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**Grade 10 Resource Links**

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

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

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**Violence Prevention**

**Body Systems**

* Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Body System Challenge Worksheet [https://sciencespot.net/Media/hlthhumbdychall.pdf](about:blank)
* Biology Dictionary – Body Systems [https://biologydictionary.net/body-systems/](about:blank)
* Fact Monster- Biology – Human Body Systems [https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems](about:blank)
* Khan Academy- Biology Body Systems [https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems](about:blank)
* TED Ed Resources:

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

[What causes migraines?](about:blank)

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

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

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

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

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

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

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

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

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

[How blood pressure works](about:blank)

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

[Your skin!](about:blank)

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

**Community/Environmental Health**

* Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* Choosing a Career in Health [https://www.nlm.nih.gov/changingthefaceofmedicine/resources/lesson\_hs.html](about:blank)
* Communicable Diseases [https://www.youtube.com/watch?v=BTH4DqOMp94](about:blank)
* Chain of Infection [https://www.youtube.com/watch?v=03mK0bpIeyQ](about:blank)
* Discovery Education - Careers in Health [http://www.discoveryeducation.com/teachers/free-lesson-plans/careers-in-health.cfm](about:blank)
* Does Farming Impact Air Quality? [https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/](about:blank)
* Food Allergy Awareness [https://healthpoweredkids.org/lessons/food-allergy-awareness/](about:blank)
* Kids Health-health careers [https://kidshealth.org/en/teens/health-care-careers.html](about:blank)
* Rice Center for Technology in Teaching and Learning [http://coolsciencecareers.rice.edu/](about:blank)
* Virginia Education Wizard [https://www.vawizard.org/wizard/careersAssess](about:blank)
* Asthma in the City Lesson [https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx](about:blank)
* FEMA - Youth Emergency Preparedness (9-12) [https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\_HS\_TG\_082613\_508.pdf](about:blank)
* Allergy and Asthma Foundation [http://fightthecauseofallergy.org](about:blank)
* CDC Emergency Preparedness [https://emergency.cdc.gov/preparedness/](about:blank)
* EPA Environmental Health 101 Lesson

[https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101](about:blank)

* EPA Student Environmental Health Resources [https://www.epa.gov/students](about:blank)
* EPA Games and Quizzes [https://www.epa.gov/students/games-quizzes-and-more](about:blank)
* EPA Learning and Teaching about the Environment [https://www.epa.gov/students](about:blank)
* Global Asthma Report [http://www.globalasthmareport.org](about:blank)
* Global Asthma Network [http://www.globalasthmanetwork.org/patients/causes.php](about:blank)
* Green Schools - Earth Day Activities and Ideas

[http://www.greenschools.net/article.php-id=160.html](about:blank)

* HealthyPeople.Gov Environment [https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health](about:blank)
* How Do Chemicals Affect Animals and Their Kids? [https://www.sciencejournalforkids.org/articles/how-do-chemicals-affect-animals-and-their-kids/](about:blank)
* How can chemicals influence your hormones? [https://www.sciencejournalforkids.org/articles/how-can-chemicals-influence-your-hormones/](about:blank)
* How can we get the most from our waste? [https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/](about:blank)
* How do our food choices affect the environment? [https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/](about:blank)
* Infectious Diseases [https://www.youtube.com/watch?v=9axOFtPqS0c](about:blank)
* Insulin Resistance [https://www.youtube.com/watch?v=OvopID91fTo](about:blank)
* Maryland - Grade 8 EH Lesson

[https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD\_EH\_Lssn.pd](about:blank)

* NIEHS- Your Environment- Your Health [http://www.niehs.nih.gov/health/scied/teachers/](about:blank)
* OSU Hydroville Curriculum Project - Problem-based environmental health curricula, resources, and events [http://blogs.oregonstate.edu/hydroville/](about:blank)
* Project Learning Tree - Earth Day Activities [https://www.plt.org/educator-tips/earth-day-activities/](about:blank)
* Public Health Advocacy Curriculum [https://drive.google.com/file/d/1a2eW3KYiXDLZFLoBNuBUD\_9k91BLt-wz/view](about:blank)
* Recycle Plastic More Sustainably [https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/](about:blank)
* Social Determinants of Health [https://www.youtube.com/watch?v=8PH4JYfF4Ns](about:blank)
* TED Ed Resources:

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

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

[Conserving our Coral Reefs](about:blank)

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

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

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

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

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

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

[What happened to acid rain?](about:blank)

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

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

* We are Teachers - Earth Day Activities

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

* What happens to plastic in the soil? [https://www.sciencejournalforkids.org/articles/what-happens-to-plastic-in-the-soil/](about:blank)
* What is TB [https://www.youtube.com/watch?v=wV1pllyOaj8](about:blank)
* WHO Environmental Health [http://www.who.int/topics/environmental\_health/en/](about:blank)
* **Lesson Plan**
  + FEMA Be a Hero Youth Emergency Preparedness Guide [https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA\_HS\_TG\_082613\_508.pdf](about:blank)
* **Articles and Videos**
  + “Environmental Issues Involving Global Warming” - 8th Grader TED Talk [https://www.youtube.com/watch?v=PRJvuA5bW9s](about:blank)
  + National Geographic - “Allergy Misery” [http://environment.nationalgeographic.com/environment/global-warming/allergies-misery/](about:blank)
  + Scientific American: “The Link Between the Environment and Health” [https://www.scientificamerican.com/article/environment-and-our-health/](about:blank)
  + “This is Environmental Health” [https://www.youtube.com/watch?v=zmnEtCGDXMg](about:blank)

