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**Grade 8 Resource Links**

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

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

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia 8th Grade Page [https://healthsmartva.org/8th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* **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](about:blank)
* Interactive Body Activities [http://interactivesites.weebly.com/body-systems.html](about:blank)
* KidsHealth.org How the Body Works [http://kidshealth.org/en/kids/center/htbw-main-page.html](about:blank) 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](about:blank)
* The Brain-Videos & Lessons [http://study.com/academy/topic/the-brain.html](about:blank)
* **Resource Websites**
* AAAS Alcohol and Your Brain [http://sciencenetlinks.com/student-teacher-sheets/alcohol-and-your-brain/](about:blank)
* [Human Body Facts and Worksheets](about:blank)
* Kids Health-human body series [http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body](about:blank)National Institute on Drug Abuse [https://www.drugabuse.gov](about:blank)
* Science Kids/Human Body Facts: Brain Facts for Kids [http://www.sciencekids.co.nz/sciencefacts/humanbody/brain.html](about:blank)
* Science Kids/Biology Lesson Plans: Brain and Senses [http://www.sciencekids.co.nz/lessonplans/biology/brain.html](about:blank)
* Teachers Try Science - communicating about communicable diseases! [http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases](about:blank)
* Teacher’s Corner - CDC - BAM! Body and Mind Infectious Disease Epidemiology [http://www.cdc.gov/bam/teachers/epi.html](about:blank)
* Teacher Vision - students learn about stroke signs [https://www.teachervision.com/stroke/printable/64689.html](about:blank)
* The Facts About Concussions [https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/](about:blank)
* TED ED Resources

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

[What causes migraines?](about:blank)

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

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

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

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

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

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

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

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

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

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

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

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

[How blood pressure works](about:blank)

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

[Your skin!](about:blank)

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

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

**Community/Environmental Health**

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

[https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx](about:blank)

* CDC Healthy Community Design [https://www.cdc.gov/features/healthycommunities/](about:blank)
* CDC Healthy Community Design [https://www.youtube.com/watch?v=ll7Yv6L9rwE](about:blank)
* Does Farming Impact Air Quality? [https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/](about:blank)
* EPA Environmental Health 101 Lesson [https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101](about:blank)
* EPA Student Environmental Health Resources [https://www.epa.gov/students](about:blank)
* EPA Environmental Topics [https://www.epa.gov/environmental-topics](about:blank)
* EPA Learning and Teaching about the Environment [https://www.epa.gov/students](about:blank)
* Global Asthma Report [http://www.globalasthmareport.org](about:blank)
* Global Asthma Network [http://www.globalasthmanetwork.org/patients/causes.php](about:blank)
* Green Schools - Earth Day Activities and Ideas [http://www.greenschools.net/article.php-id=160.html](about:blank)
* HealthyPeople.Gov Environment [https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health](about:blank)
* How Do Chemicals Affect Animals and Their Kids? [https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/](about:blank)
* How can chemicals influence your hormones? [https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/](about:blank)
* What happens to plastic in the soil? [https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/](about:blank)
* How is asthma related to the neighborhood you live in? [https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/](about:blank)
* How can we get the most from our waste? [https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/](about:blank)
* How do our food choices affect the environment? [https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/](about:blank)
* Maryland - Grade 8 EH Lesson [https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\_EH\_Lssn.pd](about:blank)
* NEA Environmental Lessons [http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html](about:blank)
* NIEHS- Your Environment- Your Health [http://www.niehs.nih.gov/health/scied/teachers/](about:blank)
* WHO Environmental Health [http://www.who.int/topics/environmental\_health/en/](about:blank)
* ATSDR Health Effects of Exposure to Substances [https://www.atsdr.cdc.gov/substances/ToxOrganSystems.asp](about:blank)
* Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](about:blank)
* Recycle Plastic More Sustainably [https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/](about:blank)
* Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYfF4Ns](about:blank)
* **TED ED and other Video Resources**

Human Impacts on the Environment [https://www.youtube.com/watch?v=YXT-RTjTjew](about:blank)

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

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

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

[Conserving our Coral Reefs](about:blank)

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

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

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

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

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

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

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

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

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

* We are Teachers - Earth Day Activities

[https://www.weareteachers.com/meaningful-earth-day-activities/](about:blank)

