



## **Grade 9 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 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Alameda County Public Health Department <http://www.acphd.org/communicable-disease.aspx>
- American Public Health Association <https://www.apha.org/topics-and-issues/communicable-disease>
- Body System Challenge Worksheet <https://sciencespot.net/Media/hlthhumbdychall.pdf>
- Biology Dictionary – Body Systems <https://biologydictionary.net/body-systems/>
- Centers for Disease Control
  - [www.cdc.gov](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>
- Fact Monster- Biology – Human Body Systems <https://www.factmonster.com/math-science/biology/human-body/your-body-systems>
- Khan Academy- Biology Body Systems <https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems>
- National Cancer Institute <https://training.seer.cancer.gov/anatomy/endocrine/>
- National Institute of Diabetes and Digestive and Kidney Diseases <https://www.niddk.nih.gov/health-information/endocrine-diseases>
- TED Ed Resources:
  - [What happens during a heart attack?](#)
  - [What causes migraines?](#)
  - [What are the floaters in your eye?](#)
  - [How your muscular system works](#)
  - [How oxygen circulates through your body](#)
  - [How does the thyroid manage your metabolism?](#)
  - [How do your kidneys work?](#)
  - [How do your hormones work?](#)
  - [How the heart actually pumps blood](#)
  - [Why does your voice change?](#)
  - [How does your digestive system work?](#)
  - [How blood pressure works](#)
  - [What does the pancreas do?](#)
  - [Your skin!](#)
  - [How does the immune system work?](#)
- US Department of Health and Human Services Organ Donation Site <https://organdonor.gov/index.html>
- Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov)
- Articles:

- *Adrenaline, Cortisol, Norepinephrine/The Stress Hormones Explained* [http://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones\\_n\\_3112800.html](http://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones_n_3112800.html) *Cortisol, Its Role in Stress, Inflammations, and Implications for Diet Therapy* <http://www.todaysdietitian.com/newarchives/111609p38.shtml> .
- *Fight or Flight* <http://psychcentral.com/lib/fight-or-flight/>
- *Web MD Endocrine Systems Disorders* <http://www.webmd.com/diabetes/endocrine-system-disorders#1>
- YouTube Videos:
  - KidsHealth.org *How the Endocrine System Works* [https://www.youtube.com/watch?v=HXPCQBD\\_WGI&index=17&list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z](https://www.youtube.com/watch?v=HXPCQBD_WGI&index=17&list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z)
  - Khan Academy's *Introduction to the Endocrine System* [https://www.youtube.com/watch?v=f\\_Z1zsR9IFM](https://www.youtube.com/watch?v=f_Z1zsR9IFM)
  - *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)

## Community/Environmental Health

- Health Smart Virginia 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- Allergy and Asthma Foundation <http://fightthecauseofallergy.org>
- Asthma in the City Lesson  
<https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>
- CDC Emergency Preparedness <https://emergency.cdc.gov/preparedness/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- EPA Student Environmental Health Resources <https://www.epa.gov/students>
- EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
- EPA Learning and Teaching about the Environment <https://www.epa.gov/students>
- FEMA - Youth Emergency Preparedness Guide (9-12) [https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\\_HS\\_TG\\_082613\\_508.pdf](https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf)
- Global Asthma Report <http://www.globalasthmareport.org>
- Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
- Green Schools - Earth Day Activities and Ideas  
<http://www.greenschools.net/article.php-id=160.html>
- HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
- How Do Chemicals Affect Animals and Their Kids? <https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/>
- How can chemicals influence your hormones? <https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/>
- How can we get the most from our waste? <https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/>
- How do our food choices affect the environment? <https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/>
- Maryland - Grade 8 EH Lesson  
[https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\\_EH\\_Lssn.pdf](https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pdf)
- NIEHS - Your Environment - Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
- OSU Hydroville Curriculum Project - Problem-based environmental health curricula, resources, and events <http://blogs.oregonstate.edu/hydroville/>
- PBS Global Health Lesson 9-12<sup>th</sup> Grade <http://www.pbs.org/now/classroom/globalhealth.html>
- Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
- Public Health Advocacy Curriculum [https://drive.google.com/file/d/1a2eW3KYiXDLZFLobNuBUD\\_9k91BLt-wz/view](https://drive.google.com/file/d/1a2eW3KYiXDLZFLobNuBUD_9k91BLt-wz/view)
- Recycle Plastic More Sustainably <https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/>
- Red Cross Emergency Preparedness <http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/make-a-plan>
- TED Ed Resources:
  - [What is in the air you breathe?](#)
  - [Microbial Jungles- How Microbes form communities](#)
  - [Conserving our Coral Reefs](#)
  - [Why do we wear sunscreen?](#)

Do we really need pesticides?

Meet the Blue Fin Tuna

How to Create Cleaner Coal

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

How do wind turbines work?

What happened to acid rain?

What if there were 1 million more trees?