**Nutrition**

* Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 10 ways to stop eating sugar [https://www.youtube.com/watch?v=eeAMIkjOqlw](about:blank)
* American Public Health Association - Topics & Issues [https://www.apha.org/topics-and-issues](about:blank)
* Discovery Education- Eating Disorders [https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/](about:blank)
* Giving Nation - six week youth social action challenge [http://www.g-nation.org.uk/](about:blank)
* Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
* Goodheart Wilcox - Comprehensive Health Resources [http://www.gwlearning.com/health/0305/index.htm](about:blank)
* Goodheart Wilcox - Essential Health Resources [http://www.g-wlearning.com/health/0428/index.htm](about:blank)
* [Healthy Eating – 5 Food Groups – You Tube](about:blank)
* [Healthy Eating – What is Healthy Eating? - You Tube](about:blank)
* [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](about:blank)
* [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](about:blank)
* [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](about:blank)
* [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](about:blank)
* [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](about:blank)
* Health Start Foundation – Nutrients [https://www.healthstartfoundation.org/hsblog/what-are-nutrients-anyway?gad=1&gclid=Cj0KCQjwi46iBhDyARIsAE3nVrYNd3ZlqX40ge0NuMTQ9tWjufNDLFdons4JGnNKVhQSI7NNI3pWY5waAoE2EALw\_wcB](about:blank)
* Kid Health - Finding Low Cost Medical Care [http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care](about:blank#catmedical-care)
* NYT - The Learning Network - Vitamin Deficiencies [http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\_r=0](about:blank)
* [Nutrition – High School Lesson Plans](about:blank)
* [Nutrition Activities in Any Classroom – Junior and Senior High](about:blank)
* Obesity [http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf](about:blank)
* PE Central- Calculating Fat, Carbohydrates & Proteins [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919](about:blank)
* 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](about:blank)
* [The 5 Fabulous Food Groups - You Tube](about:blank)
* Vegetable Database [https://fruitsandveggies.org/stories/vegetables/](about:blank)
* Young Invincibles Healthy Adulting Toolkit [http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf](about:blank)

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

* Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 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](about:blank)
* AAP Bright Futures Adolescent Screening Recommendations [https://www.aap.org/en-us/Documents/periodicity\_schedule.pdf](about:blank)
* Access to Health Services – Healthy People 2020 [https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services](about:blank)
* American Public Health Association - Topics & Issues [https://www.apha.org/topics-and-issues](about:blank)
* Brain Pop Educators Lesson Plan - Oncology [https://educators.brainpop.com/lesson-plan/oncology-game-cancer-lesson-plan/](about:blank)
* CDC Distracted Driving Lesson Plan [https://www.cdc.gov/careerpaths/scienceambassador/documents/distracted-drivers.pdf](about:blank)
* CDC Community Health Programs [https://www.cdc.gov/nccdphp/dch/](about:blank)
* Community Toolbox [http://ctb.ku.edu/en](about:blank)
* Dental Care Quizzes [https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/](about:blank)
* Discovery Education- Eating Disorders [https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/](about:blank)
* Federal Government Department of Health and Human Services [https://www.hhs.gov/about/index.html#](about:blank)
* Giving Nation - six week youth social action challenge [http://www.g-nation.org.uk/](about:blank)
* Go Noodle – Physical Activity and Mindfulness Breaks [https://www.gonoodle.com](about:blank)
* Goodheart Wilcox - Comprehensive Health Resources [http://www.gwlearning.com/health/0305/index.htm](about:blank)
* Goodheart Wilcox - Essential Health Resources [http://www.g-wlearning.com/health/0428/index.htm](about:blank)
* Health Insurance Explained [https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be](about:blank)
* Health Insurance Quiz [http://kff.org/quiz/health-insurance-quiz/](about:blank)
* HealthBeat - Get Physical [https://vpm.pbslearningmedia.org/resource/71663cb6-3008-41d3-b736-7170d22b83b2/healthbeat-get-physical/](about:blank)
* HealthBeat - Breathe and Believe https://vpm.pbslearningmedia.org/resource/37582e97-c667-4e08-91a8-34b4d686241a/healthbeat-stanley-stress/
* HealthBeat - Hip Hopscotch [https://vpm.pbslearningmedia.org/resource/c758fd18-899c-41fe-902e-81c37153a0d5/healthbeat-hip-hopscotch/](about:blank)
* HealthBeat - Sleep is Your Friend [https://vpm.pbslearningmedia.org/resource/2093c204-5ff2-4dc8-b00c-2158f39b1224/healthbeat-sleep-is-your-friend/](about:blank)
* HealthyPeople.gov - Social Determinants of Health [https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health](about:blank)
* Hitting Cancer Below the Belt Colon Cancer Education [http://hcb2.org](about:blank)
* 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](about:blank)
* Kaiser Family Foundation - Health Insurance Explained [https://www.youtube.com/watch?v=-58VD3z7ZiQ](about:blank)
* KidsHealth - Going to the Doctor [http://kidshealth.org/en/kids/going-to-dr.html](about:blank)
* KidsHealth - Health Insurance Basics [http://kidshealth.org/en/teens/insurance.html](about:blank)
* Kid Health - Finding Low-Cost Medical Care [http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care](about:blank#catmedical-care)
* Lesson Plan: Dangers of Distracted Driving [http://www.educationworld.com/a\_tech/techlp/techlp067.shtml](about:blank)
* Media Literacy - Recognizing Propaganda - Unreliable Testimony [http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml](about:blank)
* MedlinePlus: Evaluating Health Information [http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html](about:blank)
* NYT - The Learning Network - Vitamin Deficiencies [http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\_r=0](about:blank)
* NIH Sleep, Sleep Disorders, and Biological Rhythms [https://science.education.nih.gov/supplements/webversions/SleepDisorders/guide/guide\_lessons\_toc.html](about:blank)
* Obesity [http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf](about:blank)
* Place Matters - community health series [http://unnaturalcauses.org/](about:blank)
* Power Chargers - Quick Activity Breaks [http://healthpoweredkids.org/power-chargers/](about:blank)
* Purdue University - Healthy Body Image - A Lesson Plan for High School Students [https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf](about:blank)
* 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](about:blank)
* SENTARA Stroke Education Toolkit [https://sentarastrokeawareness.com/toolkit/](about:blank)
* Sleep Well [https://ymiclassroom.com/lesson-plans/sleep/](about:blank)
* Sleep Education for School by the Academy of Sleep Medicine [http://school.sleepeducation.com/9-12.aspx](about:blank)
* [SuperTracker Nutrition Lesson Plans for High School Students](about:blank)
* Volunteer Virginia [http://virginiaservice.virginia.gov/volunteering/](about:blank)
* Benefits and Risks of Screening Tests – Pub Med [https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072602/](about:blank)
* Virginia FAMIS – Cover Virginia [http://coverva.org](about:blank)
* 211 Virginia [http://www.211virginia.org](about:blank)
* Virginia Department of Health [www.vdh.virginia.gov](about:blank)
* Virginia Department of Social Services [www.dss.virginia.gov](about:blank)
* Virginia Department of Behavioral Health and Developmental Services [www.dbhds.virginia.gov](about:blank)
* Virginia FAMIS Children’s Health Insurance Brochure [https://www.coverva.org/materials/famis\_brochure\_english.pdf](about:blank)
* Young Invincibles Healthy Adulting Toolkit [http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf](about:blank)