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

**Nutrition**

* Health Smart Virginia 8th Grade Page [https://healthsmartva.org/8th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Action for Healthy Kids – Nutrition [https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\_Nutrition\_v3.pdf](about:blank)
* Check Out What’s Chilling - Nutrition [https://ymiclassroom.com/lesson-plans/nfra/](about:blank)
* [The 5 Fabulous Food Groups - You Tube](about:blank)
* 5-2-1-0 Let's Go Middle and High School Toolkit [https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools](about:blank)
  + AHA - What or Who Influences Your Food Choices [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf](about:blank)
* Discovery – When Food Becomes an Enemy [https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/](about:blank)
* FCS Fast Food Commercials & Nutrition Lesson: [http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/](about:blank)
* Food Day Curriculum [https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267](about:blank)
* Food Span -Johns Hopkins Center for a Livable Future: [http://foodspanlearning.org/](about:blank)
* Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss [http://www.pbs.org/wgbh/pages/frontline/teach/fat/](about:blank)
* Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders [http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html](about:blank)
* [Healthy Eating – 5 Food Groups – You Tube](about:blank)
* [Healthy Eating – What is Healthy Eating? - You Tube](about:blank)
* [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](about:blank)
* [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](about:blank)
* [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](about:blank)
* [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](about:blank)
* [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](about:blank)
* [Health Start Foundation – Nutrients](about:blank)
* How the food you eat affects your brain [https://www.youtube.com/watch?v=xyQY8a-ng6g](about:blank)
* How the food you eat affects your gut [https://www.youtube.com/watch?v=1sISguPDlhY](about:blank)
* Kids Health Teacher’s Guides Grades 6-8
  + Breakfast [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf](about:blank)
  + School Lunch [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\_lunch.pdf](about:blank)
  + Food Labels [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\_labels.pdf](about:blank)
  + Healthy Snacking [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\_snacking.pdf](about:blank)
  + Fitness [http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf](about:blank)
  + Sleep [https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf](about:blank)
  + Screen Time [http://kidshealth.org/classroom/6to8/personal/fitness/screen\_time.pdf](about:blank)
  + NBA Fit Classroom [http://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
* Kids Health Eating Disorder Teachers Guide Grades 9-12 [https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating\_disorders.pdf](about:blank)
* National Eating Disorders Association (NEDA) Page for Educators and Coaches [https://www.nationaleatingdisorders.org/learn](about:blank)
* NEDA Educator’s Toolkit [https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf](about:blank)
* PE Central Body Image and Eating Disorders Lesson [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFho](about:blank#.WIZo92VNFho)[http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf](about:blank)
* PE Central - Food Pyramid Game [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645](about:blank)
* PE Central - Calculating Fat, Carbohydrates & Proteins [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919](about:blank)
* Sports and Energy Drinks [https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/](about:blank)
* TED Ed and other Video Resources

[Which type of milk is best for you?](about:blank)

[Fruit and Veggies for Kids](about:blank)

[The five fabulous food groups](about:blank)

[How does your body know you're full?](about:blank)

[What is a calorie?](about:blank)

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

[How the food you eat affects your brain](about:blank)

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

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

* Health Smart Virginia 8th Grade Page [https://healthsmartva.org/8th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [The 5 Fabulous Food Groups - You Tube](about:blank)
* 5-2-1-0 Let's Go Middle and High School Toolkit [https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools](about:blank)
* 10 ways to stop eating sugar [https://www.youtube.com/watch?v=eeAMIkjOqlw](about:blank)
* [American Heart Association (AHA) Middle School Lesson Plans](about:blank)
  + AHA – Brain Power [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467221.pdf](about:blank)
  + AHA – Don’t Fumble With This Jumble [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306494.pdf](about:blank)
  + AHA – Garden Growing While on the Move [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467219.pdf](about:blank)
  + AHA – NFL Play 60 Challenge [http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans\_UCM\_453013\_Article.jsp#.V\_K0AvArLic](about:blank#.V_K0AvArLic)
  + AHA – Our Challenge: A Look At the Obesity Epidemic [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452021.pdf](about:blank)
  + AHA - Obesity Trends [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452018.pdf](about:blank)
  + AHA – Stepping Across the States - [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_306495.pdf](about:blank)
  + 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](about:blank)
  + 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](about:blank)
  + AHA - What or Who Influences Your Food Choices [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\_314238.pdf](about:blank)
* Alliance for a Healthier Generation [https://www.healthiergeneration.org/our-work/schools](about:blank)
* Asthma 101 [https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/](about:blank)
* Body Works Program - Office of Women’s Health, DHHS [www.womenshealth.gov](about:blank)
* CDC - BAM! Body and Mind- [http://www.cdc.gov/bam/nutrition/index.html](about:blank)
* CDC Chronic Disease Prevention Program [https://www.cdc.gov/chronicdisease/](about:blank)
* CDC Lesson - Body Image Ad Decoder [https://www.cdc.gov/bam/teachers/documents/body\_image\_ad.pdf](about:blank)
* CDC Lesson – If These Dolls Were Real People [https://www.cdc.gov/bam/teachers/documents/body\_image\_dolls.pdf](about:blank)
* Chain of Infection [https://www.youtube.com/watch?v=03mK0bpIeyQ](about:blank)
* Communicable Disease Lesson Plan - Danny Clark[www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health\_lp\_showcase.docx](about:blank)
* Communicable and Non Communicable Diseases Lesson Plan [https://www.bcpss.org/webapps/cmsmain/webui/institution/CURRICULUM/Health](about:blank)
* Communicable and Non Communicable Diseases PPT Presentation [https://sharemylesson.com](about:blank)
* Colorado Education Initiative -Goal Setting Lesson [http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf](about:blank)
* Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
* Decreasing Screen Time [https://healthpoweredkids.org/lessons/decreasing-screen-time/](about:blank)
* Discovery – When Food Becomes an Enemy [https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/](about:blank)
* Fit Armadillo - Smart Goals Lesson Plan [http://fitarmadillo.com/back-to-school-2014-smart-goals-lesson-plan/](about:blank)
* Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss [http://www.pbs.org/wgbh/pages/frontline/teach/fat/](about:blank)
* Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders [http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html](about:blank)
* Girls Health – Body Image and Media [https://www.girlshealth.gov/feelings/bodyimage/index.html](about:blank)
* Girls Health - Eating Disorders [https://www.girlshealth.gov/feelings/eatingdisorder/index.html](about:blank)
* Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
* Goodheart Wilcox Middle School Health Skills

