

**Grade 7 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 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* American Heart Association http://www.heart.org
* Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
* Body Composition https://healthpoweredkids.org/lessons/body-composition/
* Caring for Skin- Largest Organ https://healthpoweredkids.org/lessons/skin-health-how-to-care-for-your-largest-organ-2/
* Centers for Disease Control and Prevention https://www.cdc.gov/heartdisease/prevention.htm
* Fact Monster- Biology – Human Body Systems https://www.factmonster.com/math-science/biology/human-body/your-bodys-systems
* Human Body Facts and Worksheets
* KidsHealth.org http://kidshealth.org
* KidsHealth-human body series http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body
* Mayo Clinic http://www.mayoclinic.org/
* My Family Health Portrait, Centers for Disease Control and Prevention https://phgkb.cdc.gov/FHH/html/index.html
* Scholastic Study Jams! http://studyjams.scholastic.com
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* TED ED Resources

 What happens during a heart attack?

What causes migraines?

Can you be awake and asleep at the same time?

What are the floaters in your eye?

How do lungs work?

How your muscular system works

How oxygen circulates through your body

How does the thyroid manage your metabolism?

How do your kidneys work?

How do your hormones work?

How the heart actually pumps blood

Why does your voice change?

How does the liver work?

How does your digestive system work?

How blood pressure works

What does the pancreas do?

Your skin!

How does the immune system work?

* Your Happy Heart https://healthpoweredkids.org/lessons/your-happy-heart/

**Community/Environmental Health**

* Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* Does Farming Impact Air Quality? https://www.sciencejournalforkids.org/articles/how-does-farming-impact-air-quality/
* EPA Environmental Health 101 Lesson https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101
* EPA Games and Quizzes https://www.epa.gov/students/games-quizzes-and-more
* EPA Learning and Teaching about the Environment https://www.epa.gov/students
* EPA Student Environmental Health Resources https://www.epa.gov/students
* Green Schools - Earth Day Activities and Ideas

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

* 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 is asthma related to the neighborhood you live in? https://www.sciencejournalforkids.org/articles/how-is-asthma-related-to-the-neighborhood-you-live-in/
* How can we get the most from our waste? https://www.sciencejournalforkids.org/articles/waste-to-energy-how-can-we-get-the-most-from-our-waste/
* How do our food choices affect the environment? https://www.sciencejournalforkids.org/articles/how-do-our-food-choices-affect-the-environment/
* KidsHealth Ozone, Air Quality, and Asthma http://kidshealth.org/en/teens/ozone-asthma.html?ref=search#
* NEA Environmental Activities and Resources http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html
* NIEHS- Your Environment- Your Health http://www.niehs.nih.gov/health/scied/teachers/
* NIEHS- Kids Environment- Kids Health http://kids.niehs.nih.gov/topics/reduce/
* Conservation Activities http://www.doc.govt.nz/get-involved/conservation-activities/
* “10 Fun Conservation Activities for Parents, Teachers, and Kids” https://www.fs.usda.gov/detailfull/conservationeducation/educator-toolbox/middle-school/?cid=STELPRDB5057674
* Project Learning Tree - Earth Day Activities https://www.plt.org/educator-tips/earth-day-activities/
* 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/
* Recycle Plastic More Sustainably https://www.sciencejournalforkids.org/articles/how-can-we-recycle-plastic-more-sustainably/
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns

**Nutrition**

* Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* The 5 Fabulous Food Groups - You Tube
* 5-2-1-0 Let's Go Middle and High School Toolkit https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools
* Action for Healthy Kids – Nutrition https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\_Nutrition\_v3.pdf
* Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
* CA Adolescent Nutrition and Fitness Program - Junk Food Marketing http://canfit.org/pdf/SchoolLessonPlan.pdf
* Check Out What’s Chilling - Nutrition https://ymiclassroom.com/lesson-plans/nfra/
* Health Start Foundation – Nutrients
* How the food you eat affects your brain https://www.youtube.com/watch?v=xyQY8a-ng6g
* How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
* Media Smarts Canada
* Looking at food advertising lesson http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson
* Junk food advertising http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson\_Youve\_Gotta\_Have\_a\_Gimmick.pdf
* CDC- BAM! Body and Mind http://www.cdc.gov/bam/nutrition/index.html
* Food Span - Johns Hopkins Center for a Livable Future http://foodspanlearning.org/
* FCS Fast Food Commercials & Nutrition Lesson http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/
* Food Day Curriculum https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267
* Girlshealth.gov- Nutrition: http://www.girlshealth.gov/nutrition/index.html
* Healthy Eating – 5 Food Groups – You Tube
* Healthy Eating – What is Healthy Eating? - You Tube
* Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube
* Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube
* Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube
* Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube
* Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise
* Kids Health Teacher Guides – Grades 6-8
* Breakfast https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf
* School Lunch https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\_lunch.pdf
* Food Labels https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\_labels.pdf
* Food Safety https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\_safety.pdf
* Healthy Snacking https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\_snacking.pdf
* Goodheart Wilcox Middle School Health Skills