**Substance Abuse Prevention**

* Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* [14 Drug Education Activities, Scholastic Printable Skills Pages](about:blank)
* Biological Sciences Curriculum Study (BSCS) Drug Abuse, Addiction, and the Adolescent Brain [https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain](about:blank)
* [Catch My Breath – A Nicotine Vaping Prevention Program](about:blank)
* [CATCH My Breath](about:blank) E-cigarette/JUUL youth prevention program for Middle and High School students. [https://catchinfo.org/enroll/](about:blank)
* [Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy](about:blank)
* Connect with Kids - On The Rocks - Title: Sing It! [http://www.connectwithkids.com/LHI/pdf/OnTheRocks\_ResourceGuide.pdf](about:blank)
* Discovery Education - Deadly Highs – Grades 6-8 [http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm](about:blank)
* Drug Addiction in the Brain [https://youtu.be/NxHNxmJv2bQ](about:blank)
* E-Cigarettes and Vaping – [Lesson 1: Why Should I care?](about:blank) and  [Lesson 2: Don’t get (e-)Hooked!](about:blank)
* Effects of Vaping [https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/](about:blank)
* Easy to Start, Hard to Quit (Vaping) [https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/](about:blank)
* Everfi Marijuana Lesson Plans [https://everfik12hc.wpengine.com/marijuana-lesson-plans/](about:blank)
* Everfi Prescription Drug Safety Lesson Plan - Introduction to the Opioid Crisis [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* Everfi Prescription Drug Safety Lesson Plan - Understanding Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* [Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)](about:blank)
* Everfi Prescription Drug Safety Lesson Plan - Resisting Opioids [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf](about:blank)
* [Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar](about:blank)
* FDA Anti-Juuling Video for Teens [https://youtu.be/zYuyS1Oq8gY](about:blank)
* Generation RX – Teen Prescription Rx Toolkit [https://www.generationrx.org/toolkits/teen/](about:blank)
* [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](about:blank)
* GirlsHealth.gov - Drugs, Alcohol, and Smoking [http://www.girlshealth.gov/substance/](about:blank)
* Heads Up – Methamphetamine

[http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf](about:blank)

* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) [https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html](about:blank)
* How Opioids Change the Brain: Lesson Plan [https://vpm.pbslearningmedia.org/resource/e78a64a0-5098-4147-b86d-31d3b5e44fe1/how-opioids-change-the-brain-lesson-plan-understanding-the-opioid-epidemic/](about:blank)
* How your brain responds to the reward circuit [https://www.youtube.com/watch?v=s27f7Jzy2k0](about:blank)
* Internet4Kids Drug Lesson Plans K-12 [https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm](about:blank)
* Keeping it Real – Middle, High School DARE Curriculum [https://dare.org/education/](about:blank)
* KidsHealth.Org Teachers Guides
  + Smoking [7-KidsHealth Smoking Teacher's Guide 9-12](about:blank)
  + Drugs[6-KidsHealth Drugs Teacher's Guide 9-12](about:blank)
  + Alcohol [5-KidsHealth Alcohol Teacher's Guide 9-12](about:blank)
* KidsHealth - human body series [http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body](about:blank)
* [KidsHealth – Methamphetamine – Teen Tip Sheet](about:blank)
* KidsHealth Teen Peer Pressure [http://kidshealth.org/teen/your\_mind/friends/peer\_pressure.html](about:blank)
* KidsHealth Teens Drugs and Alcohol [http://kidshealth.org/en/teens/drug-alcohol/#catalcohol](about:blank#catalcohol)
* Know VAPE The dangers of Youth VAPING [https://vpm.pbslearningmedia.org/collection/know-vape/](about:blank)
* LA Health -  E-cig & vaping Informational video (Loudoun schools) [https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\_Vaping\_Cut.1.mp4](about:blank)
* [Lesson: The Mysterious Vaping Illness That’s Becoming and Epidemic](about:blank)
* Lessons for Responsible Medicine Use [https://ymiclassroom.com/otcmedsafety/](about:blank)
* Little Lungs in a Great Big World [https://www.youtube.com/watch?v=fmKply2PfmI](about:blank)
* Lung Health [https://vpm.pbslearningmedia.org/collection/lung-health/](about:blank)
* [Meth Mouse – Interactive Lesson on Effects of Methamphetamines](about:blank)
* National Institute on Drug Abuse (NIDA)
* [https://www.drugabuse.gov](about:blank)
* [https://teens.drugabuse.gov](about:blank)
* [https://www.drugabuse.gov/related-topics/trends-statistics/monitoring-future](about:blank)
* [https://www.drugabuse.gov/sites/default/files/preventingdruguse\_2.pdf](about:blank)
* [http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids](about:blank)
* [Nicotine Addiction – Toolkit for Schools](about:blank)
* [NIDA - Mind Matters – The Body’s Response to Marijuana](about:blank)
* [NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube](about:blank) [Why is Meth So Addictive?  Hazelden Betty Ford Foundation – You Tube](about:blank)
* NIDA and Scholastic, Inc. – Heads Up. Real News about Drugs and Your Body [http://www.scholastic.com/drugs-and-your-bodyhttp://headsup.scholastic.com/teachers/collections/lesson-plans-and-printables](about:blank)
* [NIDA Teacher’s Edition Resources on Methamphetamine](about:blank)
* NIH – Meth Mouse Game [https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse](about:blank)
* Online game/ad FDA [https://whatsinavape.com](about:blank)
* [PBS Frontline – The Meth Epidemic](about:blank)
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 [https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/](about:blank)
  + Myth or Fact Lesson – Grades 6-12  [https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/](about:blank)
  + Learning About Opioids – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/](about:blank)
  + Science of Addiction – Grades 6-12 [https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/](about:blank)
  + Accessibility – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/](about:blank)
  + Signs and Symptoms – Grades 6-12 [https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/](about:blank)
  + The Cycle of Addiction- Grades 6-12 [https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/](about:blank)
  + Contemplating Nature vs Nurture  Grades 6-12 [https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/](about:blank)
  + 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/](about:blank)
  + The Brain on Autopilot – Grades 9-12 [https://www.pbslearningmedia.org/resource/afe8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/](about:blank)
  + Decisions and Consequence – Grades 9-12 [https://www.pbslearningmedia.org/resource/29d45378-8fc0-4c03-9607-8a347dba92dc/decisions-and-consequences/](about:blank)
  + Commitment to Recovery – Grades 9-12 [https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/](about:blank)
  + Full Educators Guide [https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/](about:blank)
  + Community and Family Guide [https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/](about:blank)
* PBS – Teachers Guide: The Meth Epidemic [https://www.pbs.org/wgbh/pages/frontline/teach/meth/](about:blank)
* PBS video on juuling epidemic [https://youtu.be/lNs19kGAnLU](about:blank)
* [Physician Advocacy Network - Lesson Plan – Vaping and Juuling](about:blank)
* [Positive Choices – Numerous Drug Education Resources for Teachers](about:blank)
* RCMP Impaired Driving Plan [http://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/lp-pl/index-eng.htm#act1](about:blank#act1)
* The real cost anti-vaping commercial (Hacked) [https://www.youtube.com/watch?v=EzU4ihBbf3g](about:blank)
* [Resources to Reduce Methamphetamine Use](about:blank)
* Safe Driving [http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm](about:blank)
* Scholastic Heads Up Series [http://headsup.scholastic.com](about:blank)
  + Heads Up- Real News About Drugs and Your Body – 14 Activities [http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf](about:blank)
  + Youth Vaping Risks [https://www.scholastic.com/youthvapingrisks/](about:blank)
* Smoking and Vaping - Lung Health [https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/](about:blank)
* SODAT NJ – Drug Prevention Lesson Plans [http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html](about:blank)
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) [http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html](about:blank)
  + Everything Tobacco
    - Unit 1 - General Tobacco - Health Effects and Social Effects [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html](about:blank)
    - Unit 2 - What’s Menthol Got to Do With It? [https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html](about:blank)
  + E-Cigs/Vapes & Pod-Based
    - Unit 1 - Where did E Cigarettes and Vape Pens Come From? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html](about:blank)
    - Unit 2 - So What’s Really in These E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html](about:blank)
    - Unit 3 - What’s So Bad About E-Cigarettes and Vape Pens? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html](about:blank)
    - Unit 4 - Why Do E-Cigarettes and Vape Pens Matter to Young People? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html](about:blank)
    - Unit 5 - What Can I Do About It? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html](about:blank)
    - Unit 6 - What are JUULS & Other Pod-Based Systems? [https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html](about:blank)
  + Hookah
    - Lesson - Understanding Hookah and Its Risks [https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html](about:blank)
  + Smokeless Tobacco
    - Lesson – Understanding Smokeless Tobacco and its Risks [https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html](about:blank)
  + Nicotine Addiction
    - Unit 1 - The Brain [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html](about:blank)
    - Unit 2 - Addiction 101 [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html](about:blank)
    - Unit 3 - Nicotine Addiction  [https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html](about:blank)
  + Positive Youth Development
    - Refusal Skills Activities [https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html](about:blank)
* Stop Underage Drinking [https://www.stopalcoholabuse.gov](about:blank)
* Substance Abuse and Mental Health Services Administration [www.samhsa.gov](about:blank)
* [Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos](about:blank)
* TED Ed Resources:

[What causes opioid addiction?](about:blank)

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

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

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

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

* [The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students](about:blank)
* Tobacco and E Cigarettes [https://healthpoweredkids.org/lessons/tobacco-and-e-cigarettes/](about:blank)
* The Opioid Crisis: Help Teens Make Informed Decisions [https://ymiclassroom.com/lesson-plans/opioids/](about:blank)
* [Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices](about:blank)
* Teen vaping [https://www.pbs.org/video/teen-vaping-1531870790/](about:blank)
* TeenHealth.org – Drugs and Alcohol [http://teenshealth.org/en/teens/drug-alcohol](about:blank)
* [Tobacco & Nicotine: Know the Facts (PowerPoint)](about:blank)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction [https://www.youtube.com/watch?v=md4lRQsLlnE](about:blank)
* Understanding the Opioid Epidemic [https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/](about:blank)
* Understanding the Opioid Epidemic: Family and Community Discussion Guide [understanding-the-opioid-epidemic-family-and-community-discussion-guide](about:blank)
* US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide
* [http://nahimgood.org/Docs/JustThinkTwice.pdf](about:blank)
* VAABC High School Guide [https://www.abc.virginia.gov/education/publications](about:blank)
* VDOE Grades 9-10 Alcohol Units [http://www.doe.virginia.gov/instruction/health/](about:blank)
* Ways a Teen Can Say Not to Alcohol or Drugs [https://www.treatmentsolutions.com/blog/15-ways-a-teen-can-say-no-to-alcohol-and-drugs/](about:blank)
* Why are Drugs so Hard to Quit? [https://www.youtube.com/watch?v=Xbk35VFpUPI](about:blank)
* Why is vaping so popular[https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8**/**](about:blank)
* Youth.gov Resource- Risk and Protective Factors by developmental period [http://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence](about:blank)
* YouTube: Alcohol and Your Brain [https://www.youtube.com/watch?v=zXjANz9r5F0](about:blank)

***Marijuana Specific Resources***

* [(Chippewa Valley Coalition) Marijuana Prevention - High School](about:blank)
* [(Stanford Medicine) Cannabis/Marijuana - The Basics](about:blank)
* [(Stanford Medicine) Cannabis/Marijuana – Health Effects](about:blank)
* [(Stanford Medicine) THC & The Brain](about:blank)
* [(Stanford Medicine) Refusal Skills and Social Norms](about:blank)
* [(Partnership to End Addiction) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page (grades 4-12)](about:blank)
* [(Partnership to End Addiction) Marijuana Talk Kit (parents, caregivers, educators; grades 4-12)](about:blank)
* [Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)](about:blank)
* [Marijuana Education Initiative](about:blank)
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry.

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

* [Marijuana – Download the Facts – Printables and Lessons](about:blank)
* [Teen Use of Edibles: A Focus Group Study of An Emerging Issue](about:blank)
* [(Scholastic)Teacher’s Edition: The Science of Marijuana – How THC Affects the Brain (Grades 7-12)](about:blank)
* [Understand the Big Deal – How Marijuana Affects Youth](about:blank)
* [NIDA) Stressed Out? How to Cope (grades 6-12)](about:blank)
* [Johnny’s Ambassadors Online Marijuana Curriculum](about:blank)
* [(Partnership to End Addiction) Advocacy Toolkit (8-12 grade)](about:blank)
* [(Positive Choices) Effects of Cannabis – Class Activity (grades 8-12)](about:blank)
* [(NIDA) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects (grades 9-12)](about:blank)
* [(NIDA) National Drug and Alcohol Use IQ Challenge Kahoot](about:blank)
  + [Is this Legit? Accessing Reliable and Valuable Health Information (NIDA) (grades 9-12)](about:blank)