Beauty of Pollination

- We are Teachers - Earth Day Activities

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

- What happens to plastic in the soil? <https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/>

- WHO Environmental Health [http://www.who.int/topics/environmental\\_health/en/](http://www.who.int/topics/environmental_health/en/)

- Articles and Videos

- “Environmental Issues Involving Global Warming” - 8<sup>th</sup> Grader TED Talk <https://www.youtube.com/watch?v=PRJvuA5bW9s>
- National Geographic – “Allergy Misery” <http://environment.nationalgeographic.com/environment/global-warming/allergies-misery/>
- Scientific American: “The Link Between the Environment and Health” <https://www.scientificamerican.com/article/environment-and-our-health/>
- “This is Environmental Health” <https://www.youtube.com/watch?v=zmnEtCGDXMg>
- “Ozone, Air Quality, and Asthma” <http://kidshealth.org/en/teens/ozone-asthma.html?ref=search#>

## Nutrition

- Health Smart Virginia 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Health Start Foundation – Nutrients
- Dental Health for Teens and Tweens <https://www.youtube.com/watch?v=SND1o6GKnE8>
- Discovery Education - Eating Disorders <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Nutrition – High School Lesson Plans
- Nutrition Activities in Any Classroom – Junior and Senior High
- NYT - The Learning Network - Vitamin Deficiencies [http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\\_r=0](http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0)
- Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
- PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- Purdue University - Healthy Body Image - A Lesson Plan for High School Students <https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf>
- Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1>
- SuperTracker Nutrition Lesson Plans for High School Students
  - Healthy Eating – 5 Food Groups – You Tube
  - Healthy Eating – What is Healthy Eating? - You Tube
  - Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
  - Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
  - Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
  - Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
  - Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
- Vegetable Database <https://fruitsandveggies.org/stories/vegetables/>
- 10 ways to stop eating sugar <https://www.youtube.com/watch?v=eeAMikjOqlw>

## Physical Health/Disease Prevention/Health Promotion

- Health Smart Virginia 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- Addressing Social Determinants of Health and Development <http://ctb.ku.edu/en/table-of-contents/analyze/analyze-community-problems-and-solutions/social-determinants-of-health/main>
- American Public Health Association - Topics & Issues <https://www.apha.org/topics-and-issues>
- American Cancer Society High Schools Against Cancer [http://relay.acevents.org/site/DocServer/RFL\\_Student\\_HAC\\_Guidebook\\_GW.pdf?docID=185625](http://relay.acevents.org/site/DocServer/RFL_Student_HAC_Guidebook_GW.pdf?docID=185625)
- American Cancer Society - Ready-to-Use Cancer Presentations <http://www.cancer.org/health-care-professionals/resources-for-professionals/cancer-presentations.html/>
- American Institute for Cancer Research - Recommendations for Cancer Prevention <http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>
- American Speech Language Hearing Association (ASHA) Resources for Educators <http://www.asha.org/Buds/Information-for-Educators/>
- ASHA Protect Your Hearing PowerPoint Presentation <http://www.asha.org/uploadedFiles/Protect-Your-Hearing-Presentation.pdf>
- Brain Pop Educators Lesson Plan - Oncology <https://educators.brainpop.com/lesson-plan/oncology-game-cancer-lesson-plan/>
- CDC Cancer Prevention Program <https://www.cdc.gov/cancer/>
- CDC Cancer - How to Prevent and Find It Early <https://www.cdc.gov/cancer/dcpc/prevention/index.htm>
- CDC Cancer Videos and Resources to Share <https://www.cdc.gov/cancer/dcpc/resources/index.htm>
- CDC Community Health Programs <https://www.cdc.gov/nccdphp/dch/>
- Communicable Diseases <https://www.youtube.com/watch?v=BTH4DqOMp94>
- Chain of Infection <https://www.youtube.com/watch?v=03mK0bpIeyQ>
- Community Toolbox <http://ctb.ku.edu/en>
- Dental Care Quizzes <https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/>
- Discovery Education - Introduction to bacteria <http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm>
- Earbuds <http://kidshealth.org/en/teens/earbuds.html?view=ptr&WT.ac=t-ptr>
- FAMIS, Virginia's Health Insurance Program for Children [https://www.coverva.org/programs\\_famis.cfm](https://www.coverva.org/programs_famis.cfm)
- FEMA - Youth Emergency Preparedness (9-12) [https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\\_HS\\_TG\\_082613\\_508.pdf](https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf)
- Food Allergy Awareness <https://healthpoweredkids.org/lessons/food-allergy-awareness/>
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Goodheart Wilcox - Comprehensive Health Resources <http://www.gwlearning.com/health/0305/index.htm>
- Goodheart Wilcox - Essential Health Resources <http://www.gwlearning.com/health/0428/index.htm>
- Great American Smoke Out Anti-Smoking Lesson Plans [http://www.educationworld.com/a\\_lesson/lesson/lesson034.shtml](http://www.educationworld.com/a_lesson/lesson/lesson034.shtml)
- HealthBeat - Get Physical <https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/>
- HealthBeat - Breathe and Believe <https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/>
- HealthBeat - Hip Hopscotch <https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/>