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

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

* HealthBeat - Get Physical [https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/](about:blank)
* HealthBeat - Breathe and Believe [https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/](about:blank)
* HealthBeat - Hip Hopscotch [https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/](about:blank)
* HealthBeat - Sleep is Your Friend [https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/](about:blank)
* [Healthy Eating – 5 Food Groups – You Tube](about:blank)
* [Healthy Eating – What is Healthy Eating? - You Tube](about:blank)
* [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](about:blank)
* [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](about:blank)
* [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](about:blank)
* [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](about:blank)
* [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](about:blank)
* Hitting Cancer Below the Belt Colon Cancer Education [http://hcb2.org](about:blank)
* How the food you eat affects your gut [https://www.youtube.com/watch?v=1sISguPDlhY](about:blank)
* Insulin Resistance [https://www.youtube.com/watch?v=OvopID91fTo](about:blank)
* Keeping Clean when You’re a Preteen [https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/](about:blank)
* Kids Health Fast Breaks -NBA Fit Classroom Lesson [https://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
  + Fitness [http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf](about:blank)
  + Sleep [https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf](about:blank)
  + Screen Time [http://kidshealth.org/classroom/6to8/personal/fitness/screen\_time.pdf](about:blank)
  + NBA Fit Classroom [http://kidshealth.org/classroom/posters/nba\_fit\_classroom\_color.pdf](about:blank)
* Kids Health Eating Disorder Teachers Guide Grades 9-12 [https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating\_disorders.pdf](about:blank)
* Let’s Get Moving Unit – Michigan State University [http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html](about:blank)
* Move your way [https://youtu.be/dAaB8XDUi4I](about:blank)
* National Eating Disorders Association (NEDA) Page for Educators and Coaches [https://www.nationaleatingdisorders.org/learn](about:blank)
* NEDA Educator’s Toolkit [https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf](about:blank)
* NIH Healthy Behaviors: Lesson 2 – Influences on Behavior [https://science.education.nih.gov/MiddleSchool/HealthyBehaviors](about:blank)
* [Nutrition – High School Lesson Plans](about:blank)
* [Nutrition Activities in Any Classroom – Junior and Senior High](about:blank)
* PBS Frontline- obesity, eating habits, and weight loss [http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html](about:blank)
* PBS In the Mix -Hearing Between the Lines” [http://www.pbs.org/inthemix/educators/lessons/selfimage2/](about:blank)
* PE Central Body Image and Eating Disorders Lesson [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFho](about:blank#.WIZo92VNFho)[http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf](about:blank)
* PE Central Physical Activity Lesson Ideas and Resources [http://www.pecentral.org](about:blank)
* PE Central - Non-Communicable Diseases Research Lesson Idea [www.pecentral.org](about:blank)
* PE Central - Non or Communicable Disease Lesson Plan [www.pecentral.org](about:blank)
* Power Chargers – Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](about:blank)
* 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](about:blank)
* Place Matters Lesson [http://www.unnaturalcauses.org/assets/uploads/file/Place\_Matters\_Lessons.pdf](about:blank)
* Read Write Think Grocery Store Scavenger Hunt [http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html](about:blank)
* Sample Physical Activity Log - Michigan State University [http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html](about:blank)
* Safe Routes [http://www.walkbiketoschool.org](about:blank)
* Scholastic – Choices – Magazines to “empower students to make positive, real world decisions [https://choices.scholastic.com](about:blank)
* SENTARA Stroke Education Toolkit [https://sentarastrokeawareness.com/toolkit/](about:blank)
* Sleep- NIH Curriculum Supplement [https://science.education.nih.gov/HighSchool/SleepDisorders](about:blank)
* Stress Lessons - Grade 7-9 - Psychology Foundation of Canada [https://peitfsca.files.wordpress.com/2012/09/khst\_grades7-9manual1.pdf](about:blank)
* Sleep Well [https://ymiclassroom.com/lesson-plans/sleep/](about:blank)
* Stress Management Unit Plan [http://thehealthteacher.com/unit-plan-stress-management/](about:blank)
* Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYfF4Ns](about:blank)
* Super Sleep [https://healthpoweredkids.org/lessons/super-sleep/](about:blank)
* TED ED and other Resources