Videos:

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

**Safety/Injury Prevention**

* Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* American Heart Association Videos
  + Learn Hands-Only CPR [https://www.youtube.com/watch?v=pk53b\_eweyk](about:blank)
  + Tell the Story - 911 AED Advocacy Lesson [http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf](about:blank)
  + Student Developed Staying Alive - CPR Video [https://www.youtube.com/watch?v=2g9K-t\_ZUxs](about:blank)
* American Red Cross Student Training [https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools](about:blank)
* Anyone Can Save A Life - An Emergency Action Planning Program for After School Practices and Events [http://www.anyonecansavealife.org](about:blank) and E-Learning Module [http://www.anyonecansavealife.org/e-learning-module/index.htm](about:blank)
* British Red Cross - First Aid learning for Young People [http://firstaidlearningforyoungpeople.redcross.org.uk/](about:blank)
* [CPR In Action - a 3D Look Inside the Body](about:blank)
* Cure Violence [http://cureviolence.org](about:blank)
* Discovery Education - Safe Driving [http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm](about:blank)
* End Distracted Driving Lesson plan [https://enddistracteddriving.files.wordpress.com/2010/03/no-phone-zone-lesson-plan.pdf](about:blank)
* Fire Safety Resources – Vermont [https://firesafety.vermont.gov/pubed/programs](about:blank)
* Fire Risks and Safety [https://www.safekids.org/safetytips/field\_age/teens-15%E2%80%9319-years/field\_risks/fire](about:blank)
* Fire Safety Checklist [https://www.safekids.org/checklist/fire-safety-checklist](about:blank)
* Fullerton Joint Union High School District Cyber Safety Lesson Plan [https://coolcybersafetylessons.wikispaces.com/1.+Lesson+Plans](about:blank)
* Healthy People 2020 Injury and Violence [https://www.healthypeople.gov/2020/topics-objectives/topic/injury-and-violence-prevention](about:blank)
* Injury Prevention Resources [http://www.parachutecanada.org](about:blank)
* International CPR Institute Videos: CPR Instructional Video 2016 [https://www.youtube.com/watch?v=u55OoE2p2c0](about:blank) and AED Instructional Video 2016 [https://www.youtube.com/watch?v=NxNIXSLrZF0](about:blank)
* National Center for Injury Prevention and Control [www.cdc.gov/injury](about:blank)
* National Injury and Violence Data Site [http://www.cdc.gov/injury/wisqars/](about:blank)
* No Phone Zone Lesson Plan [https://www.scribd.com/document/27913353/No-Phone-Zone-Lesson-Plan](about:blank)
* Overview of Science of Injury Prevention and Public Health Approaches to Violence [http://genderandhealth.ca/en/modules/trauma/module-map.jsp](about:blank)
* Overview of national injury and violence prevention areas [http://www.astho.org/programs/prevention/injury-and-violence-prevention/](about:blank)
* Ophelia Project - Cyber bullying lesson plan [http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf](about:blank)
* ProCon.org- Social Networking [http://socialnetworking.procon.org/](about:blank)
* States Legislation and Policy for Injury Prevention [http://www.ncsl.org/research/health/injury-and-violence-prevention.aspx](about:blank)
* Partners for Safe Teen Driving [https://safeteendriving.org](about:blank)
* Safe Driving Lesson [http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm](about:blank)
* Stop the Texts, Stop the Wrecks [https://ymiclassroom.com/lesson-plans/stopthetexts/](about:blank)
* Suicide Prevention Resource Center [www.Sprc.org](about:blank)
* Teen Drivers - NHTSA [http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers-–-Parents-&-Teens](about:blank)
* Teen Driver Safety [https://www.cdc.gov/injury/features/teen-drivers/index.html](about:blank)
* Teach - VIP E Violence and Injury Prevention Comprehensive Curriculum [http://www.who.int/violence\_injury\_prevention/capacitybuilding/teach\_vip/e-learning/en/](about:blank)
* Think First: National Head and Spinal Cord Injury Prevention Program [http://thinkfirst.org/teens](about:blank)
* Virginia Department of Education [http://www.doe.virginia.gov/instruction/health/index.shtml](about:blank)
* Virginia Injury and Violence Data Site [http://www.vdh.virginia.gov/livewell/data/interactive/applications/voirs](about:blank)
* You Tube Videos
  + Underage Drinking What a Waste [https://www.youtube.com/watch?v=4Gi3x5a-qxE](about:blank)
  + One Decision [https://www.youtube.com/watch?v=WWptgB\_1bco](about:blank)
  + Underage Drinking - Is It Worth It [https://www.youtube.com/watch?v=WGQ8F05C5gk](about:blank)
  + Prom-Drunk Driving [https://www.youtube.com/watch?v=LigPLJP6x3U](about:blank)
  + Texting and Driving Crash - It Can Wait [https://www.youtube.com/watch?v=ApnyKv1GuNI](about:blank)
  + Fletcher’s Drive - It Can Wait [https://www.youtube.com/watch?v=4kBaLbubNd4](about:blank)