- HealthBeat - Sleep is Your Friend <https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/>
- HealthyPeople.gov- Social Determinants of Health <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
- Infectious Diseases <https://www.youtube.com/watch?v=9axOFtPqS0c>
- Insulin Resistance <https://www.youtube.com/watch?v=OvopID91fTo>
- Intel - Creative Kids Go Pro- learn about community business and service organizations and choose one to help producing informational brochures <https://engage.intel.com/docs/DOC-51241?wapkw=creative+kids+go+pro>
- Media Literacy - Recognizing Propaganda - Unreliable Testimony <http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml>
- MedlinePlus: Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
- National Eye Institute (NEI) - Ask a Scientist: Perfect Vision and Glasses [https://youtu.be/\\_sjuU\\_9emwM](https://youtu.be/_sjuU_9emwM)
- Natural Disasters <https://educators.brainpop.com/bp-topic/natural-disasters/>
- National Institutes on Deafness and Communications Disorders (NIDCD) <https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness>
- National Quitline <https://smokefree.gov/talk-to-an-expert>
- NEI for Kids - All About Vision <https://nei.nih.gov/kids>
- NEI Healthy Vision Tips [https://nei.nih.gov/kids/healthy\\_vision\\_tips](https://nei.nih.gov/kids/healthy_vision_tips)
- NIDCD - Interactive Sound Ruler – How Loud Is Too Loud <https://www.noisyplanet.nidcd.nih.gov/publications/how-loud-too-loud-bookmark-english>
- NYT - The Learning Network - Vitamin Deficiencies [http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\\_r=0](http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0)
- Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
- PBS Global Health Lesson 9-12<sup>th</sup> Grade <http://www.pbs.org/now/classroom/globalhealth.html>
- PE Central - AIDS Fact Quilt [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.V\\_LcX\\_ArLic](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.V_LcX_ArLic)
- PE Central - Non-communicable/Communicable Diseases [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.V\\_LcJvArLic](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.V_LcJvArLic)
- Place Matters - community health series <http://unnaturalcauses.org/>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Purdue University - Healthy Body Image - A Lesson Plan for High School Students <https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf>
- Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html?tab=1>
- SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
- Sleep Well <https://ymiclassroom.com/lesson-plans/sleep/>
- Smarter Balanced Assessment Consortium - HS Communicable Diseases Activity <http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm>
- Social Determinants of Health <https://www.youtube.com/watch?v=8PH4JYfF4Ns>
- SunWise Toolkit <https://www.neefusa.org/resource/sunwise-tool-kit>
- Sun Smart Resources for Educators [http://melanomafoundation.com/?option=com\\_content&view=article&id=1&Itemid=3](http://melanomafoundation.com/?option=com_content&view=article&id=1&Itemid=3)
- Taking Care of Your Vision <http://kidshealth.org/en/teens/vision-care.html>
- Taking Care of Your Teeth <http://kidshealth.org/en/teens/teeth.html?ref=search>
- Tips to Protect Your Hearing <https://focus.masseyeandear.org/how-to-wear-ear-plugs/>
- Videos

- How Your Eyes Work - NIH [https://www.youtube.com/watch?v=i3\\_n3Ibf1c](https://www.youtube.com/watch?v=i3_n3Ibf1c)
- What are Cavities <https://www.youtube.com/watch?v=PqMEunuM54&index=68&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C>
- Protecting Your Ears <https://www.youtube.com/watch?v=MjdVP9hIaa4>
- Hearing and Balance - Crash Course <https://www.youtube.com/watch?v=Ie2j7GpC4JU>
- Vision- Crash Course <https://www.youtube.com/watch?v=o0DYP-u1rNM>
- VDH Saving Smiles Oral Health Curriculum Grades 6-10 [http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\\_Smiles\\_Series.pdf](http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_Series.pdf)
- Virginia Foundation for Healthy Youth [www.VFHY.org](http://www.VFHY.org)
- Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov)
- Volunteer Virginia <http://virginiashervice.virginia.gov/volunteering/>
- What is TB <https://www.youtube.com/watch?v=wV1plyOaj8>

## Substance Abuse Prevention

- Health Smart Virginia 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 14 Drug Education Activities, Scholastic Printable Skills Pages
- Biological Sciences Curriculum Study (BSCS) Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/drugabuse>
- Catch My Breath – A Nicotine Vaping Prevention Program
- CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>
- Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
- Connect with Kids-On The Rocks-Title: Sing It! [http://www.connectwithkids.com/LHI/pdf/OnTheRocks\\_ResourceGuide.pdf](http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf)
- Discovery Education - Deadly Highs – Grades 6-8 <http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm>
- Discovery Education - Safe Driving <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
- Drug Addiction in the Brain <https://youtu.be/NxHNxmJv2bQ>
- Easy to Start, Hard to Quit (Vaping) <https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/>
- E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don't get (e-)Hooked!
- Effects of Vaping <https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/>
- Everfi Marijuana Lesson Plans <https://everfik12hc.wpengine.com/marijuana-lesson-plans/>
- Everfi Prescription Drug Safety Lesson Plan - Introduction to the Opioid Crisis [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\\_Lesson1\\_Final.pdf](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf)
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi Prescription Drug Safety Lesson Plan - Understanding Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\\_Lesson1\\_Final.pdf](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)
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
- FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
- GirlsHealth.gov - Drugs, Alcohol, and Smoking <http://www.girlshealth.gov/substance/>
- Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>
- Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) <https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html>
- How your brain responds to the reward circuit <https://www.youtube.com/watch?v=s27f7Jzy2k0>
- How Opioids Change the Brain: Lesson Plan <https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/>
- Interactive sites:
  - <http://bloodalcoholcalculator.org/#LinkURL>

