



## Grade 8 Resource Links

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

- Health Smart Virginia 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- **Interactive Websites**
  - *BBC Science: Human Body & Mind* includes the Nervous System Game that has students wire up the nervous system and senses. This challenge requires Flash 5 and takes 5-10 minutes. [http://www.bbc.co.uk/science/humanbody/body/index\\_interactivebody.shtml](http://www.bbc.co.uk/science/humanbody/body/index_interactivebody.shtml)
  - Interactive Body Activities <http://interactivesites.weebly.com/body-systems.html>
  - KidsHealth.org *How the Body Works* <http://kidshealth.org/en/kids/center/htbw-main-page.html> provides quizzes, articles, movies, activities, word finds on the different body parts.
  - *Nervous System for Kids*– Science Games and Videos <http://www.neok12.com/Nervous-System.htm>
  - *The Brain*-Videos & Lessons <http://study.com/academy/topic/the-brain.html>
- **Resource Websites**
  - AAAS Alcohol and Your Brain <http://sciencenetlinks.com/student-teacher-sheets/alcohol-and-your-brain/>
  - Human Body Facts and Worksheets
  - Kids Health-human body series <http://classroom.kidshealth.org/index.jsp?Grade=6&Section=body>National Institute on Drug Abuse <https://www.drugabuse.gov>
  - Science Kids/Human Body Facts: Brain Facts for Kids <http://www.sciencekids.co.nz/sciencefacts/humanbody/brain.html>
  - Science Kids/Biology Lesson Plans: Brain and Senses <http://www.sciencekids.co.nz/lessonplans/biology/brain.html>
  - Teachers Try Science - communicating about communicable diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>
  - Teacher's Corner - CDC - BAM! Body and Mind Infectious Disease Epidemiology <http://www.cdc.gov/bam/teachers/epi.html>
  - Teacher Vision - students learn about stroke signs <https://www.teachervision.com/stroke/printable/64689.html>
  - The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
  - TED ED Resources
    - [What happens during a heart attack?](#)
    - [What causes migraines?](#)
    - [Can you be awake and asleep at the same time?](#)
    - [What are the floaters in your eye?](#)
    - [How do lungs work?](#)
    - [How your muscular system works](#)
    - [How oxygen circulates through your body](#)
    - [How does the thyroid manage your metabolism?](#)
    - [How do your kidneys work?](#)
    - [How do your hormones work?](#)
    - [How the heart actually pumps blood](#)
    - [Why does your voice change?](#)
    - [How does the liver work?](#)

How does your digestive system work?

How blood pressure works

What does the pancreas do?

Your skin!

How does the immune system work?

- Education.com - Brain anatomy worksheets:
  - <http://www.education.com/worksheet/article/brain-anatomy/>
  - <http://www.education.com/worksheet/article/brain-anatomy/>
  - <http://www.education.com/worksheet/article/inside-out-anatomy-brain/>
  - <http://www.education.com/worksheet/article/parts-of-the-brain/>
- American Public Health Association <https://www.apha.org/topics-and-issues/communicable-disease>
- Alameda County Public Health Department <http://www.acphd.org/communicable-disease.aspx>
- Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov)
- Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov)
  - <https://www.cdc.gov/foodsafety/foodborne-germs.html>
  - <https://www.cdc.gov/diseasesconditions/>
  - <https://www.cdc.gov/flu/protect/habits.htm>
- **Lesson Plans**
  - AAAS Science NetLinks *Alcohol and Its Impact on the Brain* <http://sciencenetlinks.com/lessons/alcohol-and-its-impact-on-the-brain/>
  - American Heart Association Middle School Lessons [http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\\_UCM\\_304280\\_Article.jsp#](http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp#)
  - Asthma 101 <https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/>
  - Body Composition <https://healthpoweredkids.org/lessons/body-composition/>
  - Caring for Skin- Largest Organ <https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/>
  - Communicable Disease Lesson Plan [www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health\\_lp\\_showcase.docx](http://www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx)
  - Communicating About Communicable Diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>
  - CDC- BAM! Body and Mind - Infectious Disease Epidemiology - Teacher's Corner - Activities <http://www.cdc.gov/bam/teachers/epi.html>
  - Discovery School *The Ultimate Guide: Human Body* <http://www.discoveryeducation.com/teachers/free-lesson-plans/the-ultimate-guide-human-body.cfm>
  - Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems>
  - Kids Health Food Safety Teacher's Guide Grades 6-8 [https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\\_safety.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf)
  - KidsHealth.org Nervous System lesson plan [https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous\\_system.pdf](https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous_system.pdf)
  - *Neuro Concepts Lesson and Activities/ Brain U* - Regents of University of Minnesota <http://brainu.org/neuroscience-concepts-activities-grade-level-middle-school-grades-7-8>
  - Neuroscience for Kids - *Brain Awareness Week Lessons* <https://faculty.washington.edu/chudler/baw1.html>
  - NIH - *How Your Brain Understands What Your Ears Hear* <https://science.education.nih.gov/MiddleSchool/BrainUnderstandsEarsHear>
  - NIH - *The Brain: Our Sense of Self* <https://science.education.nih.gov/MiddleSchool/OurSenseOfSelf>

- PE Central Communicable or Non Communicable Disease Lesson Plan <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.W1aBuWVNFhom>
- PE Central AIDS Fact Quilt <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.W1aCZmVNFho>
- Preventing Communicable and Non Communicable Diseases <https://sharemylesson.com/teaching-resource/communicable-and-non-communicable-diseases-254318>
- Your Happy Heart <https://healthpoweredkids.org/lessons/your-happy-heart/>
- My Body the Inside Story: Unit Content and Tasks <http://www.henry.k12.ga.us/cur/mybody/content.htm#nervous>
- Scholastic - Study Jams - Science - The Nervous System <http://studyjams.scholastic.com/studyjams/jams/science/human-body/nervous-system.htm>
- **Videos**
  - KidsHealth.org How the Brain and Nervous System Works <http://kidshealth.org/en/kids/nsmovie.html>
  - The Human Brain <https://www.youtube.com/watch?v=0-8PvNOdByc>
  - *Is it Communicable or Non-Communicable?* <https://www.youtube.com/watch?v=vpEAos0blyw>
  - *Preventing Communicable Disease* [https://www.youtube.com/watch?v=EgJcfIR\\_Dic](https://www.youtube.com/watch?v=EgJcfIR_Dic),
  - *Preventing Non-Communicable Diseases* <https://www.youtube.com/watch?v=lruYVSGcxHs>