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

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

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

[What is obesity?](about:blank)

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

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

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

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

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

**Substance Abuse Prevention**

* Health Smart Virginia 8th Grade Page [https://healthsmartva.org/8th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [14 Drug Education Activities, Scholastic Printable Skills Pages](about:blank)
* Alcohol’s Effects on the Brain [https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm](about:blank)
* Above the Influence [http://abovetheinfluence.com/drugs/alcohol/](about:blank)
* Addiction and the Brain- for kids! [https://youtu.be/s0bqT\_hxMwI](about:blank)
* Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain [https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain](about:blank)
* [CATCH My Breath](about:blank) E-cigarette/JUUL youth prevention program for Middle and High School students. [https://catchinfo.org/enroll/](about:blank)
* [Catch My Breath – A Nicotine Vaping Prevention Program](about:blank)
* [(Chippewa Valley Coalition) Marijuana Prevention - Middle School](about:blank)
* [Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy](about:blank)
* Discovery Education - Deadly Highs – Grades 6-8 [http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm](about:blank)
* E-Cigarettes and Vaping – [Lesson 1: Why Should I care?](about:blank) and  [Lesson 2: Don’t get (e-)Hooked!](about:blank)
* Generation RX – Teen Prescription Rx Toolkit [https://www.generationrx.org/toolkits/teen/](about:blank)
* Effects of Vaping [https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/](about:blank)
* Easy to Start, Hard to Quit (Vaping) [https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/](about:blank)
* Everfi Marijuana Lesson Plans [https://everfik12hc.wpengine.com/marijuana-lesson-plans/](about:blank)
* Everfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* [Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)](about:blank)
* [Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar](about:blank)
* Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* FDA Anti-Juuling Video for Teens [https://youtu.be/zYuyS1Oq8gY](about:blank)
* [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](about:blank)
* GirlsHealth.gov - Drugs, Alcohol, and Smoking [http://www.girlshealth.gov/substance/](about:blank)
* Habits and Addiction [https://youtu.be/oV38woahNso](about:blank)
* Harding University Alcohol, Family, Community Lesson Plan [alcohol-family-community](about:blank)
* Heads Up – Methamphetamine [http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf](about:blank)
* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) [https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html](about:blank)
* How Opioids Change the Brain: Lesson Plan [https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/](about:blank)
* How your brain responds to the reward circuit [https://www.youtube.com/watch?v=s27f7Jzy2k0](about:blank)
* How to say no to drugs [https://youtu.be/6Y6gn\_dd54Q](about:blank)
* Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm](about:blank)
* Keeping it Real – Middle, High School DARE Curriculum [https://dare.org/education/](about:blank)
* KidsHealth.org [https://kidshealth.org/en/teens](about:blank)
* KidsHealth.org - Teachers Guide: Dealing with Peer Pressure -Grades 6-8  [https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer\_pressure.pdf](about:blank)
* KidsHealth in the Classroom [https://classroom.kidshealth.org/classroom/6to8/problems/drugs/drugs.pdf](about:blank)
* [KidsHealth – Methamphetamine – Teen Tip Sheet](about:blank)
* Kids meet a teen in recovery [https://youtu.be/yl\_7qSgrf3Y](about:blank)
* Know VAPE The dangers of Youth Vaping [https://vpm.pbslearningmedia.org/collection/know-vape/](about:blank)
* LA Health -  E-cig & vaping Informational video (Loudoun schools) [https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\_Vaping\_Cut.1.mp4](about:blank)
* Lessons for Responsible Medicine Use [https://ymiclassroom.com/otcmedsafety/](about:blank)
* [Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic](about:blank)
* Little Lungs in a great Big World [https://www.youtube.com/watch?v=fmKply2PfmI](about:blank)
* Lung Health [https://vpm.pbslearningmedia.org/collection/lung-health/](about:blank)
* [Marijuana Education Initiative](about:blank)
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry

[https://www.aacap.org/aacap/families\_and\_youth/facts\_for\_families/fff-guide/Marijuana-and-Teens-106.aspx](about:blank)