- [http://www.collegedrinkingprevention.gov/CollegeStudents/anatomy/InteractiveBody\\_flash.aspx](http://www.collegedrinkingprevention.gov/CollegeStudents/anatomy/InteractiveBody_flash.aspx)
- <http://help4kids.stanford.edu/alcohol/framework.swf>
- <http://www.nhtsa.gov/links/sid/ABCsBACWeb/>
- <http://www.drinkingnightmare.gov.au/internet/drinkingnightmare/publishing.nsf/Content/game>
- <http://sciencenetlinks.com/interactives/alcohol/ebook/index.htm>
- <http://abovetheinfluence.com/how-are-you-doing/>
- Internet4Kids Drug Lesson Plans K-12  
[https://www.internet4classrooms.com/links\\_grades\\_kindergarten\\_12/drug\\_abuse\\_guidance\\_counselor\\_lesson\\_plans.htm](https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm)
- Keeping it Real –Middle, High School DARE Curriculum <https://dare.org/education/>
- KidsHealth - human body series <http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body>
- KidsHealth – Methamphetamine – Teen Tip Sheet
- KidsHealth.Org Teachers Guides
  - Smoking 7-KidsHealth Smoking Teacher's Guide 9-12
  - Drugs 6-KidsHealth Drugs Teacher's Guide 9-12
  - Alcohol 5-KidsHealth Alcohol Teacher's Guide 9-12
- KidsHealth Teen Health - Peer Pressure [http://kidshealth.org/teen/your\\_mind/friends/peer\\_pressure.html](http://kidshealth.org/teen/your_mind/friends/peer_pressure.html)
- KidsHealth Teens Health - Drugs and Alcohol <http://kidshealth.org/en/teens/drug-alcohol/#catalcohol>
- KidsHealth - human body series <http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body>
- Know VAPE The dangers of Youth VAPING <https://vpm.pbslearningmedia.org/collection/know-vape/>
- LA Health - E-cig & vaping Informational video (Loudoun schools)[https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\\_Vaping\\_Cut.1.mp4](https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4)
- Lessons for Responsible Medicine Use <https://ymiclassroom.com/otcmedsafety/>
- Lesson: The Mysterious Vaping Illness That's Becoming and Epidemic
- Lung Health <https://vpm.pbslearningmedia.org/collection/lung-health/>
- Little Lungs in a great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
- Marijuana and Teens – *American Academy of Child and Adolescent Psychiatry*.  
[https://www.aacap.org/aacap/families\\_and\\_youth/facts\\_for\\_families/fff-guide/Marijuana-and-Teens-106.aspx](https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx)
- Marijuana – Download the Facts – Printables and Lessons
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- Nicotine Addiction – Toolkit for Schools
- Nic Sick: The Dangers of Youth Vaping <https://video.idahoptv.org/video/nic-sick-uesfxt/>
- NIDA Mind Over Matter-Anabolic Steroids <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>
- NIDA Brain Power-Grades 6-9 <https://www.drugabuse.gov/publications/brain-power/grades-6-9>
- NIDA Teacher's Edition Resources on Methamphetamine
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- NIH – Meth Mouse Game <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
- NIH Video on synthetic cannabinoids (bath salts) <https://youtu.be/cRA54zeGAnM>
- Online game/ad FDA <https://whatsinavape.com>

- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
  - Myth or Fact Lesson – Grades 6-12 <https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/>
  - Learning About Opioids – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/>
  - Science of Addiction – Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
  - Accessibility – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
  - Signs and Symptoms – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
  - The Cycle of Addiction - Grades 6-12 <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/>
  - Prescription Drug Abuse Awareness Campaign - Grades 9-12 <https://www.pbslearningmedia.org/resource/54a03afc-8e26-4636-a46c-154f68e8aaab/prescription-drug-abuse-awareness-campaign-lesson-plan/>
  - The Brain on Autopilot – Grades 9-12 <https://www.pbslearningmedia.org/resource/afe8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/>
  - Decisions and Consequence – Grades 9-12 <https://www.pbslearningmedia.org/resource/29d45378-8fc0-4c03-9607-8a347dba92dc/decisions-and-consequences/>
  - Commitment to Recovery – Grades 9-12 <https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/>
  - Full Educators Guide <https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/>
  - Community and Family Guide <https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/>
- PBS – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
- PBS video on juuling epidemic <https://youtu.be/INs19kGAnLU>
- Positive Choices – Numerous Drug Education Resources for Teachers
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- The real cost anti-vaping commercial (Hacked) <https://www.youtube.com/watch?v=EzU4ihBbf3g>
- Resources to Reduce Methamphetamine Use
- Scholastic
  - Heads Up Series <http://headsup.scholastic.com>
  - Heads Up - Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
  - Youth Vaping Risks <https://www.scholastic.com/youthvapingrisks/>
- Smoking and Vaping - Lung Health <https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/>
- SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
- Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
  - Everything Tobacco