## Community/Environmental Health

- Health Smart Virginia 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Allergy and Asthma Foundation <http://fightthecauseofallergy.org>
- APHA Healthy Community Design <https://www.apha.org/topics-and-issues/environmental-health/healthy-community-design>
- Asthma in the City Lesson <https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>
- CDC Healthy Community Design <https://www.cdc.gov/features/healthycommunities/>
- CDC Healthy Community Design <https://www.youtube.com/watch?v=ll7Yv6L9rwE>
- Does Farming Impact Air Quality? <https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- EPA Student Environmental Health Resources <https://www.epa.gov/students>
- EPA Environmental Topics <https://www.epa.gov/environmental-topics>
- EPA Learning and Teaching about the Environment <https://www.epa.gov/students>
- Global Asthma Report <http://www.globalasthmareport.org>
- Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- How can chemicals influence your hormones? <https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/>
- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>
- How is asthma related to the neighborhood you live in? <https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/>
- How can we get the most from our waste? <https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- Maryland - Grade 8 EH Lesson [https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\\_EH\\_Lssn.pd](https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pd)
- NEA Environmental Lessons <http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html>
- NIEHS- Your Environment- Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
- WHO Environmental Health [http://www.who.int/topics/environmental\\_health/en/](http://www.who.int/topics/environmental_health/en/)
- ATSDR Health Effects of Exposure to Substances <https://www.atsdr.cdc.gov/substances/ToxOrganSystems.asp>
- Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
- Recycle Plastic More Sustainably <https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/>
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYf4Ns>
- **TED ED and other Video Resources**
  - Human Impacts on the Environment <https://www.youtube.com/watch?v=YXT-RTjTjew>
  - Pollution (Land, Air, Water) [https://www.youtube.com/watch?v=vP3pbh\\_-pu8](https://www.youtube.com/watch?v=vP3pbh_-pu8)

What is in the air you breathe?  
Microbial Jungles- How Microbes form communities  
Conserving our Coral Reefs  
Why do we wear sunscreen?  
Do we really need pesticides?  
Meet the Blue Fin Tuna  
How to Create Cleaner Coal  
How much land does it take to power the world?  
How much electricity does it take to power the world?  
How do wind turbines work?  
What if there were 1 million more trees?  
Beauty of Pollination

- We are Teachers - Earth Day Activities  
<https://www.weareteachers.com/meaningful-earth-day-activities/>
- Virginia Department of Environmental Quality (DEQ) <http://www.deq.virginia.gov>

## Nutrition

- Health Smart Virginia 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Action for Healthy Kids – Nutrition [https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\\_Nutrition\\_v3.pdf](https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Nutrition_v3.pdf)
- Check Out What’s Chilling - Nutrition <https://ymiclassroom.com/lesson-plans/nfra/>
- The 5 Fabulous Food Groups - You Tube
- 5-2-1-0 Let's Go Middle and High School Toolkit <https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools>
  - AHA - What or Who Influences Your Food Choices [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_314238.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf)
- Discovery – When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- FCS Fast Food Commercials & Nutrition Lesson: <http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum <https://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Food Span -Johns Hopkins Center for a Livable Future: <http://foodspanlearning.org/>
- Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- Healthy Eating – 5 Food Groups – You Tube
- Healthy Eating – What is Healthy Eating? - You Tube
- Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
- Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
- Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
- Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
- Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
- Health Start Foundation – Nutrients
- How the food you eat affects your brain <https://www.youtube.com/watch?v=xyQY8a-ng6g>
- How the food you eat affects your gut <https://www.youtube.com/watch?v=1sISguPDlhY>
- Kids Health Teacher’s Guides Grades 6-8
  - *Breakfast* <https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf>
  - *School Lunch* [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf)
  - *Food Labels* [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf)
  - *Healthy Snacking* [https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf)
  - *Fitness* <http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
  - *Sleep* <https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf>
  - *Screen Time* [http://kidshealth.org/classroom/6to8/personal/fitness/screen\\_time.pdf](http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf)
  - *NBA Fit Classroom* [http://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- Kids Health Eating Disorder Teachers Guide Grades 9-12 [https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating\\_disorders.pdf](https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.pdf)
- National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/learn>

- NEDA Educator's Toolkit <https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- PE Central Body Image and Eating Disorders Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNfho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- PE Central - Food Pyramid Game <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- Sports and Energy Drinks <https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/>
- TED Ed and other Video Resources
  - [Which type of milk is best for you?](#)
  - [Fruit and Veggies for Kids](#)
  - [The five fabulous food groups](#)
  - [How does your body know you're full?](#)
  - [What is a calorie?](#)
  - [How do vitamins work?](#)
  - [How the food you eat affects your brain](#)
- Teaching Fast Food Nation 7-12 <http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0>
- USDA Choose My Plate Teacher Resources <https://www.choosemyplate.gov/teachers>
- USDA Choose My Plate Parents & Educators Resources <https://www.choosemyplate.gov/kids-parents-educators>
- UC Davis Youth Nutrition Education Materials <http://fsnep.ucdavis.edu/curriculum/youth-materials>
  - Nutrition to Grow On Curriculum <http://cns.ucdavis.edu/resources/ntgo/index.html>
  - Eat Fit <https://uccalfresh.ucdavis.edu/curriculum/youth/EF>
- Vegetable Database <https://fruitsandveggies.org/stories/vegetables/>



## Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- The 5 Fabulous Food Groups - You Tube
- 5-2-1-0 Let's Go Middle and High School Toolkit <https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools>
- 10 ways to stop eating sugar <https://www.youtube.com/watch?v=eeAMikjOqlw>
- American Heart Association (AHA) Middle School Lesson Plans
  - AHA – Brain Power [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467221.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf)
  - AHA – Don't Fumble With This Jumble [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_306494.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf)
  - AHA – Garden Growing While on the Move [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467219.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf)
  - AHA – NFL Play 60 Challenge [http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans\\_UCM\\_453013\\_Article.jsp#.V\\_K0AvArLic](http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic)
  - AHA – Our Challenge: A Look At the Obesity Epidemic [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452021.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf)
  - AHA - Obesity Trends [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452018.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf)
  - AHA – Stepping Across the States - [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_306495.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.pdf)
  - AHA - We Jump We Shoot We Save Teachers Guide 2012-13 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467922.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf)
  - AHA - We Jump We Shoot We Save Teachers Guide 2013-14 [http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467933.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf)
  - AHA - What or Who Influences Your Food Choices [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_314238.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf)
- Alliance for a Healthier Generation <https://www.healthiergeneration.org/our-work/schools>
- Asthma 101 <https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/>
- Body Works Program - Office of Women's Health, DHHS [www.womenshealth.gov](http://www.womenshealth.gov)
- CDC - BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
- CDC Chronic Disease Prevention Program <https://www.cdc.gov/chronicdisease/>
- CDC Lesson - Body Image Ad Decoder [https://www.cdc.gov/bam/teachers/documents/body\\_image\\_ad.pdf](https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf)
- CDC Lesson – If These Dolls Were Real People [https://www.cdc.gov/bam/teachers/documents/body\\_image\\_dolls.pdf](https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf)
- Chain of Infection <https://www.youtube.com/watch?v=03mK0bpIeyQ>
- Communicable Disease Lesson Plan - Danny Clark [www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health\\_lp\\_showcase.docx](http://www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx)
- Communicable and Non Communicable Diseases Lesson Plan <https://www.bcpss.org/webapps/cmsmain/webui/institution/CURRICULUM/Health>
- Communicable and Non Communicable Diseases PPT Presentation <https://sharemylesson.com>
- Colorado Education Initiative -Goal Setting Lesson <http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>

- Decreasing Screen Time <https://healthpoweredkids.org/lessons/decreasing-screen-time/>
- Discovery – When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Fit Armadillo - Smart Goals Lesson Plan <http://fitarmadillo.com/back-to-school-2014-smart-goals-lesson-plan/>
- Frontline FAT Teacher’s Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher’s Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- Girls Health – Body Image and Media <https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Girls Health - Eating Disorders <https://www.girlshealth.gov/feelings/eatingdisorder/index.html>
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Goodheart Wilcox Middle School Health Skills  
<https://www.g-wlearning.com/health/3085/index.htm>  
<https://www.g-wlearning.com/health/2958/index.htm>
- HealthBeat - Get Physical <https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/>
- HealthBeat - Breathe and Believe <https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/>
- HealthBeat - Hip Hopscotch <https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/>
- HealthBeat - Sleep is Your Friend <https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/>
- Healthy Eating – 5 Food Groups – You Tube
- 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
- Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
- How the food you eat affects your gut <https://www.youtube.com/watch?v=1sISguPDlhY>
- Insulin Resistance <https://www.youtube.com/watch?v=OvopID91fTo>
- Keeping Clean when You’re a Preteen <https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/>
- Kids Health Fast Breaks -NBA Fit Classroom Lesson [https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
  - *Fitness* <http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
  - *Sleep* <https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf>
  - *Screen Time* [http://kidshealth.org/classroom/6to8/personal/fitness/screen\\_time.pdf](http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf)
  - *NBA Fit Classroom* [http://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- Kids Health Eating Disorder Teachers Guide Grades 9-12 [https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating\\_disorders.pdf](https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.pdf)
- Let’s Get Moving Unit – Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Move your way <https://youtu.be/dAaB8XDUi4I>
- National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/learn>
- NEDA Educator’s Toolkit <https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior <https://science.education.nih.gov/MiddleSchool/HealthyBehaviors>
- Nutrition – High School Lesson Plans

- [Nutrition Activities in Any Classroom – Junior and Senior High](#)
- PBS Frontline- obesity, eating habits, and weight loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
- PBS In the Mix -Hearing Between the Lines” <http://www.pbs.org/inthemix/educators/lessons/selfimage2/>
- PE Central Body Image and Eating Disorders  
Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNfho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- PE Central Physical Activity Lesson Ideas and Resources <http://www.pecentral.org>
- PE Central - Non-Communicable Diseases Research Lesson Idea [www.pecentral.org](http://www.pecentral.org)
- PE Central - Non or Communicable Disease Lesson Plan [www.pecentral.org](http://www.pecentral.org)
- Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Purdue Extension - Middle School Healthy Body Image Lesson Activity 2: Mixed Messages- Living in a Supersized World <https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
- Place Matters Lesson [http://www.unnaturalcauses.org/assets/uploads/file/Place\\_Matters\\_Lessons.pdf](http://www.unnaturalcauses.org/assets/uploads/file/Place_Matters_Lessons.pdf)
- Read Write Think Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html>
- Sample Physical Activity Log - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
- Safe Routes <http://www.walkbiketoschool.org>
- Scholastic – Choices – Magazines to “empower students to make positive, real world decisions <https://choices.scholastic.com>
- SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
- Sleep- NIH Curriculum Supplement <https://science.education.nih.gov/HighSchool/SleepDisorders>
- Stress Lessons - Grade 7-9 - Psychology Foundation of Canada [https://peitfca.files.wordpress.com/2012/09/khst\\_grades7-9manual1.pdf](https://peitfca.files.wordpress.com/2012/09/khst_grades7-9manual1.pdf)
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- Stress Management Unit Plan <http://thehealthteacher.com/unit-plan-stress-management/>
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYfF4Ns>
- Super Sleep <https://healthpoweredkids.org/lessons/super-sleep/>
- TED ED and other Resources
  - [How do we know if we have a virus?](#)
  - [How playing sports benefits your body and brain](#)
  - [Yoga does for body and brain](#)
  - [What is obesity?](#)
  - [How playing an instrument benefits your brain](#)
  - [Why do germs make us sick?](#)
  - [Why our muscles get tired](#)
- The Sleep Factor Lessons and Power Points <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>
- USA Today - Obesity: [www.usatoday.com/educate/casestudies/obesity.pdf](http://www.usatoday.com/educate/casestudies/obesity.pdf)
- World Sleep Day Education Kit  
[https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes\\_Ages%2011-18%20years.pdf](https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.pdf)