**Mental Wellness/Social Emotional Skills**

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

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

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

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

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

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

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

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

* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](about:blank)
* 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](about:blank)
  + Identify responses to stress and coping
  + Methods to deal with anxiety
  + Identify Causes and Symptoms
  + Design Help Seeking Strategies
* Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening- [http://www.mindfulschools.org/resources/explore-mindful-resources/](about:blank)
* Mindful Schools [http://www.mindfulschools.org/resources/explore-mindful-resources](about:blank)
* Mindful Teachers Site [http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html](about:blank) NIDA CDC What Does Respect Mean To You [https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence](about:blank)
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine [http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson](about:blank)
* Open Up Magazine, Minnesota Association for Children’s Mental Health - It’s All in Your Viewpoint [http://www.macmh.org/open-up-magazine/classroom-activities/](about:blank)
* Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf](about:blank)
* PBS- Overview of Mindfulness [http://www.pbs.org/thebuddha/teachers-guide/](about:blank)
* PBS - Its My Life [http://pbskids.org/itsmylife/index.html](about:blank)
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides [http://www.pbs.org/inthemix/educators/lessons/](about:blank)
* PE Central lessons
  + Emotions in Motion [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho](about:blank#.WR3WWmVNFho)
  + Sounds of Music (Stress Management) [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho](about:blank#.WR8CIWVNFho)
* [Positive Self Talk](about:blank)
* Reach Out - Asking students if they are okay [https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day](about:blank)
* [Reframing feelings before acting on them: “Slow down and look around you”](about:blank)
  + [Student Activity 1](about:blank)
  + [Student Activity 2](about:blank)
  + [Student Reading](about:blank)
* Relationship skills/Social Emotional learning [https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Responsible Decision Making/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/](about:blank)
* Resiliency: One Step at a Time [https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/](about:blank)
* Rossier USC - Creating Safe Spaces - Social Emotional Lessons-[https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/](about:blank)
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources [https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening](about:blank)
* Scholastic Mind Up Curriculum - brain centered management and teaching strategies [http://teacher.scholastic.com/products/mindup/](about:blank)
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success [https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html](about:blank)
* Screening for Mental Health - depression, suicide, and self-injury [https://mentalhealthscreening.org/programs/sos-signs-of-suicide](about:blank)
* [Self-calming methods: “Downshift to a lower gear with help from your body”](about:blank)
* Self-Awareness/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Self-Management/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/](about:blank)
* Shifting Boundaries - Lessons on Relationships for Students in Middle School [https://preventipv.org/materials/shifting-boundaries](about:blank)
* Signs of Suicide and ACT [https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum](about:blank)
* Social Networking [http://socialnetworking.procon.org/](about:blank)
* Stigma and Identity [https://vpm.pbslearningmedia.org/resource/stigma-and-identity/hiding-in-plain-sight-youth-mental-illness-video/kenburnsclassroom/](about:blank)
* Striking Out Stress: A “Gallery Walk” Activity [http://www.educationworld.com/a\_tsl/archives/02-1/lesson045.shtml](about:blank)
* [A Student’s Guide to Using Social Media](about:blank)
* Social Awareness/Social Emotional Learning [https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/](about:blank)
* Social Anxiety, School, and Sad Thoughts [https://vpm.pbslearningmedia.org/resource/social-anxiety-school-sad-thoughts-plain-sight/hiding-in-plain-sight-youth-mental-illness-video-gallery/](about:blank)
* Stress, Trauma and the Brain - Insights for Educators [https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/](about:blank)
* Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](about:blank)
* Suicidal Ideations [hiding-in-plain-sight-youth-mental-illness](about:blank)
* Suicide Prevention Resource Center [www.sprc.org](about:blank)
* Supporting Students’ Personal and Social Competencies [https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html](about:blank)
* TED Ed Resources

[The psychology of PTSD](about:blank)

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

* 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](about:blank)
* 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](about:blank)
* Toxic Positivity [https://youtu.be/AxSzW8TcO1g](about:blank)
* Virginia Department of Behavioral Health Services [http://www.dbhds.virginia.gov/](about:blank)
* “Walk in Our Shoes” Lesson Plan [http://walkinourshoes.org/content/Classroom\_Lesson\_Plans.pdf](about:blank)
* Wall Street Journal - Overview of Mindfulness [https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647](about:blank)
* We Are Teachers: Resources for Social and Emotional Learning [http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources](about:blank)
* What’s normal anxiety? [https://www.youtube.com/watch?v=xsEJ6GeAGb0](about:blank)
* What is trauma? [https://www.youtube.com/watch?v=BJfmfkDQb14](about:blank)
* When Grief Enters the Classroom

[https://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf](about:blank)

* Youth Mental Health [https://vpm.pbslearningmedia.org/collection/youth-mental-health/](about:blank)