- Unit 1- General Tobacco – Health Effects and Social Effects <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html>
  - Unit 2 - What’s Menthol Got to Do With It? <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html>
- E-Cigs/Vapes & Pod-Based
  - Unit 1 – Where did E Cigarettes and Vape Pens Come From? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html>
  - Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html>
  - Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html>
  - Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html>
  - Unit 5 - What Can I Do About It? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html>
  - Unit 6 - What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html>
- Hookah
  - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
- Smokeless Tobacco
  - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
- Nicotine Addiction
  - Unit 1 – The Brain <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
  - Unit 2- Addiction 101 <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
  - Unit 3 – Nicotine Addiction <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
- Positive Youth Development
  - Refusal Skills Activities <https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html>
- Stop Underage Drinking <https://www.stopalcoholabuse.gov>
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- The Opioid Crisis: Help Teens Make Informed Decisions <https://ymiclassroom.com/lesson-plans/opioids/>
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- TED Ed Resources:
  - What causes opioid addiction?
  - How do drugs affect the brain?
  - Is Marijuana bad for your brain?
  - How do steroids affect your muscles
  - What you should know about vaping
- Tobacco and E Cigarettes <https://healthpoweredkids.org/lessons/tobacco-and-e-cigarettes/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth

- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4IRQsLlnE>
- US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>
- Understanding the Opioid Epidemic <https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/>
- Understanding the Opioid Epidemic: Family and Community Discussion Guide [understanding-the-opioid-epidemic-family-and-community-discussion-guide](https://www.pbs.org/video/understanding-the-opioid-epidemic-family-and-community-discussion-guide)
- Virginia Underage Drinking Prevention <http://www.vahperd.org/?PUDC>
- Why Are Drugs so Hard to Quit? <https://www.youtube.com/watch?v=Xbk35VFpUPI>
- Why is Meth So Addictive? Hazelden Betty Ford Foundation – You Tube
- Why is vaping so popular <https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/>

### ***Marijuana Specific Resources***

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

#### Videos:

- Prevention of Youth Marijuana Use (SAMHSA) <https://youtu.be/CrA9IDd9ALo>
- Let’s Talk About Cannabis and Teens (Prevention Connection, Kern County) <https://youtu.be/k1QStvIzOpA>
- How Marijuana Affects Your Developing Brain (Discovery Education) [https://youtu.be/6Yp\\_NIVx-QA](https://youtu.be/6Yp_NIVx-QA)
- Youth Marijuana Prevention, Future Self (Michigan HHS) PSA <https://youtu.be/QLfFxfu8IIA>
- Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) [https://youtu.be/7m67nOvYV\\_U](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>
- The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention <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>
- The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) <https://youtu.be/DMcMrP-BWGk>
- Anyone Can Become Addicted to Drugs (NIDA) <https://youtu.be/wCMkW2ji2OE>
- Addiction: A Disease that Impairs Free Will (NIDA) <https://youtu.be/X1AEvkWxbLE>
- Why are drugs so hard to quit? (NIDA) <https://youtu.be/Xbk35VFpUPI>
- Mind Matters: How does Marijuana Affect Your Brain and Body (NIDA) <https://youtu.be/JB01nJwBveM>
- Mind Matters: How do Drugs Affect Your Life? (NIDA) <https://youtu.be/Fp4bdXYZmR4>
- Mind Matters: How do Drugs Work on the Brain? (NIDA) <https://youtu.be/ivzxGOK2nQ0>
- Mind Matters: What if Someone I know Needs Help (NIDA) <https://youtu.be/Avi9pHvTw-k>
- Mind Matters: Teen Brain Development (NIDA) <https://youtu.be/EpfnDijz2d8>
- Marijuana Risks: Build a Brain (NIDA) <https://youtu.be/HLYIDpJxxqs>