## Substance Abuse Prevention

- Health Smart Virginia 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Alcohol's Effects on the Brain <https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm>
- Above the Influence <http://abovetheinfluence.com/drugs/alcohol/>
- Addiction and the Brain- for kids! [https://youtu.be/s0bqT\\_hxMwI](https://youtu.be/s0bqT_hxMwI)
- Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain>
- CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>
- Catch My Breath – A Nicotine Vaping Prevention Program
- (Chippewa Valley Coalition) Marijuana Prevention - Middle School
- Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
- Discovery Education - Deadly Highs – Grades 6-8 <http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm>
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don't get (e-)Hooked!
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>
- Everfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\\_Lesson1\\_Final.pdf](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf)
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\\_Lesson1\\_Final.pdf](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](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf)
- FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- GirlsHealth.gov - Drugs, Alcohol, and Smoking <http://www.girlshealth.gov/substance/>
- Habits and Addiction <https://youtu.be/oV38woahNso>
- Harding University Alcohol, Family, Community Lesson Plan [alcohol-family-community](#)
- Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) <https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html>

- How Opioids Change the Brain: Lesson Plan <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- How your brain responds to the reward circuit <https://www.youtube.com/watch?v=s27f7Jzy2k0>
- How to say no to drugs [https://youtu.be/6Y6gn\\_dd54Q](https://youtu.be/6Y6gn_dd54Q)
- Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\\_grades\\_kindergarten\\_12/drug\\_abuse\\_guidance\\_counselor\\_lesson\\_plans.htm](https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm)
- Keeping it Real – Middle, High School DARE Curriculum <https://dare.org/education/>
- KidsHealth.org <https://kidshealth.org/en/teens>
- KidsHealth.org - Teachers Guide: Dealing with Peer Pressure -Grades 6-8 [https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer\\_pressure.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf)
- KidsHealth in the Classroom <https://classroom.kidshealth.org/classroom/6to8/problems/drugs/drugs.pdf>
- KidsHealth – Methamphetamine – Teen Tip Sheet
- Kids meet a teen in recovery [https://youtu.be/yl\\_7qSgrf3Y](https://youtu.be/yl_7qSgrf3Y)
- Know VAPE The dangers of Youth Vaping <https://vpm.pbslearningmedia.org/collection/know-vape/>
- LA Health - E-cig & vaping Informational video (Loudoun schools) [https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\\_Vaping\\_Cut.1.mp4](https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4)
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- Lesson: The Mysterious Vaping Illness that's Becoming and Epidemic
- Little Lungs in a great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
- Lung Health <https://vpm.pbslearningmedia.org/collection/lung-health/>
- Marijuana Education Initiative
- Marijuana and Teens – *American Academy of Child and Adolescent Psychiatry* [https://www.aacap.org/aacap/families\\_and\\_youth/facts\\_for\\_families/fff-guide/Marijuana-and-Teens-106.aspx](https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx)
- Marijuana – Download the Facts – Printables and Lessons
- Medicines in My Home Grades 6-8 <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- Medicine for Kids: Prescription and Non Prescription <https://youtu.be/0Zs4EbWBdSc>
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- Mind Matters - The Body's Response to Marijuana (NIDA) (grades 5-9)
- [c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/](https://www.nida.nih.gov/understanding-the-opioid-epidemic-family-and-community-discussion-guide/)
- NIDA - Mind Matters – The Body's Response to Marijuana
- NIDA) Stressed Out? How to Cope (grades 6-12)
- (NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)
- (NIDA) National Drug and Alcohol Use IQ Challenge Kahoot
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- NIDA Teacher's Edition Resources on Methamphetamine
- NIDA Mind Over Matter Series <https://drugpubs.drugabuse.gov/promotions/mind-over-matter>
- NIDA Mind Over Matter - Anabolic Steroids <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>

- NIDA Scholastic Heads Up Series <http://headsup.scholastic.com/teachers>
- NIDA Brain Power - Grades 6-9 <https://www.drugabuse.gov/publications/brain-power/grades-6-9>
- NIH – Meth Mouse Game <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
- NIH Video on synthetic cannabinoids (bath salts <https://youtu.be/cRA54zeGAnM>)
- Nicotine Addiction – Toolkit for Schools
- Nic Sick: The Dangers of Youth Vaping <https://video.idahoptv.org/video/nic-sick-uesfxt/>
- Online game/ad FDA <https://whatsinavape.com>
- (Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)
- (Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)
- (Partnership to End Addiction) Advocacy Toolkit (8-12 grade)
- PBS Frontline – The Meth Epidemic
- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
  - Myth or Fact Lesson – Grades 6-12 <https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/>
  - Learning About Opioids – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/>
  - Science of Addiction – Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
  - Accessibility – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
  - Signs and Symptoms – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
  - The Cycle of Addiction - Grades 6-12 <https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/>
  - Contemplating Nature vs Nurture - Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
  - 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/INs19kGANLU>
- PE Central Pressure Is On! <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WESLoWVNFho>
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- Positive Choices – Numerous Drug Education Resources for Teachers
- (Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)
- Project Alert – Substance Abuse Prevention – Grades 7-8 <https://www.projectalert.com>
- The real cost anti-vaping commercial (Hacked) <https://www.youtube.com/watch?v=EzU4ihBbf3g>
- Resources to Reduce Methamphetamine Use
- (Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)
- Scholastic
  - Heads Up Series <http://headsup.scholastic.com>
  - Heads Up - Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>

