

**Grade 9 Resource Links**

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

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**Table of Contents**

**Body Systems**

**Community/Environmental Health**

**Nutrition**

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

**Substance Abuse Prevention**

**Safety/Injury Prevention**

**Mental Wellness/Social Emotional Skills**

**Violence Prevention**

**Body Systems**

* Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Alameda County Public Health Department http://www.acphd.org/communicable-disease.aspx
* American Public Health Association https://www.apha.org/topics-and-issues/communicable-disease
* Body System Challenge Worksheet https://sciencespot.net/Media/hlthhumbdychall.pdf
* Biology Dictionary – Body Systems https://biologydictionary.net/body-systems/
* Centers for Disease Control
	+ www.cdc.gov
	+ https://www.cdc.gov/foodsafety/foodborne-germs.html
	+ https://www.cdc.gov/diseasesconditions/
	+ https://www.cdc.gov/flu/protect/habits.htm
* Fact Monster- Biology – Human Body Systems https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems
* Khan Academy- Biology Body Systems https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems
* National Cancer Institute https://training.seer.cancer.gov/anatomy/endocrine/
* National Institute of Diabetes and Digestive and Kidney Diseases https://www.niddk.nih.gov/health-information/endocrine-diseases
* TED Ed Resources:

What happens during a heart attack?

What causes migraines?

What are the floaters in your eye?

How your muscular system works

How oxygen circulates through your body

How does the thyroid manage your metabolism?

How do your kidneys work?

How do your hormones work?

How the heart actually pumps blood

Why does your voice change?

How does your digestive system work?

How blood pressure works

What does the pancreas do?

Your skin!

How does the immune system work?

* US Department of Health and Human Services Organ Donation Site https://organdonor.gov/index.html
* Virginia Department of Health www.vdh.virginia.gov
* Articles:
	+ Adrenaline, Cortisol, Norepinephrine/The Stress Hormones Explainedhttp://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones\_n\_3112800.html Cortisol, Its Role in Stress, Inflammations, and Implications for Diet Therapyhttp://www.todaysdietitian.com/newarchives/111609p38.shtml) .
	+ Fight or Flight http://psychcentral.com/lib/fight-or-flight/
	+ Web MD Endocrine Systems Disorders http://www.webmd.com/diabetes/endocrine-system-disorders#1
* YouTube Videos:
	+ KidsHealth.org How the Endocrine System Works https://www.youtube.com/watch?v=HXPCQBD\_WGI&index=17&list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
	+ Khan Academy’s Introduction to the Endocrine System https://www.youtube.com/watch?v=f\_Z1zsR9lFM
	+ Is it Communicable or Non-Communicable? https://www.youtube.com/watch?v=vpEAos0blyw
	+ Preventing Communicable Disease https://www.youtube.com/watch?v=EgJcflR\_Dic

**Community/Environmental Health**

* Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Allergy and Asthma Foundation http://fightthecauseofallergy.org
* Asthma in the City Lesson

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

* CDC Emergency Preparedness https://emergency.cdc.gov/preparedness/
* EPA Environmental Health 101 Lesson https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101
* EPA Student Environmental Health Resources https://www.epa.gov/students
* EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
* EPA Learning and Teaching about the Environment https://www.epa.gov/students
* FEMA - Youth Emergency Preparedness Guide (9-12) https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\_HS\_TG\_082613\_508.pdf
* Global Asthma Report http://www.globalasthmareport.org
* Global Asthma Network http://www.globalasthmanetwork.org/patients/causes.php
* Green Schools - Earth Day Activities and Ideas

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

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

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

* NIEHS - Your Environment - Your Health http://www.niehs.nih.gov/health/scied/teachers/
* OSU Hydroville Curriculum Project - Problem-based environmental health curricula, resources, and events http://blogs.oregonstate.edu/hydroville/
* PBS Global Health Lesson 9-12th Grade http://www.pbs.org/now/classroom/globalhealth.html
* Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
* Public Health Advocacy Curriculum https://drive.google.com/file/d/1a2eW3KYiXDLZFLoBNuBUD\_9k91BLt-wz/view
* Recycle Plastic More Sustainably https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/
* Red Cross Emergency Preparedness http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/make-a-plan
* TED Ed Resources:

What is in the air you breathe?