## Safety/Injury Prevention

- Health Smart Virginia 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- [Health Smart VA Home Page Resources](#)
- [Health Smart VA YouTube Channel](#)
- American Heart Association
  - Learn Hands - Only CPR [https://www.youtube.com/watch?v=pk53b\\_eweyk](https://www.youtube.com/watch?v=pk53b_eweyk)
  - Tell the Story - 911 AED Advocacy Lesson <http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf>
  - Staying Alive - CPR <https://youtu.be/0HGpp6mStfY>
- American Red Cross Student Training <https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools>
- Anyone Can Save A Life - An Emergency Action Planning Program for After School Practices and Events <http://www.anyonecansavealife.org>
- E-Learning Module <http://www.anyonecansavealife.org/e-learning-module/index.htm>
- British Red Cross - First Aid Learning for Young People <http://firstaidlearningforyoungpeople.redcross.org.uk/>
- Citizens Crime Commission of New York City - A Student Guide to Using Social Media Correctly <http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf>
- [CPR In Action - a 3D Look Inside the Body](#)
- Discovery Education - Safe Driving <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
- End Distracted Driving Lesson plan <https://enddistracteddriving.files.wordpress.com/2010/03/no-phone-zone-lesson-plan.pdf>
- Fire Risks and Safety [https://www.safekids.org/safetytips/field\\_age/teens-15%E2%80%9319-years/field\\_risks/fire](https://www.safekids.org/safetytips/field_age/teens-15%E2%80%9319-years/field_risks/fire)
- Fire Safety Checklist <https://www.safekids.org/checklist/fire-safety-checklist>
- Fire Safety Resources - Vermont <https://firesafety.vermont.gov/pubed/programs>
- Fullerton Joint Union High School District Cyber Safety Lesson Plan <https://coolcybersafetylessons.wikispaces.com/1.+Lesson+Plans>
- Injury Prevention Resources <http://www.parachutecanada.org>
- International CPR Institute
  - CPR Instructional Video 2016 <https://www.youtube.com/watch?v=u55OoE2p2c0>
  - AED Instructional Video 2016 <https://www.youtube.com/watch?v=NxNIXSLrZF0>
- Internet Safety Lesson Plan [http://www.safesurfingkids.com/lesson\\_plans\\_grades\\_3\\_12.htm](http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm)
- NY Crime Commission - Using Social Media Safely <http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf>
- Ophelia Project Cyberbullying - CyberCool High School <http://www.opheliaproject.org/cyber.html>
- Ophelia Project - Cyberbullying lesson plan <http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf>
- Stop the Texts, Stop the Wrecks <https://ymiclassroom.com/lesson-plans/stopthetexts/>
- Teen Driver Safety <https://www.cdc.gov/injury/features/teen-drivers/index.html>
- VA legislature about weapons possession and gang activity <https://www.nationalgangcenter.gov/Legislation/Virginia>
- Videos:
  - Think First Teen Video <https://www.youtube.com/watch?v=RJWcOYftedk>
  - Think First Foundation Teen Program <http://thinkfirst.org/teens>
  - Jacqui's story [https://www.youtube.com/watch?v=GtXo\\_usX7TW](https://www.youtube.com/watch?v=GtXo_usX7TW)
  - Jacqui and Reggie Today <https://www.youtube.com/watch?v=VOobl7xi-Xs>

- One Decision [https://www.youtube.com/watch?v=WWptgB\\_1bco](https://www.youtube.com/watch?v=WWptgB_1bco)
- Virginia Rules
  - Student Responsibilities [https://virginiarules.org/varules\\_topics/student-responsibilities/](https://virginiarules.org/varules_topics/student-responsibilities/)
  - Gangs [https://virginiarules.org/varules\\_topics/gangs/](https://virginiarules.org/varules_topics/gangs/)

## Mental Wellness/Social Emotional Skills

- Health Smart Virginia 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- What is SEL
- WHAT Is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
- Teaching Activities to Support Core SEL Competencies
- 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
- 6 Mental Health Lessons that Changed My Life <https://youtu.be/BryGqImYBEM>
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 10 things depression makes us do <https://www.youtube.com/watch?v=pcmoQinDhJ4>
- 97 SEL Skills Activities – InspiredStudents.org
- An Adolescent Mental Health Curriculum - A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
- Are Teens Addicted to Texting? <https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/>
- Body Image and Eating Disorders [body-image-and-eating-disorder-hiding-in-plain-sight](https://www.pbslearningmedia.org/resource/midlit11.soc.ush.texting/body-image-and-eating-disorder-hiding-in-plain-sight/)
- Canadian Mental Health Association- Mental Health and High School Curriculum Guide [http://www.cibhs.org/sites/main/files/file-attachments/mental\\_health\\_and\\_high\\_school\\_curriculum\\_guide.pdf](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>
- The Clique
- Committee for Children (CFC) Free Classroom Activities <https://www.cfchildren.org/resources/free-classroom-activities/>
- Conflict Resolution: Find the Best Route to Your Destination
- Discovery - Depression Lesson Plan <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
- Does Being Popular in High School Really Matter? <https://vpm.pbslearningmedia.org/resource/teen-popularity-kqed/does-being-popular-in-high-school-really-matter-above-the-noise/>
- Eating Disorders [www.usatoday.com/educate/casestudies/eatingdisorders.pdf](http://www.usatoday.com/educate/casestudies/eatingdisorders.pdf)
- Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?”
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- Future Self Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/>
- Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Good Mental Health <https://youtu.be/beTd4UFLtOU>
- Guided Imagery <https://healthpoweredkids.org/lessons/guided-imagery-create-the-state-you-want/>
- Guide for Life: 5 Skills For Personal Success - Arkansas Department of Education