- Get Smart About Tobacco Lesson Plan (grades 6-7) <https://opi.mt.gov>
- Youth Vaping Risks [http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109/////FDA/////&ET\\_CID=20190109\\_SNP\\_FDA\\_ACQ\\_24770&ET\\_RID=1708294776](http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109/////FDA/////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776)
- The Real Cost of Vaping <https://www.scholastic.com/youthvapingrisks/>
- Alcohol and Your Body [alcohol and your body - scholastic gr 6-8](#)
- **OTC Medication Safety Program: Start a Critical Conversation** (teacher tools for grades 5-8)
  - Distinguishing Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
  - Obtaining Information from a Drug Facts Label (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>
  - The Importance of Medicine Measuring, Tools, Storage and Safe Disposal <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/>
  - Understanding the Dangers of Misuse (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/>
  - Medicine Safety Text Analysis (grades 6-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/>
  - Distinguishing Between Over the Counter and Prescription Medicine (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/>
  - Obtaining Information From a Drug Facts Label (grades 7-8) <https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
- (Stanford Medicine) Cannabis/Marijuana - The Basics
- (Stanford Medicine) Cannabis/Marijuana – Health Effects
- (Stanford Medicine) THC & The Brain
- (Stanford Medicine) Refusal Skills and Social Norms
- Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
  - Everything Tobacco
    - Unit 1 - General Tobacco – Health Effects and Social Effects <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html>
    - Unit 2 - What’s Menthol Got to Do With It? <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html>
  - E-Cigs/Vapes & Pod-Based
    - Unit 1 – Where did E Cigarettes and Vape Pens Come From? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html>
    - Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html>

- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html>
- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html>
- Unit 5-What Can I Do About It? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html>
- Unit 6- What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html>
- Hookah
  - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
- Smokeless Tobacco
  - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
- Nicotine Addiction
  - Unit 1 – The Brain <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
  - Unit 2 - Addiction 101 <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
  - Unit 3 – Nicotine Addiction <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
- Positive Youth Development
  - Refusal Skills Activities <https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html>
- Stop Underage Drinking <https://www.stopalcoholabuse.gov>
- Substance Use and Abuse [https://youtu.be/wQI\\_4kcE5nw](https://youtu.be/wQI_4kcE5nw)
- Understanding the Opioid Epidemic <https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/>
- Understanding the Opioid Epidemic: Family and Community Discussion Guide <https://vpm.pbslearningmedia.org/resource/b83250e7-72a4-40c2-8bc1->
- Taking Down Tobacco <https://ymiclassroom.com/lesson-plans/takingdowntobacco/>
- The Opioid Crisis: Help Teens Make Informed Decisions <https://ymiclassroom.com/lesson-plans/opioids/>
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- TED Ed Resources:
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - How do steroids affect your muscles
  - What you should know about vaping
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Teen Use of Edibles: A Focus Group Study of An Emerging Issue
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4lRQsLlnE>
- US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>
- Understand the Big Deal – How Marijuana Affects Youth
- Virginia ABC Education Publications <https://www.abc.virginia.gov/education/publications>
- Why are Drugs so Hard to Quit? <https://www.youtube.com/watch?v=Xbk35VFpUPI>



- [Why Is Meth so Addictive? Hazelden Betty Ford Foundation – You Tube](#)
- [Why is vaping so popular https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/Johnny's Ambassadors Online Marijuana Curriculum](https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/Johnny's%20Ambassadors%20Online%20Marijuana%20Curriculum)

Videos:

- [Prevention of Youth Marijuana Use \(SAMHSA\) https://youtu.be/CrA9lDd9ALo](https://youtu.be/CrA9lDd9ALo)
- [Let's Talk About Cannabis and Teens \(Prevention Connection, Kern County\) https://youtu.be/k1QStvIzOpA](https://youtu.be/k1QStvIzOpA)
- [How Marijuana Affects Your Developing Brain \(Discovery Education\) https://youtu.be/6Yp\\_NIVx-QA](https://youtu.be/6Yp_NIVx-QA)
- [Youth Marijuana Prevention, Future Self \(Michigan HHS\) PSA https://youtu.be/QLfFxfu8IIA](https://youtu.be/QLfFxfu8IIA)
- [Marijuana is Legal in Massachusetts \(City of Somerville Prevention Services\) https://youtu.be/7m67nOvYV\\_U](https://youtu.be/7m67nOvYV_U)
- [Impact of Marijuana Industry Five Years after Legalization in Colorado \(CBS News\) https://youtu.be/zv5M5uxK\\_6o](https://youtu.be/zv5M5uxK_6o)
- [Marijuana Risks: Virtual Assistant: 60 \(SAMHSA\) https://youtu.be/-nDGVFujQ9A](https://youtu.be/-nDGVFujQ9A)
- [The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention https://youtu.be/t71pDKIUfrE](https://youtu.be/t71pDKIUfrE)
- [Middle School Drug Trends 2020: Marijuana \(Marshfield Clinic Health System\). https://youtu.be/YcWpd\\_\\_obE8](https://youtu.be/YcWpd__obE8)
- [The Human Brain: Major Structures and Functions \(NIDA\) https://youtu.be/0-8PvNOdByc](https://youtu.be/0-8PvNOdByc)
- [The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs \(NIDA\) https://youtu.be/DMcmrP-BWGk](https://youtu.be/DMcmrP-BWGk)
- [Anyone Can Become Addicted to Drugs \(NIDA\) https://youtu.be/wCMkW2ji2OE](https://youtu.be/wCMkW2ji2OE)
- [Addiction: A Disease that Impairs Free Will \(NIDA\) https://youtu.be/X1AEvkWxbLE](https://youtu.be/X1AEvkWxbLE)
- [Why are drugs so hard to quit? \(NIDA\) https://youtu.be/Xbk35VFpUPI](https://youtu.be/Xbk35VFpUPI)
- [Mind Matters: How does Marijuana Affect Your Brain and Body \(NIDA\) https://youtu.be/JB01nJwBveM](https://youtu.be/JB01nJwBveM)