* [Marijuana – Download the Facts – Printables and Lessons](about:blank)
* Medicines in My Home Grades 6-8 [https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm](about:blank)
* Medicine for Kids: Prescription and Non Prescription [https://youtu.be/0Zs4EbWBdSc](about:blank)
* [Meth Mouse – Interactive Lesson on Effects of Methamphetamines](about:blank)
* [Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)](about:blank)
* c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/
* [NIDA - Mind Matters – The Body’s Response to Marijuana](about:blank)
* [NIDA) Stressed Out? How to Cope (grades 6-12)](about:blank)
* [(NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)](about:blank)
* [(NIDA) National Drug and Alcohol Use IQ Challenge Kahoot](about:blank)
* [NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube](about:blank)
* [NIDA Teacher’s Edition Resources on Methamphetamine](about:blank)
* NIDA Mind Over Matter Series [https://drugpubs.drugabuse.gov/promotions/mind-over-matter](about:blank)
* NIDA Mind Over Matter - Anabolic Steroids [http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids](about:blank)
* NIDA Scholastic Heads Up Series [http://headsup.scholastic.com/teachers](about:blank)
* NIDA Brain Power - Grades 6-9 [https://www.drugabuse.gov/publications/brain-power/grades-6-9](about:blank)
* NIH – Meth Mouse Game  [https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse](about:blank)
* NIH Video on synthetic cannabinoids (bath salts [https://youtu.be/cRA54zeGAnM](about:blank)
* [Nicotine Addiction – Toolkit for Schools](about:blank)
* Nic Sick: The Dangers of Youth Vaping [https://video.idahoptv.org/video/nic-sick-uesfxt/](about:blank)
* Online game/ad FDA [https://whatsinavape.com](about:blank)
* [(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)](about:blank)
* [(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)](about:blank)
* [(Partnership to End Addiction) Advocacy Toolkit (8-12 grade)](about:blank)
* [PBS Frontline – The Meth Epidemic](about:blank)
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 [https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/](about:blank)
  + Myth or Fact Lesson – Grades 6-12  [https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/](about:blank)
  + Learning About Opioids – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/](about:blank)
  + Science of Addiction – Grades 6-12 [https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/](about:blank)
  + Accessibility – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/](about:blank)
  + Signs and Symptoms – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/](about:blank)
  + The Cycle of Addiction - Grades 6-12[https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/](about:blank)
  + Contemplating Nature vs Nurture - Grades 6-12 [https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/](about:blank)
  + Full Educators Guide  [https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/](about:blank)
  + Community and Family Guide [https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/](about:blank)
* PBS – Teachers Guide: The Meth Epidemic[https://www.pbs.org/wgbh/pages/frontline/teach/meth/](about:blank)
* PBS video on juuling epidemic [https://youtu.be/lNs19kGAnLU](about:blank)
* PE Central Pressure Is On! [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WESLoWVNFho](about:blank#.WESLoWVNFho)
* [Physician Advocacy Network - Lesson Plan – Vaping and Juuling](about:blank)
* [Positive Choices – Numerous Drug Education Resources for Teachers](about:blank)
* [(Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)](about:blank)
* Project Alert – Substance Abuse Prevention – Grades 7-8 [https://www.projectalert.com](about:blank)
* The real cost anti-vaping commercial (Hacked) [https://www.youtube.com/watch?v=EzU4ihBbf3g](about:blank)
* [Resources to Reduce Methamphetamine Use](about:blank)
* [(Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)](about:blank)
* Scholastic
  + Heads Up Series [http://headsup.scholastic.com](about:blank)
  + Heads Up - Real News About Drugs and Your Body – 14 Activities [http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf](about:blank)
  + Get Smart About Tobacco Lesson Plan (grades 6-7) [https://opi.mt.gov](about:blank)
  + Youth Vaping Risks [http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET\_CID=20190109\_SNP\_FDA\_ACQ\_24770&ET\_RID=1708294776](about:blank)
  + The Real Cost of Vaping [https://www.scholastic.com/youthvapingrisks/](about:blank)
  + Alcohol and Your Body [alcohol and your body - scholastic gr 6-8](about:blank)
  + [OTC Medication Safety Program: Start a Critical Conversation](about:blank) (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/](about:blank)
    - Obtaining Information from a Drug Facts Label (grades 7-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/](about:blank)
    - The Importance of Medicine Measuring, Tools, Storage and Safe Disposal [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/](about:blank)
    - Understanding the Dangers of Misuse (grades 6-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/](about:blank)
    - Medicine Safety Text Analysis (grades 6-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/](about:blank)

Distinguishing  Between Over the Counter and Prescription Medicine (grades 7-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/](about:blank)