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

- Healing trauma <https://www.youtube.com/watch?v=ZoZT8-HqI64>
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Hiding in Plain Sight - Youth Mental Illness <https://vpm.pbslearningmedia.org/collection/kenburnsclassroom/film/hiding-in-plain-sight/>
- Interactive Games in Support of Mental Health | Mental Health Delta Division
- Juggling New Opportunities
- KidsHealth.org Teacher's Guides for Grades 9-12:
  - Conflict Resolution [https://classroom.kidshealth.org/9to12/personal/growing/conflict\\_resolution.pdf](https://classroom.kidshealth.org/9to12/personal/growing/conflict_resolution.pdf)
  - Depression <https://classroom.kidshealth.org/classroom/9to12/problems/emotions/depression.pdf>
  - Empathy <https://classroom.kidshealth.org/9to12/personal/growing/empathy.pdf>
  - Eating Disorders [https://classroom.kidshealth.org/9to12/problems/conditions/eating\\_disorders.pdf](https://classroom.kidshealth.org/9to12/problems/conditions/eating_disorders.pdf)
  - Getting Along [http://classroom.kidshealth.org/9to12/personal/growing/getting\\_along.pdf](http://classroom.kidshealth.org/9to12/personal/growing/getting_along.pdf)
  - Healthy Relationships [http://classroom.kidshealth.org/9to12/personal/growing/healthy\\_relationships.pdf](http://classroom.kidshealth.org/9to12/personal/growing/healthy_relationships.pdf)
  - Peer Pressure [http://classroom.kidshealth.org/9to12/personal/growing/peer\\_pressure.pdf](http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf)
  - Self Esteem [http://classroom.kidshealth.org/9to12/personal/growing/self\\_esteem.pdf](http://classroom.kidshealth.org/9to12/personal/growing/self_esteem.pdf)
  - Stress <https://classroom.kidshealth.org/9to12/problems/emotions/stress.pdf>
  - Suicide Prevention <http://classroom.kidshealth.org/9to12/problems/emotions/suicide.pdf>
- Know the Odds - Underage Gambling <https://ymiclassroom.com/lesson-plans/know-the-odds/>
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- Love is Respect <https://www.loveisrespect.org>
- Managing Conflicts
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health First Aid <https://www.thenationalcouncil.org>
- Mental Health and High School Curriculum Guide , Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
- Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- Michigan Education - Online Professional Development for Social Emotional Learning
  - Introduction to SEL <https://plp.mivu.org/Registration.aspx?section=3195>
  - Embedding SEL Schoolwide <https://plp.mivu.org/Registration.aspx?course=542>
  - Creating a Professional Culture Based on SEL <https://plp.mivu.org/Registration.aspx?section=3224>
  - Integrating SEL into Culturally Responsive Classrooms <https://plp.mivu.org/Registration.aspx?section=3226>
  - Trauma Informed Support <https://plp.mivu.org/Registration.aspx?section=2960>
- Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
- NC Schools - Mrs. Kelly's Health and PE Mental Health Lessons [https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms\\_file/show/17927483.pdf?t=1386943520](https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms_file/show/17927483.pdf?t=1386943520)
- Mindful Schools - Lesson- Introduction to Mindful Bodies and Listening <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- Mindful Schools <http://www.mindfulschools.org/resources/explore-mindful-resources>

- Mindful Teachers Site <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
- NIDA CDC What Does Respect Mean To You <https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence>
- Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson>
- Open Up Magazine, Minnesota Association for Children’s Mental Health – *It’s All in Your Viewpoint* <http://www.macmh.org/open-up-magazine/classroom-activities/>
- Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\\_TAF\\_Love-is-respect.pdf](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_Love-is-respect.pdf)
- PBS - Overview of Mindfulness <http://www.pbs.org/thebuddha/teachers-guide/>
- PBS - In the Mix: "Dealing with Death" [http://www.pbs.org/inthemix/shows/show\\_death.html](http://www.pbs.org/inthemix/shows/show_death.html)
- PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides <http://www.pbs.org/inthemix/educators/lessons/>
- PE Central lessons
  - Emotions in Motion <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
  - Sounds of Music (Stress Management) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho>
- Positive Self Talk
- ProCon.org- Social Networking <http://socialnetworking.procon.org/>
- Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
- Reframing feelings before acting on them: “Slow down and look around you”
  - Student Activity 1
  - Student Activity 2
  - Student Reading
- Relationship skills/Social Emotional learning <https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/>
- Resiliency: One Step at a Time <https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/>
- Responsible Decision Making/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/>
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- Safe and Healthy Life Choices-Part 1 (9th)
- Safe and Healthy Life Choices-Part 2 (9th)
- Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>
- Scholastic Mind Up Curriculum - brain centered teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Screening for Mental Health - depression, suicide, and self-injury <https://mentalhealthscreening.org/programs/sos-signs-of-suicide>
- Self-Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>
- Self-calming methods: “Downshift to a lower gear with help from your body”