## Safety/Injury Prevention

- Health Smart Virginia 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Are Teens Addicted to Texting? <https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/>
- Bike Safety <https://youtu.be/Pc5e8Un05aA>
- Concussion Handout HeadsUp [https://www.cdc.gov/headsup/pdfs/resources/RocketBlades\\_Concussion\\_HandoutforKids-a.pdf](https://www.cdc.gov/headsup/pdfs/resources/RocketBlades_Concussion_HandoutforKids-a.pdf)
- Concussion Conundrum <https://healthpoweredkids.org/lessons/concussion-conundrum/>
- Fire Safety: Activities to Spark Learning [http://www.educationworld.com/a\\_lesson/lesson/lesson026.shtml](http://www.educationworld.com/a_lesson/lesson/lesson026.shtml)
- Fire Safety Resources <https://www.teachervision.com/emergency/teacher-resources/47554.html>
- Fire Safety Resources – Vermont <https://firesafety.vermont.gov/pubed/programs>
- Injury Prevention Resources <http://www.parachutecanada.org>
- KidsHealth- First Aid & Safety: <http://kidshealth.org/en/parents/firstaid-safe/>
- Lesson Planet Safety Issues Lesson Plan <https://www.lessonplanet.com/teachers/its-your-life-safe-or-sorry-safety-issues>
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- National Crime Prevention Council - School Safety <http://archive.npc.org/topics/school-safety.html>
- National Education Association - School Safety Resources for Educators <http://www.nea.org/home/44693.htm>
- Protect Skin from the Sun [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)
- Safe Routes to School <http://www.saferoutesinfo.org/>
- SafeKids - Home Safety for Educators <http://www.safekids.org/home-safety-educators>
- Teacher Vision - School Safety Resources for Teachers <https://www.teachervision.com/school-safety-month/teacher-resources/6661.html>
- Teen Drivers - NHTSA <http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers---Parents-&-Teens>
- The Facts About Concussions <https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/>
- Videos:
  - ThinkFirst Teen Video Clip <https://www.youtube.com/watch?v=RJWcOYftedk>
  - One Decision [https://www.youtube.com/watch?v=WWptgB\\_1bco](https://www.youtube.com/watch?v=WWptgB_1bco),
  - Underage Drinking - Is It Worth It? <https://www.youtube.com/watch?v=WGQ8F05C5gk>
  - Texting and Driving Crash - It Can Wait <https://www.youtube.com/watch?v=ApnyKv1GuNI>
  - Seat Belt May Have Saved Teen Crash Victims Life <https://www.youtube.com/watch?v=m4SaoXTF9NQ>
  - Caught on Tape - Teen Drivers Moments Before a Crash <https://www.youtube.com/watch?v=r3MIUA0qkiQ>

## Mental Wellness/Social Emotional Skills

- Health Smart Virginia 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 3 Committee for Children (CFC) Free SEL Classroom Activities
- 4 Inventive Games that Teach Students Social Skills
- 5 Activities to Support Students Through the Holidays
- 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
- 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
- 6 Mental Health Lessons that Changed My Life <https://youtu.be/BryGqImYBEM>
- 7 Fun Communication Games that Increase Understanding
- 7 SEL Activities for Students to Do at Home
- 8 Social Emotional Learning Activities for a Classroom
- 8 Downloadable SEL Activities for Home and School
- 9 mental health activities to do with your children - BelievePerform
- 10 Activities to Help Children Explore Emotions
- 10 Activities to Integrate Social Emotional Learning into the Classroom
- 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
- 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
- 10 Tips to Help Your Child with Anger, Aha! Parenting
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 12 Games to Teach Social-Emotional Learning - Playworks
- 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
- 12 Ways Teachers Can Build Their Own Resilience
- 13 Powerful SEL Activities | Edutopia
- 15 Activities for Teaching CASEL Core Competencies | Waterford.org
- 16 Anger Management Activities, School Counseling Files
- 16 Social and Emotional Learning Activities - Aperture Education
- 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
- 25 Ways to Integrate Social Emotional Learning into Your Classroom
- 25 At Home SEL Activities - Choice Board
- 28 Mental Health Activities, Worksheets & Books for Adults & Students
- 30 Character-Building Ideas and Activities for School, Sign Up Genius

- 30 + Free Choice SEL Activities
- 73 Social Emotional Learning Activity Sheets
- 97 SEL Skills Activities – InspiredStudents.org
- 100 Kid Activities to Build Character, Moments a Day
- 101 Ways to Teach Children Social Skills
- 132 SEL Apps, Games, Activities for Building Character in the Classroom
- An Adolescent Mental Health Curriculum - A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
- Body Image and Eating Disorders [body-image-and-eating-disorder-hiding-in-plain-sight](#)
- Breathing Activity for Elementary Students  
[Butterfly Breathing Video – YouTube](#)
- CA Media Smarts - Avatars and Body Image <http://mediasmarts.ca/teacher-resources/avatars-body-image>
- CA Media Smarts - Gender Body Image <http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson>
- Calming Exercises for Kids: Breathing and Stretching - YouTube
- Canadian Mental Health Association - Mental Health and High School Curriculum Guide [http://www.cibhs.org/sites/main/files/file-attachments/mental\\_health\\_and\\_high\\_school\\_curriculum\\_guide.pdf](http://www.cibhs.org/sites/main/files/file-attachments/mental_health_and_high_school_curriculum_guide.pdf)
- CDC Healthy Relationships Talking Points <http://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- CDC Healthy Communication Skills Teachers Guide <http://headsip.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Classroom Activities - MACMH | MACMH
- Classroom Physical Activity Helps Students with Mental Health and Anxiety
- Color Your Community
- Color Your Destiny
- Committee for Children (CFC) Free Classroom Activities <https://www.cfchildren.org/resources/free-classroom-activities/>
- The Compassion Project consists of 15 online lessons and 3 digital activities. Each lesson and activity takes less than 45 minutes to complete [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12\\_compassion\\_course\\_outline.pdf](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf)
- Decreasing Screen Time <https://healthpoweredkids.org/lessons/decreasing-screen-time/>
- Discovery - Self Esteem <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- EMOTIONAL ABC Classroom
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- Exercise and your brain <https://healthpoweredkids.org/lessons/exerciseandbrain/>
- Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>
- Getting Caught in the Web Lesson 1
- Good Mental Health <https://youtu.be/beTd4UFLtOU>

- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education [http://www.arkansased.gov/public/userfiles/Learning\\_Services/GUIDE\\_for\\_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf](http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf)
- Guided Imagery <https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Hiding in Plain Sight - Youth Mental Illness <https://vpm.pbslearningmedia.org/collection/kenburnsclassroom/film/hiding-in-plain-sight/>
- I know what you did this summer (8th)
- If it's to Be, It's up to me (8th)
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- KidsHealth.org Teacher's Guides for Grades 6-8:
  - Conflict Resolution [https://classroom.kidshealth.org/6to8/personal/growing/conflict\\_resolution.pdf](https://classroom.kidshealth.org/6to8/personal/growing/conflict_resolution.pdf)
  - Depression <https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf>
  - Empathy <https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf>
  - Eating Disorders [https://classroom.kidshealth.org/6to8/problems/conditions/eating\\_disorders.pdf](https://classroom.kidshealth.org/6to8/problems/conditions/eating_disorders.pdf)
  - Getting Along [http://classroom.kidshealth.org/6to8/personal/growing/getting\\_along.pdf](http://classroom.kidshealth.org/6to8/personal/growing/getting_along.pdf)
  - Healthy Relationships [http://classroom.kidshealth.org/6to8/personal/growing/healthy\\_relationships.pdf](http://classroom.kidshealth.org/6to8/personal/growing/healthy_relationships.pdf)
  - Peer Pressure [http://classroom.kidshealth.org/6to8/personal/growing/peer\\_pressure.pdf](http://classroom.kidshealth.org/6to8/personal/growing/peer_pressure.pdf)
  - Self Esteem [http://classroom.kidshealth.org/6to8/personal/growing/self\\_esteem.pdf](http://classroom.kidshealth.org/6to8/personal/growing/self_esteem.pdf)
  - Stress <https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf>
  - Suicide Prevention <http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf>
- Know the Odds - Underage Gambling <https://ymiclassroom.com/lesson-plans/know-the-odds/>
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Learning to calm fear lesson plan <https://healthpoweredkids.org/learning-to-calm-fear/>
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health Awareness: Free Resources & More | Share My Lesson
- Mental Health First Aid <https://www.thenationalcouncil.org>
- Mental Health and High School Curriculum Guide, Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
- Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- Michigan Education - Online Professional Development for Social Emotional Learning
  - Introduction to SEL <https://plp.mivu.org/Registration.aspx?section=3195>
  - Embedding SEL Schoolwide <https://plp.mivu.org/Registration.aspx?course=542>
  - Creating a Professional Culture Based on SEL <https://plp.mivu.org/Registration.aspx?section=3224>
  - Integrating SEL -Culturally Responsive Classrooms <https://plp.mivu.org/Registration.aspx?section=3226>
  - Trauma Informed Support <https://plp.mivu.org/Registration.aspx?section=2960>
  - Mindful Schools -
- Lesson - Introduction to Mindful Bodies and Listening <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- Love is Respect <https://www.loveisrespect.org>
- Mindful Moments – MCPS Be Well 365 - Student Activity Videos

- [Mindful Movement for Young Learners - YouTube](#)
- [Mindful Schools](http://www.mindfulschools.org/resources/explore-mindful-resources)
- [Mindful Teachers Site](http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html)
- [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](#)
- [NIDA CDC What Does Respect Mean To You](https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence)
- [Noticing Walk and Reflection](https://healthpoweredkids.org/lessons/noticingwalk/)
- [Open Up Magazine, Minnesota Association for Children's Mental Health – \*It's All in Your Viewpoint\*](http://www.macmh.org/open-up-magazine/classroom-activities/)
- [Parent Discussion Guide on Youth Healthy Relationships](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf)
- [PBS - Overview of Mindfulness](http://www.pbs.org/thebuddha/teachers-guide/)
- [PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides](http://www.pbs.org/inthemix/educators/lessons/)
- PE Central lessons
  - [Emotions in Motion](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho)
  - [Sounds of Music \(Stress Management\)](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho)
  - [What is Stress](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659)
- [ProCon.org - Social Networking](http://socialnetworking.procon.org/)
- [Purdue Healthy Body Image Middle School Lessons](https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf)
- [Reach Out - Asking students if they are okay](https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day)
- [Ready to Remain Safe \(8th\)](#)
- [Relationships...Quality Control \(8th\)](#)
- [Relationships...Going Up while Growing Up \(8th\)](#)
- [Relationship skills/Social Emotional Learning](https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/)
- [Responsible Decision Making/Social Emotional Learning](https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/)
- [Resiliency: One Step at a Time](https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/)
- [Rossier USC - Creating Safe Spaces - Social Emotional Lessons](https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/)
- [Samaritans Developing Emotional Awareness and Listening \(DEAL\) Teaching Resources](https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening)
- [SCDA Girls Only Toolkit](http://www.sdca.org/office/girlsonlytoolkit/)
- [Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine](http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson)
- [Scholastic 6-8 Social Emotional Lessons](https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/)
- [Scholastic Mind Up Curriculum - brain centered teaching strategies](http://teacher.scholastic.com/products/mindup/)
- [Scholastic - Social and Emotional Learning: Essential Lessons for Student Success](https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html)
- [Screening for Mental Health - depression, suicide, and self-injury](https://mentalhealthscreening.org/programs/sos-signs-of-suicide)