* + - Obtaining Information From a Drug Facts Label  (grades 7-8) [https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/](about:blank)
* Smoking and Vaping - Lung Health [https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/](about:blank)
* SODAT NJ – Drug Prevention Lesson Plans [http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html](about:blank)
* [(Stanford Medicine) Cannabis/Marijuana - The Basics](about:blank)
* [(Stanford Medicine) Cannabis/Marijuana – Health Effects](about:blank)
* [(Stanford Medicine) THC & The Brain](about:blank)
* [(Stanford Medicine) Refusal Skills and Social Norms](about:blank)
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) [http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html](about:blank)
  + Everything Tobacco
    - Unit 1 - General Tobacco – Health Effects and Social Effects [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html](about:blank)
    - Unit 2 - What’s Menthol Got to Do With It? [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html](about:blank)
  + E-Cigs/Vapes & Pod-Based
    - Unit 1 – Where did E Cigarettes and Vape Pens Come From? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html](about:blank)
    - Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html](about:blank)
    - Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html](about:blank)
    - Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html](about:blank)
    - Unit 5-What Can I Do About It? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html](about:blank)
    - Unit 6- What are JUULS & Other Pod-Based Systems? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html](about:blank)
  + Hookah
    - Lesson - Understanding Hookah and Its Risks [https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html](about:blank)
  + Smokeless Tobacco
    - Lesson – Understanding Smokeless Tobacco and its Risks [https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html](about:blank)
  + Nicotine Addiction
    - Unit 1 – The Brain [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html](about:blank)
    - Unit 2 - Addiction 101 [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html](about:blank)
    - Unit 3 – Nicotine Addiction [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html](about:blank)
  + Positive Youth Development
    - Refusal Skills Activities [https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html](about:blank)
* Stop Underage Drinking [https://www.stopalcoholabuse.gov](about:blank)
* Substance Use and Abuse [https://youtu.be/wQl\_4kcE5nw](about:blank)
* Understanding the Opioid Epidemic [https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/](about:blank)
* Understanding the Opioid Epidemic: Family and Community Discussion Guide https://vpm.pbslearningmedia.org/resource/b83250e7-72a4-40c2-8bc1-
* Taking Down Tobacco [https://ymiclassroom.com/lesson-plans/takingdowntobacco/](about:blank)
* The Opioid Crisis: Help Teens Make Informed Decisions [https://ymiclassroom.com/lesson-plans/opioids/](about:blank)
* [The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students](about:blank)
* [Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos](about:blank)
* TED Ed Resources:

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

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

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

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

* [Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices](about:blank)
* [Teen Use of Edibles: A Focus Group Study of An Emerging Issue](about:blank)
* Teen vaping [https://www.pbs.org/video/teen-vaping-1531870790/](about:blank)
* [Tobacco & Nicotine: Know the Facts (PowerPoint)](about:blank) Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction [https://www.youtube.com/watch?v=md4lRQsLlnE](about:blank)
* US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide [http://nahimgood.org/Docs/JustThinkTwice.pdf](about:blank)
* [Understand the Big Deal – How Marijuana Affects Youth](about:blank)
* Virginia ABC Education Publications [https://www.abc.virginia.gov/education/publications](about:blank)
* Why are Drugs so Hard to Quit? [https://www.youtube.com/watch?v=Xbk35VFpUPI](about:blank)
* [Why Is Meth so Addictive?  Hazelden Betty Ford Foundation – You Tube](about:blank)
* Why is vaping so popular [https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/Johnny’s Ambassadors Online Marijuana Curriculum](about:blank)

Videos:

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

**Safety/Injury Prevention**

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

**Mental Wellness/Social Emotional Skills**

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

[9 mental health activities to do with your children - BelievePerform](about:blank)

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

[Butterfly Breathing Video – YouTube](about:blank)

* CA Media Smarts - Avatars and Body Image [http://mediasmarts.ca/teacher-resources/avatars-body-image](about:blank)
* CA Media Smarts - Gender Body Image [http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson](about:blank)
* [Calming Exercises for Kids: Breathing and Stretching - YouTube](about:blank)
* Canadian Mental Health Association - Mental Health and High School Curriculum Guide [http://www.cibhs.org/sites/main/files/file-attachments/mental\_health\_and\_high\_school\_curriculum\_guide.pdf](about:blank)
* CDC Healthy Relationships Talking Points [http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf](about:blank)
* CDC Healthy Communication Skills Teachers Guide [http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf](about:blank)
* [Classroom Activities - MACMH | MACMH](about:blank)
* [Classroom Physical Activity Helps Students with Mental Health and Anxiety](about:blank)
* [Color Your Community](about:blank)
* [Color Your Destiny](about:blank)
* Committee for Children (CFC) Free Classroom Activities [https://www.cfchildren.org/resources/free-classroom-activities/](about:blank)
* 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](about:blank)
* Decreasing Screen Time [https://healthpoweredkids.org/lessons/decreasing-screen-time/](about:blank)
* Discovery - Self Esteem [http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm](about:blank)
* Does Being Popular in High School Really Matter? [https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/](about:blank)
* [EMOTIONAL ABC Classroom](about:blank)
* EVERFI - Social Emotional Learning Resources [https://everfi.com/offerings/social-emotional-learning/](about:blank)
* [Everyday mindfulness - YouTube](about:blank)
* Exercise and your brain [https://healthpoweredkids.org/lessons/exerciseandbrain/](about:blank)
* [Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U](about:blank)
* Future Self Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/](about:blank)
* [Getting Caught in the Web Lesson 1](about:blank)
* Good Mental Health [https://youtu.be/beTd4UFLtOU](about:blank)
* Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education