Microbial Jungles- How Microbes form communities

Conserving our Coral Reefs

Why do we wear sunscreen?

Do we really need pesticides?

Meet the Blue Fin Tuna

How to Create Cleaner Coal

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

How do wind turbines work?

What happened to acid rain?

What if there were 1 million more trees?

Beauty of Pollination

* We are Teachers - Earth Day Activities

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

* What happens to plastic in the soil? https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/
* WHO Environmental Health http://www.who.int/topics/environmental\_health/en/
* Articles and Videos
	+ “Environmental Issues Involving Global Warming” - 8th Grader TED Talk https://www.youtube.com/watch?v=PRJvuA5bW9s
	+ National Geographic – “Allergy Misery” http://environment.nationalgeographic.com/environment/global-warming/allergies-misery/
	+ Scientific American: “The Link Between the Environment and Health” https://www.scientificamerican.com/article/environment-and-our-health/
	+ “This is Environmental Health” https://www.youtube.com/watch?v=zmnEtCGDXMg
	+ “Ozone, Air Quality, and Asthma” http://kidshealth.org/en/teens/ozone-asthma.html?ref=search#

**Nutrition**

* Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Health Start Foundation – Nutrients
* Dental Health for Teens and Tweens https://www.youtube.com/watch?v=SND1o6GKnE8
* Discovery Education - Eating Disorders https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/
* Nutrition – High School Lesson Plans
* Nutrition Activities in Any Classroom – Junior and Senior High
* NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\_r=0
* Obesity http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf
* PE Central - Calculating Fat, Carbohydrates & Proteins http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919
* Purdue University - Healthy Body Image - A Lesson Plan for High School Students https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf
* Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1
* SuperTracker Nutrition Lesson Plans for High School Students
	+ 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
* Vegetable Database https://fruitsandveggies.org/stories/vegetables/
* 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMIkjOqlw

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

* Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Addressing Social Determinants of Health and Development http://ctb.ku.edu/en/table-of-contents/analyze/analyze-community-problems-and-solutions/social-determinants-of-health/main
* American Public Health Association - Topics & Issues https://www.apha.org/topics-and-issues
* American Cancer Society High Schools Against Cancer http://relay.acsevents.org/site/DocServer/RFL\_Student\_HAC\_Guidebook\_GW.pdf?docID=185625
* American Cancer Society - Ready-to-Use Cancer Presentations http://www.cancer.org/health-care-professionals/resources-for-professionals/cancer-presentations.html/
* American Institute for Cancer Research - Recommendations for Cancer Prevention http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/
* American Speech Language Hearing Association (ASHA) Resources for Educators http://www.asha.org/Buds/Information-for-Educators/
* ASHA Protect Your Hearing PowerPoint Presentation http://www.asha.org/uploadedFiles/Protect-Your-Hearing-Presentation.pdf
* Brain Pop Educators Lesson Plan - Oncology https://educators.brainpop.com/lesson-plan/oncology-game-cancer-lesson-plan/
* CDC Cancer Prevention Program https://www.cdc.gov/cancer/
* CDC Cancer - How to Prevent and Find It Early https://www.cdc.gov/cancer/dcpc/prevention/index.htm
* CDC Cancer Videos and Resources to Share https://www.cdc.gov/cancer/dcpc/resources/index.htm
* CDC Community Health Programs https://www.cdc.gov/nccdphp/dch/
* Communicable Diseases https://www.youtube.com/watch?v=BTH4DqOMp94
* Chain of Infection https://www.youtube.com/watch?v=03mK0bpIeyQ
* Community Toolbox http://ctb.ku.edu/en
* Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
* Discovery Education - Introduction to bacteria http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm
* Earbuds http://kidshealth.org/en/teens/earbuds.html?view=ptr&WT.ac=t-ptr
* FAMIS, Virginia’s Health Insurance Program for Children https://www.coverva.org/programs\_famis.cfm
* FEMA - Youth Emergency Preparedness (9-12) https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\_HS\_TG\_082613\_508.pdf
* Food Allergy Awareness https://healthpoweredkids.org/lessons/food-allergy-awareness/
* Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Goodheart Wilcox - Comprehensive Health Resources http://www.gwlearning.com/health/0305/index.htm
* Goodheart Wilcox - Essential Health Resources http://www.gwlearning.com/health/0428/index.htm
* Great American Smoke Out Anti-Smoking Lesson Plans http://www.educationworld.com/a\_lesson/lesson/lesson034.shtml
* 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/
* HealthyPerople.gov- Social Determinants of Health https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health
* Hitting Cancer Below the Belt Colon Cancer Education http://hcb2.org
* Infectious Diseases https://www.youtube.com/watch?v=9axOFtPqS0c
* Insulin Resistance https://www.youtube.com/watch?v=OvopID91fTo
* Intel - Creative Kids Go Pro- learn about community business and service organizations and choose one to help producing informational brochures https://engage.intel.com/docs/DOC-51241?wapkw=creative+kids+go+pro
* Media Literacy - Recognizing Propaganda - Unreliable Testimony http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml
* MedlinePlus: Evaluating Health Information https://medlineplus.gov/evaluatinghealthinformation.html
* National Eye Institute (NEI) - Ask a Scientist: Perfect Vision and Glasses https://youtu.be/\_sjrU\_9emwM
* Natural Disasters https://educators.brainpop.com/bp-topic/natural-disasters/
* National Institutes on Deafness and Communications Disorders (NIDCD) https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness
* National Quitline https://smokefree.gov/talk-to-an-expert
* NEI for Kids - All About Vision https://nei.nih.gov/kids
* NEI Healthy Vision Tips https://nei.nih.gov/kids/healthy\_vision\_tips
* NIDCD - Interactive Sound Ruler – How Loud Is Too Loud https://www.noisyplanet.nidcd.nih.gov/publications/how-loud-too-loud-bookmark-english
* NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\_r=0
* Obesity http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf
* PBS Global Health Lesson 9-12th Grade http://www.pbs.org/now/classroom/globalhealth.html
* PE Central - AIDS Fact Quilt http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.V\_LcX\_ArLic
* PE Central - Non-communicable/Communicable Diseases http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.V\_LcjvArLic
* Place Matters - community health series http://unnaturalcauses.org/
* Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
* Purdue University - Healthy Body Image - A Lesson Plan for High School Students https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf
* Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1
* SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* Smarter Balanced Assessment Consortium - HS Communicable Diseases Activity http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
* SunWise Toolkit https://www.neefusa.org/resource/sunwise-tool-kit
* Sun Smart Resources for Educators http://melanomafoundation.com/?option=com\_content&view=article&id=1&Itemid=3
* Taking Care of Your Vision http://kidshealth.org/en/teens/vision-care.html
* Taking Care of Your Teeth http://kidshealth.org/en/teens/teeth.html?ref=search
* Tips to Protect Your Hearing https://focus.masseyeandear.org/how-to-wear-ear-plugs/
* Videos
	+ How Your Eyes Work - NIH https://www.youtube.com/watch?v=i3\_n3Ibfn1c
	+ What are Cavities https://www.youtube.com/watch?v=PkqMEunuM54&index=68&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C
	+ Protecting Your Ears https://www.youtube.com/watch?v=MjdVP9hIaa4
	+ Hearing and Balance - Crash Course https://www.youtube.com/watch?v=Ie2j7GpC4JU
	+ Vision- Crash Course https://www.youtube.com/watch?v=o0DYP-u1rNM
* VDH Saving Smiles Oral Health Curriculum Grades 6-10 http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\_Smiles\_Series.pdf
* Virginia Foundation for Healthy Youth www.VFHY.org
* Virginia Department of Health www.vdh.virginia.gov
* Volunteer Virginia http://virginiaservice.virginia.gov/volunteering/
* What is TB https://www.youtube.com/watch?v=wV1pllyOaj8

