
* 8 Social Emotional Learning Activities for a Classroom
* 8 Downloadable SEL Activities for Home and School

9 mental health activities to do with your children - BelievePerform

* 10 Activities to Help Children Explore Emotions
* 10 Activities to Integrate Social Emotional Learning into the Classroom
* 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
* 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
* 10 Tips to Help Your Child with Anger, Aha! Parenting
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 12 Games to Teach Social-Emotional Learning - Playworks
* 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
* 12 Ways Teachers Can Build Their Own Resilience
* 13 Powerful SEL Activities | Edutopia
* 15 Activities for Teaching CASEL Core Competencies | Waterford.org
* 16 Anger Management Activities, School Counseling Files
* 16 Social and Emotional Learning Activities - Aperture Education
* 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
* 25 Ways to Integrate Social Emotional Learning into Your Classroom
* 25 At Home SEL Activities - Choice Board
* 28 Mental Health Activities, Worksheets & Books for Adults & Students
* 30 Character-Building Ideas and Activities for School, Sign Up Genius
* 30 + Free Choice SEL Activities
* 73 Social Emotional Learning Activity Sheets
* 97 SEL Skills Activities – InspiredStudents.org
* 100 Kid Activities to Build Character, Moments a Day
* 101 Ways to Teach Children Social Skills
* 132 SEL Apps, Games, Activities for Building Character in the Classroom
* An Adolescent Mental Health Curriculum - A Starter Kit for Schools http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools
* Body Image and Eating Disorders body-image-and-eating-disorder-hiding-in-plain-sight
* Breathing Activity for Elementary Students

Butterfly Breathing Video – YouTube

* CA Media Smarts - Avatars and Body Image http://mediasmarts.ca/teacher-resources/avatars-body-image
* CA Media Smarts - Gender Body Image http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson
* Calming Exercises for Kids: Breathing and Stretching - YouTube
* 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
* CDC Healthy Communication Skills Teachers Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* Classroom Activities - MACMH | MACMH
* Classroom Physical Activity Helps Students with Mental Health and Anxiety
* Color Your Community
* Color Your Destiny
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* The Compassion Project consists of 15 online lessons and 3 digital activities. Each lesson and activity takes less than 45 minutes to complete http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12\_compassion\_course\_outline.pdf
* Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
* Discovery - Self Esteem http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
* Does Being Popular in High School Really Matter? https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/
* EMOTIONAL ABC Classroom
* EVERFI - Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/
* Everyday mindfulness - YouTube
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
* Future Self Social Emotional Learning https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/
* Getting Caught in the Web Lesson 1
* Good Mental Health https://youtu.be/beTd4UFLtOU
* 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

* Guided Imagery https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/
* Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
* Hiding in Plain Sight - Youth Mental Illness https://vpm.pbslearningmedia.org/collection/kenburnsclassroom/film/hiding-in-plain-sight/
* I know what you did this summer (8th)
* If it’s to Be, It’s up to me (8th)
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* KidsHealth.org Teacher’s Guides for Grades 6-8:
	+ Conflict Resolution https://classroom.kidshealth.org/6to8/personal/growing/conflict\_resolution.pdf
	+ Depression https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf
	+ Empathy https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf
	+ Eating Disorders https://classroom.kidshealth.org/6to8/problems/conditions/eating\_disorders.pdf
	+ Getting Along http://classroom.kidshealth.org/6to8/personal/growing/getting\_along.pdf
	+ Healthy Relationships http://classroom.kidshealth.org/6to8/personal/growing/healthy\_relationships.pdf
	+ Peer Pressure http://classroom.kidshealth.org/6to8/personal/growing/peer\_pressure.pdf
	+ Self Esteem http://classroom.kidshealth.org/6to8/personal/growing/self\_esteem.pdf
	+ Stress https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf
	+ Suicide Prevention http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf
* Know the Odds - Underage Gambling https://ymiclassroom.com/lesson-plans/know-the-odds/
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Learning to calm fear lesson plan https://healthpoweredkids.org/learning-to-calm-fear/
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Mental Health First Aid https://www.thenationalcouncil.org
* Mental Health and High School Curriculum Guide, Canadian Mental Health Association http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf
* Mental Health HS Curriculum Guide - Teen Mental Health.org http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/
* Michigan Education - Online Professional Development for Social Emotional Learning