[http://www.arkansased.gov/public/userfiles/Learning\_Services/GUIDE\_for\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf](about:blank)

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

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

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

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

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

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

* Lesson - Introduction to Mindful Bodies and Listening [http://www.mindfulschools.org/resources/explore-mindful-resources/](about:blank)
* Love is Respect [https://www.loveisrespect.org](about:blank)
* [Mindful Moments – MCPS Be Well 365 - Student Activity Videos](about:blank)
* [Mindful Movement for Young Learners - YouTube](about:blank)
* Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources](about:blank)
* Mindful Teachers Site  [http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html](about:blank)
* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](about:blank)
* NIDA CDC What Does Respect Mean To You [https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence](about:blank)
* Noticing Walk and Reflection [https://healthpoweredkids.org/lessons/noticingwalk/](about:blank)
* Open Up Magazine, Minnesota Association for Children’s Mental Health – It’s All in Your Viewpoint [http://www.macmh.org/open-up-magazine/classroom-activities/](about:blank)
* Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf](about:blank)
* PBS - Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/](about:blank)
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides [http://www.pbs.org/inthemix/educators/lessons/](about:blank)
* PE Central lessons
  + Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](about:blank#.WR3WWmVNFho)
  + Sounds of Music (Stress Management) [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho](about:blank#.WR8CIWVNFho)
  + What is Stress [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659](about:blank)
* ProCon.org - Social Networking [http://socialnetworking.procon.org/](about:blank)
* Purdue Healthy Body Image Middle School Lessons [https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf](about:blank)
* Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day](about:blank)
* [Ready to Remain Safe (8th)](about:blank)
* [Relationships...Quality Control (8th)](about:blank)
* [Relationships…Going Up while Growing Up (8th)](about:blank)
* Relationship skills/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Responsible Decision Making/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/](about:blank)
* Resiliency: One Step at a Time [https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/](about:blank)
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons [https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](about:blank)
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources [https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening](about:blank)
* SCDA Girls Only Toolkit [http://www.sdcda.org/office/girlsonlytoolkit/](about:blank)
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine [http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson](about:blank)
* Scholastic 6-8 Social Emotional Lessons [https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/](about:blank)
* Scholastic Mind Up Curriculum - brain centered teaching strategies [http://teacher.scholastic.com/products/mindup/](about:blank)
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success [https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html](about:blank)
* Screening for Mental Health - depression, suicide, and self-injury [https://mentalhealthscreening.org/programs/sos-signs-of-suicide](about:blank)
* Self-Esteem and Body Image [https://healthpoweredkids.org/lessons/self-esteem-and-body-image/](about:blank)
* Self-Awareness/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Self-Management/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/](about:blank)
* Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries](about:blank)
* Signs of Suicide and ACT [https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum](about:blank)
* [So Much to Do, So little time:  How Do I tie all of the loose ends together Lesson 2](about:blank)
* Social Awareness/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Social Networking [http://socialnetworking.procon.org/](about:blank)
* 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/](about:blank)
* Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/](about:blank)
* Stigma and Identity [https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/](about:blank)
* Striking Out Stress: A “Gallery Walk” Activity [http://www.educationworld.com/a\_tsl/archives/02-1/lesson045.shtml](about:blank)
* [A Student’s Guide to Using Social Media](about:blank)
* Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](about:blank)
* Suicide Prevention Resource Center [www.sprc.org](about:blank)
* Suicidal Ideations [hiding-in-plain-sight-youth-mental-illness](about:blank)
* Supporting Students’ Personal and Social Competencies [https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html](about:blank)
* TED ED Resources:

[The psychology of PTSD](about:blank)