**Violence Prevention**

* Health Smart Virginia 10 Grade Page [https://healthsmartva.org/10th-grade](about:blank)
* [Health Smart VA Home Page Resources](about:blank)
* [Health Smart VA YouTube Channel](about:blank)
* 10 Conflict Resolution Lessons, Fairfax County Schools [http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf](about:blank)
* Anti-Bullying Resources for Teachers [https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/](about:blank)
* Anti-Bullying Animated Short Film [https://youtu.be/YyDJafzuUK4](about:blank)
* Bullying and Harassment Prevention Curriculum [http://studentservices.dadeschools.net/#!/fullWidth/3697](about:blank#!/fullWidth/3697)
* Blueprints for Healthy Youth Development site [http://www.blueprintsprograms.com](about:blank)
* CDC Violence Prevention [https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html](about:blank)
* Coaching Boys into Men Toolkits. [http://www.coachescorner.org](about:blank)
* Discovery Online - Resolving Conflicts [http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf](about:blank)
* Healthy Communication Skills Guide [http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf](about:blank)
* KidsHealth Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf](about:blank)
* KidsHealth Teachers Guide 9-12 Grade Conflict Resolution [http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict\_resolution.pdf](about:blank)
* In the Mix - Thinking It Through [https://www.youtube.com/watch?v=xDoQIpe5TxA](about:blank)
* National Crime Prevention Council: Youth Gangs - Know the Facts [http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf](about:blank)
* National Gang Center [https://www.nationalgangcenter.gov](about:blank)
* Olweus - Class Meetings That Matter- Grades 6-8 [http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US](about:blank)
* Olweus School-wide Bullying Prevention Program [http://olweus.sites.clemson.edu](about:blank)
* Online Safety [https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/](about:blank)
* Ophelia Project - It Has a Name: Relational Aggression.[http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf](about:blank)
* PACER Classroom Resources (Bullying)

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

* PACER Middle/High School Education Curriculum (Bullying)

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

* PACER Middle/High School Activities (Bullying) [https://www.pacer.org/bullying/classroom/middle-highschool/](about:blank)
* PACER Middle and High School - Engaging Students in Anti-Bullying Leadership

[https://www.pacer.org/bullying/wewillgen/](about:blank)

* Pacer National Bullying Prevention Center [http://www.pacer.org/bullying/](about:blank)
* Pacer Student Action Plan [http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf](about:blank)
* Pacer Teens Against Bullying [http://www.pacerteensagainstbullying.org](about:blank)
* Parent Discussion Guide on Youth Healthy Relationships [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf](about:blank)
* Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org](about:blank)
* Respect Others Respect Yourself [http://headsup.scholastic.com/teachers/respect-others-respect-yourself](about:blank)
* SDCDA Girls Only Toolkit[http://www.sdcda.org/office/girlsonlytoolkit/](about:blank)
* Stop Bullying.gov Youth Engagement Kit [https://www.stopbullying.gov/what-you-can-do/teens/index.html](about:blank)
* Stop Bullying Video Clips [https://www.cartoonnetwork.com/stop-bullying](about:blank)
* Teaching Health and Happiness - Communication [https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf](about:blank)
* Teaching Tolerance at [http://www.tolerance.org/school\_climate\_resources](about:blank)
* Teaching Tolerance - What’s a Clique [https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique](about:blank) Cliques in School [https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools](about:blank)
* Teen Health [https://youtu.be/8ixNuGRX7YY](about:blank)
* Virginia Rules [https://virginiarules.org/varules\_topics/gangs/](about:blank)
* **Healthy Relationships/Dating Violence**
  + Break the Cycle’s DV 101 Single Day Dating Violence Lesson [https://www.breakthecycle.org/sites/default/files/dv\_101\_single\_day\_lesson\_plan.pdf](about:blank)
  + CDC Healthy Relationship Talking Points [http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf](about:blank)
  + Kate Brown Healthy Relationship Quiz [https://kbep.org/healthy-relationship-quiz/](about:blank)
  + Kids Health Healthy Relationship Handout

[https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf](about:blank)

* + Healthy Relationships, Online THATSNOTCOOL [https://thatsnotcool.com](about:blank)
  + Love is Respect [https://www.loveisrespect.org](about:blank)
  + Michigan Dating Violence Youth Education Package [https://www.michigan.gov/documents/dhs/DHS-PUB-0224\_172099\_7.pdf](about:blank)
  + National Crime Prevention Council Violence Lesson (Session 14, Community Works) [http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf](about:blank)
  + Respect Others Respect Yourself (CDC &NIDA) [http://headsup.scholastic.com/teachers/respect-others-respect-yourself](about:blank)
  + 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](about:blank)
  + Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox

[http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf](about:blank)

* + Teen Dating Violence Awareness [https://youtu.be/x2WE2I1nkYA](about:blank)
  + Teen Dating Violence Prevention [https://youtu.be/ZFpmB571fqE](about:blank)
  + 2023 Teen Dating Violence Prevention Toolkit [https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf](about:blank)
  + VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide [http://www.ncdsv.org/images/VSDVAA\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf](about:blank)
  + You Tube clips on Dating Violence, e.g., [https://youtu.be/ODntqYIYx7E](about:blank)
* **Suicide Prevention**
  + Suicide Prevention Lifeline: 1-800-273-TALK (8255) [http://www.sprc.org/settings/schools](about:blank)
  + Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR [http://www.thetrevorproject.org](about:blank)
  + Virginia Department of Behavioral Health Services [http://www.dbhds.virginia.gov](about:blank)
  + Virginia Department of Health [http://www.vdh.virginia.gov/suicide-prevention/](about:blank)