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

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

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

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

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

* Lesson - Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
* Love is Respect https://www.loveisrespect.org
* Mindful Moments – MCPS Be Well 365 - Student Activity Videos
* Mindful Movement for Young Learners - YouTube
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers Site  http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
* Noticing Walk and Reflection https://healthpoweredkids.org/lessons/noticingwalk/
* Open Up Magazine, Minnesota Association for Children’s Mental Health – It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PBS - 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
	+ What is Stress http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659
* ProCon.org - Social Networking http://socialnetworking.procon.org/
* Purdue Healthy Body Image Middle School Lessons https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf
* Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
* Ready to Remain Safe (8th)
* Relationships...Quality Control (8th)
* Relationships…Going Up while Growing Up (8th)
* Relationship skills/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/
* Responsible Decision Making/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/
* Resiliency: One Step at a Time https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
* SCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson
* Scholastic 6-8 Social Emotional Lessons https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/
* Scholastic Mind Up Curriculum - brain centered 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-Esteem and Body Image https://healthpoweredkids.org/lessons/self-esteem-and-body-image/
* Self-Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/
* Self-Management/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* Signs of Suicide and ACT https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum
* So Much to Do, So little time:  How Do I tie all of the loose ends together Lesson 2
* Social Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/
* Social Networking http://socialnetworking.procon.org/
* Social Anxiety, School, and Sad Thoughts https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/
* Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
* Stigma and Identity https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/
* Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a\_tsl/archives/02-1/lesson045.shtml
* A Student’s Guide to Using Social Media
* Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
* Suicide Prevention Resource Center www.sprc.org
* Suicidal Ideations hiding-in-plain-sight-youth-mental-illness
* Supporting Students’ Personal and Social Competencies https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html
* TED ED Resources:

The psychology of PTSD

How to stay calm under pressure

* Toxic Positivity https://youtu.be/AxSzW8TcO1g
* UNICEF Kid Power Videos for Children and Families
* Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov/
* “Walk in Our Shoes” Lesson Plan http://walkinourshoes.org/content/Classroom\_Lesson\_Plans.pdf
* Wall Street Journal - Overview of Mindfulness https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647
* We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
* What is important to me?
* What’s normal anxiety? https://www.youtube.com/watch?v=xsEJ6GeAGb0
* When Food Becomes an Enemy https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
* When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf
* Youth Mental Health https://vpm.pbslearningmedia.org/collection/youth-mental-health/

**Violence Prevention**

* Health Smart Virginia 8th Grade Page https://healthsmartva.org/8th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf
* Anti- Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
* Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
* Anti-Bullying Video https://youtu.be/0gpMP-qiAGI
* Blueprints for Healthy Youth Development site http://www.blueprintsprograms.com
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* Building Community and Combating Hate – Middle School Lesson http://www.partnersagainsthate.org/educators/middle\_school\_lesson\_plans.pdf
* CDC Violence Prevention https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html
* Committee for Children - Bullying Prevention Unit
* Coaching Boys into Men Toolkits http://www.coachescorner.org
* Discovery Online - Resolving Conflicts http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf
* Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
* Healthy Communication Skills Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
* Hernando County Anger Management Lesson Hernando County Anger Management Lesson(1).pdf
* In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
* 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
* Love is Respect https://www.loveisrespect.org
* Making Safe Decisions https://www.etr.org/healthsmart/assets/File/sample-lessons/MS\_ViolenceAndInjuryPreventionLesson.pdf
* National Crime Prevention Council: Youth Gangs - Know the Facts http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf
* National Gang Center https://www.nationalgangcenter.gov,
* Olweus - Class Meetings That Matter- Grades 6-8 http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
* Olweus School-wide Bullying Prevention Program http://olweus.sites.clemson.edu
* Online Safety https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/
* Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
* PACER Classroom Resources (Bullying)

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

* PACER Middle/High School Education Curriculum (Bullying)

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

* PACER Middle/High School Activities (Bullying) https://www.pacer.org/bullying/classroom/middle-highschool/
* PACER Middle and High School - Engaging Students in Anti-Bullying Leadership https://www.pacer.org/bullying/wewillgen/
* Pacer National Bullying Prevention Center http://www.pacer.org/bullying/
* Pacer Student Action Plan http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf
* Pacer Teens Against Bullying http://www.pacerteensagainstbullying.org
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org
* Respect Others Respect Yourself http://headsup.scholastic.com/teachers/respect-others-respect-yourself
* SDCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* Stop Bullying.gov Youth Engagement Kit https://www.stopbullying.gov/what-you-can-do/teens/index.html
* Stop Bullying Video Clips https://www.cartoonnetwork.com/stop-bullying
* Teaching Health and Happiness - Communication https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf
* Teaching Tolerance at http://www.tolerance.org/school\_climate\_resources
* Teaching Tolerance - Cliques https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools
* 2023 Teen Dating Violence Prevention Toolkit https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf
* 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
	+ 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/Self Injury**
	+ Suicide Prevention Lifeline: 1-800-273-TALK (8255) http://www.sprc.org/settings/schools
	+ Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR http://www.thetrevorproject.org
	+ Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov
	+ Virginia Department of Health http://www.vdh.virginia.gov/suicide-prevention/