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

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

**Violence Prevention**

* Health Smart Virginia 8th Grade Page [https://healthsmartva.org/8th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 10 Conflict Resolution Lessons, Fairfax County Schools [http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf](about:blank)
* Anti- Bullying Animated Short Film [https://youtu.be/YyDJafzuUK4](about:blank)
* Anti-Bullying Resources for Teachers [https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/](about:blank)
* Anti-Bullying Video [https://youtu.be/0gpMP-qiAGI](about:blank)
* Blueprints for Healthy Youth Development site [http://www.blueprintsprograms.com](about:blank)
* Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#!/fullWidth/3697](about:blank#!/fullWidth/3697)
* Building Community and Combating Hate – Middle School Lesson [http://www.partnersagainsthate.org/educators/middle\_school\_lesson\_plans.pdf](about:blank)
* CDC Violence Prevention [https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html](about:blank)
* [Committee for Children - Bullying Prevention Unit](about:blank)
* Coaching Boys into Men Toolkits [http://www.coachescorner.org](about:blank)
* Discovery Online - Resolving Conflicts [http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf](about:blank)
* Five Ways to Stop Bullying [https://youtu.be/vGV5jzPYvm0](about:blank)
* Healthy Communication Skills Guide [http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf](about:blank)
* Healthy Relationships, Online THATSNOTCOOL [https://thatsnotcool.com](about:blank)
* 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](about:blank)
* KidsHealth Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf](about:blank)
* KidsHealth Teachers Guide 9-12 Grade Conflict Resolution [http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict\_resolution.pdf](about:blank)
* Love is Respect [https://www.loveisrespect.org](about:blank)
* Making Safe Decisions [https://www.etr.org/healthsmart/assets/File/sample-lessons/MS\_ViolenceAndInjuryPreventionLesson.pdf](about:blank)
* National Crime Prevention Council: Youth Gangs - Know the Facts [http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf](about:blank)
* National Gang Center [https://www.nationalgangcenter.gov](about:blank),
* Olweus - Class Meetings That Matter- Grades 6-8 [http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US](about:blank)
* Olweus School-wide Bullying Prevention Program [http://olweus.sites.clemson.edu](about:blank)
* Online Safety [https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/](about:blank)
* Ophelia Project - It Has a Name: Relational Aggression [http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf](about:blank)
* PACER Classroom Resources (Bullying)

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

* PACER Middle/High School Education Curriculum (Bullying)

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

* PACER Middle/High School Activities (Bullying) [https://www.pacer.org/bullying/classroom/middle-highschool/](about:blank)
* PACER Middle and High School - Engaging Students in Anti-Bullying Leadership [https://www.pacer.org/bullying/wewillgen/](about:blank)
* Pacer National Bullying Prevention Center [http://www.pacer.org/bullying/](about:blank)
* Pacer Student Action Plan [http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf](about:blank)
* Pacer Teens Against Bullying [http://www.pacerteensagainstbullying.org](about:blank)
* Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf](about:blank)
* Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org](about:blank)
* Respect Others Respect Yourself [http://headsup.scholastic.com/teachers/respect-others-respect-yourself](about:blank)
* SDCDA Girls Only Toolkit [http://www.sdcda.org/office/girlsonlytoolkit/](about:blank)
* Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries](about:blank)
* Stop Bullying.gov Youth Engagement Kit [https://www.stopbullying.gov/what-you-can-do/teens/index.html](about:blank)
* Stop Bullying Video Clips [https://www.cartoonnetwork.com/stop-bullying](about:blank)
* Teaching Health and Happiness - Communication [https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf](about:blank)
* Teaching Tolerance at [http://www.tolerance.org/school\_climate\_resources](about:blank)
* Teaching Tolerance - Cliques [https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools](about:blank)
* 2023 Teen Dating Violence Prevention Toolkit [https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf](about:blank)
* Virginia Rules [https://virginiarules.org/varules\_topics/gangs/](about:blank)
* **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](about:blank)
  + CDC Healthy Relationship Talking Points [http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf](about:blank)
  + Kate Brown Healthy Relationship Quiz [https://kbep.org/healthy-relationship-quiz/](about:blank)
  + Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf](about:blank)
  + Michigan Dating Violence Youth Education Package [https://www.michigan.gov/documents/dhs/DHS-PUB-0224\_172099\_7.pdf](about:blank)
  + National Crime Prevention Council Violence Lesson (Session 14, Community Works) [http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf](about:blank)
  + Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox [http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf](about:blank)
  + VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide [http://www.ncdsv.org/images/VSDVAA\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf](about:blank)
  + You Tube clips on Dating Violence, e.g., [https://youtu.be/ODntqYIYx7E](about:blank)
* **Suicide/Self Injury**
  + Suicide Prevention Lifeline: 1-800-273-TALK (8255) [http://www.sprc.org/settings/schools](about:blank)
  + Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR [http://www.thetrevorproject.org](about:blank)
  + Virginia Department of Behavioral Health Services [http://www.dbhds.virginia.gov](about:blank)
  + Virginia Department of Health [http://www.vdh.virginia.gov/suicide-prevention/](about:blank)