**Substance Abuse Prevention**

* Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 14 Drug Education Activities, Scholastic Printable Skills Pages
* Biological Sciences Curriculum Study (BSCS) Drug Abuse, Addiction, and the Adolescent Brain https://bscs.org/drugabuse
* Catch My Breath – A Nicotine Vaping Prevention Program
* CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
* Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
* Connect with Kids-On The Rocks-Title: Sing It! http://www.connectwithkids.com/LHI/pdf/OnTheRocks\_ResourceGuide.pdf
* Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
* Discovery Education - Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
* Drug Addiction in the Brain https://youtu.be/NxHNxmJv2bQ
* 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/
* E-Cigarettes and Vaping – Lesson 1: Why Should I care? and  Lesson 2: Don’t get (e-)Hooked!
* Effects of Vaping https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/
* 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 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
* Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
* Generation RX – Teen Prescription Rx Toolkit https://www.generationrx.org/toolkits/teen/
* Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
* FDA Anti-Juuling Video for Teenshttps://youtu.be/zYuyS1Oq8gY
* GirlsHealth.gov - Drugs, Alcohol, and Smoking http://www.girlshealth.gov/substance/
* Heads Up – Methamphetamine http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf
* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html
* How your brain responds to the reward circuit https://www.youtube.com/watch?v=s27f7Jzy2k0
* 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/
* Interactive sites:
* http://bloodalcoholcalculator.org/#LinkURL
* http://www.collegedrinkingprevention.gov/CollegeStudents/anatomy/InteractiveBody\_flash.aspx
* http://help4kids.stanford.edu/alcohol/framework.swf
* http://www.nhtsa.gov/links/sid/ABCsBACWeb/
* http://www.drinkingnightmare.gov.au/internet/drinkingnightmare/publishing.nsf/Content/game
* http://sciencenetlinks.com/interactives/alcohol/ebook/index.htm
* http://abovetheinfluence.com/how-are-you-doing/
* 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 - human body series http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body
* KidsHealth – Methamphetamine – Teen Tip Sheet
* KidsHealth.Org Teachers Guides
	+ Smoking 7-KidsHealth Smoking Teacher's Guide 9-12
	+ Drugs 6-KidsHealth Drugs Teacher's Guide 9-12
	+ Alcohol 5-KidsHealth Alcohol Teacher's Guide 9-12
* KidsHealth Teen Health - Peer Pressure http://kidshealth.org/teen/your\_mind/friends/peer\_pressure.html
* KidsHealth Teens Health - Drugs and Alcohol http://kidshealth.org/en/teens/drug-alcohol/#catalcohol
* KidsHealth - human body series http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body
* 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
* Lung Health https://vpm.pbslearningmedia.org/collection/lung-health/
* Little Lungs in a great Big World https://www.youtube.com/watch?v=fmKply2PfmI
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry.

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

* Marijuana – Download the Facts – Printables and Lessons
* Meth Mouse – Interactive Lesson on Effects of Methamphetamines
* Nicotine Addiction – Toolkit for Schools
* Nic Sick: The Dangers of Youth Vaping https://video.idahoptv.org/video/nic-sick-uesfxt/
* NIDA Mind Over Matter-Anabolic Steroids http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids
* NIDA Brain Power-Grades 6-9 https://www.drugabuse.gov/publications/brain-power/grades-6-9
* NIDA Teacher’s Edition Resources on Methamphetamine
* NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
* NIH – Meth Mouse Game  https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse
* NIH Video on synthetic cannabinoids (bath salts) https://youtu.be/cRA54zeGAnM
* Online game/ad FDA https://whatsinavape.com
* 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/
	+ Prescription Drug Abuse Awareness Campaign - Grades 9-12 https://www.pbslearningmedia.org/resource/54a03afc-8e26-4636-a46c-154f68e8aaab/prescription-drug-abuse-awareness-campaign-lesson-plan/
	+ The Brain on Autopilot – Grades 9-12 https://www.pbslearningmedia.org/resource/afe8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/
	+ Decisions and Consequence – Grades 9-12 https://www.pbslearningmedia.org/resource/29d45378-8fc0-4c03-9607-8a347dba92dc/decisions-and-consequences/
	+ Commitment to Recovery – Grades 9-12 https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/
	+ Full Educators Guide https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/
	+ Community and Family Guide https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/
* PBS – Teachers Guide: The Meth Epidemic https://www.pbs.org/wgbh/pages/frontline/teach/meth/
* PBS video on juuling epidemic https://youtu.be/lNs19kGAnLU
* Positive Choices – Numerous Drug Education Resources for Teachers
* Physician Advocacy Network - Lesson Plan – Vaping and Juuling
* The real cost anti-vaping commercial (Hacked)https://www.youtube.com/watch?v=EzU4ihBbf3g
* Resources to Reduce Methamphetamine Use
* Scholastic
	+ Heads Up Series http://headsup.scholastic.com
	+ Heads Up - Real News About Drugs and Your Body – 14 Activities http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf
	+ Youth Vaping Risks https://www.scholastic.com/youthvapingrisks/
* Smoking and Vaping - Lung Health https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/
* SODAT NJ – Drug Prevention Lesson Plans http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html
	+ Everything Tobacco
		- Unit 1- General Tobacco – Health Effects and Social Effects https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html
		- Unit 2 - What’s Menthol Got to Do With It? https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html
	+ E-Cigs/Vapes & Pod-Based
		- Unit 1 – Where did E Cigarettes and Vape Pens Come From? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html
		- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html
		- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html
		- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html
		- Unit 5 - What Can I Do About It? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html
		- Unit 6 - What are JUULS & Other Pod-Based Systems? https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html
	+ Hookah
		- Lesson - Understanding Hookah and Its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html
	+ Smokeless Tobacco
		- Lesson – Understanding Smokeless Tobacco and its Risks https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html
	+ Nicotine Addiction
		- Unit 1 – The Brain https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html
		- Unit 2- Addiction 101 https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html
		- Unit 3 – Nicotine Addiction https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html
	+ Positive Youth Development
		- Refusal Skills Activities https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html
* Stop Underage Drinking https://www.stopalcoholabuse.gov
* Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
* The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
* The Opioid Crisis: Help Teens Make Informed Decisions https://ymiclassroom.com/lesson-plans/opioids/
* Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
* Teen vaping https://www.pbs.org/video/teen-vaping-1531870790/
* TED Ed Resources:

What causes opioid addiction?

How do drugs affect the brain?

Is Marijuana bad for your brain?

How do steroids affect your muscles

What you should know about vaping

* Tobacco and E Cigarettes https://healthpoweredkids.org/lessons/tobacco-and-e-cigarettes/
* 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
* Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
* Understanding the Opioid Epidemic: Family and Community Discussion Guide understanding-the-opioid-epidemic-family-and-community-discussion-guide
* Virginia Underage Drinking Prevention http://www.vahperd.org/?PUDC
* 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/

***Marijuana Specific Resources***

* (Chippewa Valley Coalition) Marijuana Prevention - High School
* (Stanford Medicine) Cannabis/Marijuana - The Basics
* (Stanford Medicine) Cannabis/Marijuana – Health Effects
* (Stanford Medicine) THC & The Brain
* (Stanford Medicine) Refusal Skills and Social Norms
* (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
* (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
* Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
* Marijuana Education Initiative
* NIDA - Mind Matters – The Body’s Response to Marijuana
* Teen Use of Edibles: A Focus Group Study of An Emerging Issue
* (Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)
* Understand the Big Deal – How Marijuana Affects Youth
* NIDA) Stressed Out? How to Cope (grades 6-12)
* Johnny’s Ambassadors Online Marijuana Curriculum
* (Partnership to End Addiction) Advocacy Toolkit (8-12 grade)
* (Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)
* (NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)
* (NIDA) National Drug and Alcohol Use IQ Challenge Kahoot
	+ Is this Legit? Accessing Reliable and Valuable Health Information (NIDA) (grades 9-12)

Videos:

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

**Safety/Injury Prevention**

* Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* American Heart Association
	+ Learn Hands - Only CPR https://www.youtube.com/watch?v=pk53b\_eweyk
	+ Tell the Story - 911AED Advocacy Lesson http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf
	+ Staying Alive - CPR https://youtu.be/0HGpp6mStfY
* American Red Cross Student Training https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools
* Anyone Can Save A Life - An Emergency Action Planning Program for After School Practices and Events http://www.anyonecansavealife.org
* E-Learning Module http://www.anyonecansavealife.org/e-learning-module/index.htm
* British Red Cross - First Aid Learning for Young People http://firstaidlearningforyoungpeople.redcross.org.uk/
* Citizens Crime Commission of New York City - A Student Guide to Using Social Media Correctly http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf
* CPR In Action - a 3D Look Inside the Body
* Discovery Education - Safe Driving http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm
* End Distracted Driving Lesson plan https://enddistracteddriving.files.wordpress.com/2010/03/no-phone-zone-lesson-plan.pdf
* Fire Risks and Safety https://www.safekids.org/safetytips/field\_age/teens-15%E2%80%9319-years/field\_risks/fire
* Fire Safety Checklist https://www.safekids.org/checklist/fire-safety-checklist
* Fire Safety Resources - Vermont https://firesafety.vermont.gov/pubed/programs
* Fullerton Joint Union High School District Cyber Safety Lesson Plan https://coolcybersafetylessons.wikispaces.com/1.+Lesson+Plans
* Injury Prevention Resources http://www.parachutecanada.org
* International CPR Institute
	+ CPR Instructional Video 2016 https://www.youtube.com/watch?v=u55OoE2p2c0
	+ AED Instructional Video 2016 https://www.youtube.com/watch?v=NxNIXSLrZF0
* Internet Safety Lesson Plan http://www.safesurfingkids.com/lesson\_plans\_grades\_3\_12.htm
* NY Crime Commission - Using Social Media Safely http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf
* Ophelia Project Cyberbullying - CyberCool High School http://www.opheliaproject.org/cyber.html
* Ophelia Project - Cyberbullying lesson plan http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf
* Stop the Texts, Stop the Wrecks https://ymiclassroom.com/lesson-plans/stopthetexts/
* Teen Driver Safety https://www.cdc.gov/injury/features/teen-drivers/index.html
* VA legislature about weapons possession and gang activity https://www.nationalgangcenter.gov/Legislation/Virginia
* Videos:
	+ Think First Teen Video https://www.youtube.com/watch?v=RJWcOYftedk
	+ Think First Foundation Teen Program http://thinkfirst.org/teens
	+ Jacqui’s story https://www.youtube.com/watch?v=GtXo\_usX7Tw
	+ Jacqui and Reggie Today https://www.youtube.com/watch?v=VOobl7xi-Xs
	+ One Decision https://www.youtube.com/watch?v=WWptgB\_1bco
* Virginia Rules
	+ Student Responsibilities https://virginiarules.org/varules\_topics/student-responsibilities/
	+ Gangs https://virginiarules.org/varules\_topics/gangs/

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* What is SEL
* WHAT Is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
* Teaching Activities to Support Core SEL Competencies
* 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 6 Mental Health Lessons that Changed My Life https://youtu.be/BryGqImYBEM
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 10 things depression makes us do https://www.youtube.com/watch?v=pcmoQinDhJ4
* 97 SEL Skills Activities – InspiredStudents.org
* An Adolescent Mental Health Curriculum - A Starter Kit for Schools http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools
* Are Teens Addicted to Texting? https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/
* Body Image and Eating Disorders body-image-and-eating-disorder-hiding-in-plain-sight
* Canadian Mental Health Association- Mental Health and High School Curriculum Guide http://www.cibhs.org/sites/main/files/file-attachments/mental\_health\_and\_high\_school\_curriculum\_guide.pdf
* CDC Healthy Relationships Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
* CDC Healthy Communication Skills Teachers Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* The Clique
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* Conflict Resolution: Find the Best Route to Your Destination
* Discovery - Depression Lesson Plan http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
* Does Being Popular in High School Really Matter? https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/
* Eating Disorders www.usatoday.com/educate/casestudies/eatingdisorders.pdf
* Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?
* EVERFI - Social Emotional Learning Resources

https://everfi.com/offerings/social-emotional-learning/

* Everyday mindfulness - YouTube
* Future Self Social Emotional Learning https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/
* Go Noodle - Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Good Mental Health https://youtu.be/beTd4UFLtOU
* Guided Imagery https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education