- Self-Management/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/>
- Shifting Boundaries - Lessons on Relationships for Students in Middle School <https://preventipv.org/materials/shifting-boundaries>
- Signs of Suicide and ACT <https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum>
- Social Networking <http://socialnetworking.procon.org/>
- Social Anxiety, School, and Sad Thoughts <https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/>
- Social Awareness/Social Emotional Learning <https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/>
- Striking Out Stress: A “Gallery Walk” Activity [http://www.educationworld.com/a\\_tsl/archives/02-1/lesson045.shtml](http://www.educationworld.com/a_tsl/archives/02-1/lesson045.shtml)
- A Student’s Guide to Using Social Media
- Stress, Trauma and the Brain - Insights for Educators <https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/>
- Stigma and Identity <https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/>
- Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](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](#)
  - [How to stay calm under pressure](#)
- TeenMentalHealth.org - Mental Health and High School Curriculum Guide <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/06/DRAFT-6-2015-Version-New-Design.compressed.pdf>
- The Compassion Project consists of 15 online lessons and 3 digital activities [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12\\_compassion\\_course\\_outline.pdf](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf)
- Toxic Positivity <https://youtu.be/AxSzW8TcO1g>
- Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov/>
- “Walk in Our Shoes” Lesson Plan: [http://walkinourshoes.org/content/Classroom\\_Lesson\\_Plans.pdf](http://walkinourshoes.org/content/Classroom_Lesson_Plans.pdf)
- Wall Street Journal - Overview of Mindfulness <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
- We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
- What’s normal anxiety? <https://www.youtube.com/watch?v=xsEJ6GeAGb0>
- What is trauma? <https://www.youtube.com/watch?v=BJfmfkDQb14>
- When Grief Enters the Classroom
  - [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\\_guide.pdf](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 9<sup>th</sup> Grade Page <https://healthsmartva.org/9th-grade>
- Health Smart VA Home Page Resources
- Health Smart VA YouTube Channel
- 10 Conflict Resolution Lessons, Fairfax County Schools [http://creducation.net/resources/CR\\_Guidelines\\_and\\_10\\_CR\\_lessons\\_FCPS.pdf](http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf)
- Anti-Bullying Resources for Teachers <https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/>
- Anti-Bullying Animated Short Film <https://youtu.be/YyDJafzuUK4>
- BluePrints for Healthy Youth Development site <http://www.blueprintsprograms.com>
- Bullying and Harassment Prevention Curriculum <http://studentservices.dadeschools.net/#!/fullWidth/3697>
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- Olweus School-wide Bullying Prevention Program <http://olweus.sites.clemson.edu>
- Positive Behavior Interventions and Supports (PBIS) <https://www.pbis.org>
- Teaching Tolerance at [http://www.tolerance.org/school\\_climate\\_resources](http://www.tolerance.org/school_climate_resources)
- Coaching Boys into Men Toolkits. <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_handout1.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf)
- Kids Health Teachers Guide 9-12 Grade Conflict Resolution [http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict\\_resolution.pdf](http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf)
- In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>,
- Olweus - Class Meetings That Matter- Grades 6-8 [http://www.hazelden.org/OA\\_HTML/ibeCCtptmDspRte.jsp?item=15524&sitex=10020:22372:US](http://www.hazelden.org/OA_HTML/ibeCCtptmDspRte.jsp?item=15524&sitex=10020:22372:US)
- Ophelia Project - It Has a Name: Relational Aggression <http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
- Online Safety <https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/>
- PACER Classroom Resources (Bullying) <https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd>
- PACER Middle/High School Education Curriculum (Bullying) <https://www.pacer.org/bullying/classroom/mid-high-curr/>
- PACER Middle/High School Activities (Bullying) <https://www.pacer.org/bullying/classroom/middle-highschool/>
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership <https://www.pacer.org/bullying/wewillgen/>
- Pacer National Bullying Prevention Center <http://www.pacer.org/bullying/>
- Pacer Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Respect Others Respect Yourself <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
- SDCDA Girls Only Toolkit <http://www.sdcda.org/office/girlsonlytoolkit/>

- Stop Bullying.gov Youth Engagement Kit <https://www.stopbullying.gov/what-you-can-do/teens/index.html>
- Stop Bullying Video Clips <https://www.cartoonnetwork.com/stop-bullying>
- Teaching Health and Happiness – Communication <https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf>
- Teaching Tolerance – Cliques - What’s a Clique <https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique>
- Teen Health <https://youtu.be/8ixNuGRX7YY>
- Cliques in School <https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools>
- Virginia Rules [https://virginiarules.org/varules\\_topics/gangs/HealthyRelationships/DatingViolence](https://virginiarules.org/varules_topics/gangs/HealthyRelationships/DatingViolence)
- 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)
- Healthy Relationships, Online THATSNOTCOOL <https://thatsnotcool.com>
- Love is Respect <https://www.loveisrespect.org>
- 2023 Teen Dating Violence Prevention Toolkit <https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf>
- Break the Cycle’s DV 101 Single Day Dating Violence Lesson [https://www.breakthecycle.org/sites/default/files/dv\\_101\\_single\\_day\\_lesson\\_plan.pdf](https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf)
- CDC Healthy Relationship Talking Points <http://headsap.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>
- Respect Others Respect Yourself (CDC & NIDA). <http://headsap.scholastic.com/teachers/respect-others-respect-yourself>
- Refusal Skills – Rethinking Drinking, Alcohol and You <https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Stay-in-control/Drink-Refusal-Skills.aspx>
- Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
- Teen Dating Violence Awareness <https://youtu.be/x2WE2I1nkYA>
- Teen Dating Violence Prevention <https://youtu.be/ZFpmB571fqE>
- VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide [http://www.ncdsv.org/images/VSDVAA\\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf](http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf)
- You Tube clips on Dating Violence, e.g., <https://youtu.be/ODntqYIYx7E>

#### *Suicide Prevention*

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