- Self-Esteem and Body Image <https://healthpoweredkids.org/lessons/self-esteem-and-body-image/>
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>
- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- Shifting Boundaries - Lessons on Relationships for Students in Middle School <https://preventipv.org/materials/shifting-boundaries>
- Signs of Suicide and ACT <https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum>
- So Much to Do, So little time: How Do I tie all of the loose ends together Lesson 2
- Social Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/>
- Social Networking <http://socialnetworking.procon.org/>
- Social Anxiety, School, and Sad Thoughts <https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/>
- Stress, Trauma and the Brain - Insights for Educators <https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/>
- Stigma and Identity <https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/>
- Striking Out Stress: A “Gallery Walk” Activity [http://www.educationworld.com/a\\_tsl/archives/02-1/lesson045.shtml](http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml)
- A Student’s Guide to Using Social Media
- Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](http://www.SAMHSA.gov)
- Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- Suicidal Ideations [hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/](https://vpm.pbslearningmedia.org/resource/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/)
- Supporting Students’ Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
- TED ED Resources:
  - [The psychology of PTSD](https://www.ted.com/lessons/the-psychology-of-ptsd)
  - [How to stay calm under pressure](https://www.ted.com/lessons/how-to-stay-calm-under-pressure)
- Toxic Positivity <https://youtu.be/AxSzW8TcO1g>
- UNICEF Kid Power Videos for Children and Families
- Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov/>
- “Walk in Our Shoes” Lesson Plan [http://walkinourshoes.org/content/Classroom\\_Lesson\\_Plans.pdf](http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf)
- Wall Street Journal - Overview of Mindfulness <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
- We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
- What is important to me?
- What’s normal anxiety? <https://www.youtube.com/watch?v=xsEJ6GeAGb0>
- When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- When Grief Enters the Classroom [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\\_guide.pdf](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 8<sup>th</sup> Grade Page <https://healthsmartva.org/8th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 Conflict Resolution Lessons, Fairfax County Schools [http://creducation.net/resources/CR\\_Guidelines\\_and\\_10\\_CR\\_lessons\\_FCPS.pdf](http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf)
- Anti- Bullying Animated Short Film <https://youtu.be/YyDJafzuUK4>
- Anti-Bullying Resources for Teachers <https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/>
- Anti-Bullying Video <https://youtu.be/0gpMP-qiAGI>
- Blueprints for Healthy Youth Development site <http://www.blueprintsprograms.com>
- Bullying and Harassment Prevention Curriculum <http://studentservices.dadeschools.net#!/fullWidth/3697>
- Building Community and Combating Hate – Middle School Lesson [http://www.partnersagainsthate.org/educators/middle\\_school\\_lesson\\_plans.pdf](http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf)
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- Committee for Children - Bullying Prevention Unit
- Coaching Boys into Men Toolkits <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Five Ways to Stop Bullying <https://youtu.be/vGV5jzPYvm0>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Hernando County Anger Management Lesson [Hernando County Anger Management Lesson\(1\).pdf](http://www.hernandocountyfla.com/Assets/Files/Hernando%20County%20Anger%20Management%20Lesson%20(1).pdf)
- In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
- KidsHealth Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_handout1.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf)
- KidsHealth Teachers Guide 9-12 Grade Conflict Resolution [http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict\\_resolution.pdf](http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf)
- Love is Respect <https://www.loveisrespect.org>
- Making Safe Decisions [https://www.etr.org/healthsmart/assets/File/sample-lessons/MS\\_ViolenceAndInjuryPreventionLesson.pdf](https://www.etr.org/healthsmart/assets/File/sample-lessons/MS_ViolenceAndInjuryPreventionLesson.pdf)
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>,
- Olweus - Class Meetings That Matter- Grades 6-8 [http://www.hazelden.org/OA\\_HTML/ibeCCtptmDspRte.jsp?item=15524&sitex=10020:22372:US](http://www.hazelden.org/OA_HTML/ibeCCtptmDspRte.jsp?item=15524&sitex=10020:22372:US)
- Olweus School-wide Bullying Prevention Program <http://olweus.sites.clemson.edu>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- Ophelia Project - It Has a Name: Relational Aggression <http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
- PACER Classroom Resources (Bullying)  
<https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd>
- PACER Middle/High School Education Curriculum (Bullying)  
<https://www.pacer.org/bullying/classroom/mid-high-curr/>
- PACER Middle/High School Activities (Bullying) <https://www.pacer.org/bullying/classroom/middle-highschool/>
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership <https://www.pacer.org/bullying/wewillgen/>



- Pacer National Bullying Prevention Center <http://www.pacer.org/bullying/>
- Pacer Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\\_TAF\\_love-is-respect.pdf](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf)
- Positive Behavior Interventions and Supports (PBIS) <https://www.pbis.org>
- Respect Others Respect Yourself <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
- SDCDA Girls Only Toolkit <http://www.sdcda.org/office/girlsonlytoolkit/>
- Shifting Boundaries - Lessons on Relationships for Students in Middle School <https://preventipv.org/materials/shifting-boundaries>
- Stop Bullying.gov Youth Engagement Kit <https://www.stopbullying.gov/what-you-can-do/teens/index.html>
- Stop Bullying Video Clips <https://www.cartoonnetwork.com/stop-bullying>
- Teaching Health and Happiness - Communication <https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf>
- Teaching Tolerance at [http://www.tolerance.org/school\\_climate\\_resources](http://www.tolerance.org/school_climate_resources)
- Teaching Tolerance - Cliques <https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools>
- 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
- Virginia Rules [https://virginiarules.org/varules\\_topics/gangs/](https://virginiarules.org/varules_topics/gangs/)
- **Healthy Relationships/Dating Violence**
  - Break the Cycle's DV 101 Single Day Dating Violence Lesson [https://www.breakthecycle.org/sites/default/files/dv\\_101\\_single\\_day\\_lesson\\_plan.pdf](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](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](https://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf)
  - National Crime Prevention Council Violence Lesson (Session 14, Community Works) <http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf>
  - Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
  - VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide [http://www.ncdsv.org/images/VSDVAA\\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf](http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf)
  - You Tube clips on Dating Violence, e.g., <https://youtu.be/ODntqYIYx7E>
- **Suicide/Self Injury**
  - Suicide Prevention Lifeline: 1-800-273-TALK (8255) <http://www.sprc.org/settings/schools>
  - Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR <http://www.thetrevorproject.org>
  - Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov>
  - Virginia Department of Health <http://www.vdh.virginia.gov/suicide-prevention/>