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

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

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

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

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

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

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

* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* NC Schools - Mrs. Kelly’s Health and PE Mental Health Lessons https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms\_file/show/17927483.pdf?t=1386943520
* Mindful Schools - Lesson- Introduction to Mindful Bodies and Listening http://www.mindfulschools.org/resources/explore-mindful-resources/
* Mindful Schools http://www.mindfulschools.org/resources/explore-mindful-resources
* Mindful Teachers Site http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html
* NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson
* Open Up Magazine, Minnesota Association for Children’s Mental Health – It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PBS - In the Mix: "Dealing with Death" http://www.pbs.org/inthemix/shows/show\_death.html
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides http://www.pbs.org/inthemix/educators/lessons/
* PE Central lessons
	+ Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ Sounds of Music (Stress Management) http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho
* Positive Self Talk
* ProCon.org- Social Networking http://socialnetworking.procon.org/
* Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
* Reframing feelings before acting on them: “Slow down and look around you”
	+ Student Activity 1
	+ Student Activity 2
	+ Student Reading
* Relationship skills/Social Emotional learning https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/
* Resiliency: One Step at a Time https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/
* Responsible Decision Making/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/
* Rossier USC - Creating Safe Spaces – Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Safe and Healthy Life Choices-Part 1 (9th)
* Safe and Healthy Life Choices-Part 2 (9th)
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
* Scholastic Mind Up Curriculum - brain centered 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-Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/
* Self-calming methods: “Downshift to a lower gear with help from your body”
* Self-Management/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* Signs of Suicide and ACT https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum
* Social Networking http://socialnetworking.procon.org/
* 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/
* Social Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/
* 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
* 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/
* 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

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

 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 9th Grade Page https://healthsmartva.org/9th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf
* Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
* Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
* BluePrints for Healthy Youth Development site http://www.blueprintsprograms.com
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* CDC Violence Prevention https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html
* Olweus School-wide Bullying Prevention Program http://olweus.sites.clemson.edu
* Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org
* Teaching Tolerance at http://www.tolerance.org/school\_climate\_resources
* Coaching Boys into Men Toolkits. http://www.coachescorner.org
* Discovery Online - Resolving Conflicts http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf
* Healthy Communication Skills Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf
* Kids Health Teachers Guide 9-12 Grade Conflict Resolution http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict\_resolution.pdf
* In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
* National Crime Prevention Council: Youth Gangs - Know the Facts http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf
* National Gang Center https://www.nationalgangcenter.gov,
* Olweus - Class Meetings That Matter- Grades 6-8 http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
* Ophelia Project - It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
* Online Safety https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/
* 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
* Respect Others Respect Yourself http://headsup.scholastic.com/teachers/respect-others-respect-yourself
* SDCDA Girls Only Toolkithttp://www.sdcda.org/office/girlsonlytoolkit/
* Stop Bullying.gov Youth Engagement Kit https://www.stopbullying.gov/what-you-can-do/teens/index.html
* Stop Bullying Video Clips https://www.cartoonnetwork.com/stop-bullying
* Teaching Health and Happiness – Communication https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf
* Teaching Tolerance – Cliques - What’s a Clique https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique
* Teen Health https://youtu.be/8ixNuGRX7YY
* Cliques in School https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools
* Virginia Rules https://virginiarules.org/varules\_topics/gangs/

Healthy Relationships/Dating Violence

* + 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
	+ Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
	+ Love is Respect https://www.loveisrespect.org
	+ 2023 Teen Dating Violence Prevention Toolkit https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf
* Break the Cycle’s DV 101 Single Day Dating Violence Lesson https://www.breakthecycle.org/sites/default/files/dv\_101\_single\_day\_lesson\_plan.pdf
* CDC Healthy Relationship Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
* Kate Brown Healthy Relationship Quiz https://kbep.org/healthy-relationship-quiz/
* Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf
* Michigan Dating Violence Youth Education Package https://www.michigan.gov/documents/dhs/DHS-PUB-0224\_172099\_7.pdf
* National Crime Prevention Council Violence Lesson (Session 14, Community Works) http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf
* Respect Others Respect Yourself (CDC &NIDA). http://headsup.scholastic.com/teachers/respect-others-respect-yourself
* Refusal Skills – Rethinking Drinking, Alcohol and You https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Stay-in-control/Drink-Refusal-Skills.aspx
* Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf
* Teen Dating Violence Awareness https://youtu.be/x2WE2I1nkYA
* Teen Dating Violence Prevention https://youtu.be/ZFpmB571fqE
* VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide http://www.ncdsv.org/images/VSDVAA\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf
* You Tube clips on Dating Violence, e.g., https://youtu.be/ODntqYIYx7E

Suicide Prevention

* + Suicide Prevention Lifeline: 1-800-273-TALK (8255) http://www.sprc.org/settings/schools
	+ Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR http://www.thetrevorproject.org
	+ Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov
	+ Virginia Department of Health http://www.vdh.virginia.gov/suicide-prevention/