https://www.g-wlearning.com/health/3085/index.htm
https://www.g-wlearning.com/health/2958/index.htm

* Grocery Store Scavenger Hunt http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html
* Nutrition – High School Lesson Plans
* Nutrition Activities in Any Classroom – Junior and Senior High
* PBS Frontline - obesity, eating habits, and weight loss http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html
* PE Central - Food Pyramid Game http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645
* PE Central - Calculating Fat, Carbohydrates & Proteins http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919
* TED Ed Resources:

Which type of milk is best for you?

Fruit and Veggies for Kids

The five fabulous food groups

How does your body know you're full?

What is a calorie?

How do vitamins work?

How the food you eat affects your brain

* U of Missouri - Health: Eating Disorders http://ethemes.missouri.edu/themes/277?locale=en
* USDA Choose My Plate Teacher Resources https://www.choosemyplate.gov/teachers
* USDA Choose My Plate Parents & Educators Resources https://www.choosemyplate.gov/kids-parents-educators
* USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6
	+ http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum
	+ http://www.fns.usda.gov/sites/default/files/sump\_level3.pdf
* UC Davis Youth Nutrition Education Materials http://fsnep.ucdavis.edu/curriculum/youth-materials
* Nutrition to Grow On Curriculum http://cns.ucdavis.edu/resources/ntgo/index.html
* Eat Fit https://uccalfresh.ucdavis.edu/curriculum/youth/EF
* Food and Drug Administration - FDA - How to Spot Health Fraud https://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm137284.htm
* NIH Office of Dietary Supplements https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx
* Sports and Energy Drinks https://healthpoweredkids.org/lessons/sports-drinks-and-energy-drinks/
* Vegetable Database https://fruitsandveggies.org/stories/vegetables/

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

* Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 10 ways to stop eating sugar https://www.youtube.com/watch?v=eeAMIkjOqlw
* American Heart Association (AHA) Middle School Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\_UCM\_304280\_Article.jsp?appName=MobileApp
	+ AHA We Jump We Shoot We Save Teachers Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467922.pdf
	+ AHA We Jump We Shoot We Save Teachers Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\_467933.pdf
	+ AHA – Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_467219.pdf
	+ AHA – Our Challenge: A Look At the Obesity Epidemic https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452021.pdf
	+ AHA - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\_452018.pdf
	+ AHA – NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans\_UCM\_453013\_Article.jsp#.V\_K0AvArLic
* Asthma 101 https://healthpoweredkids.org/lessons/breathe-easy-asthma-101/
* Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
* Chain of Infection https://www.youtube.com/watch?v=03mK0bpIeyQ
* Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
* Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
* Hitting Cancer Below the Belt Colon Cancer Education http://hcb2.org
* Kaiser Family Foundation – Health Insurance Explained https://www.youtube.com/watch?v=-58VD3z7ZiQ
* Kids Health – Health Insurance Basics  http://kidshealth.org/en/teens/insurance.html
* Kids Health – Finding Low Cost Medical Care http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care
* Go Noodle – Physical Activity and Mindfulness Breaks https://www.gonoodle.com
* Goodheart Wilcox Middle School Health Skills

https://www.g-wlearning.com/health/3085/index.htm
https://www.g-wlearning.com/health/2958/index.htm

* Grocery Store Scavenger Hunt http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html
* Power Chargers - Quick Activity Breaks http://healthpoweredkids.org/power-chargers/
* Sample Physical Activity Log - Michigan State University http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html
* Scholastic - Choices - Magazines to “empower students to make positive, real world decisions https://choices.scholastic.com
* SENTARA Stroke Education Toolkit https://sentarastrokeawareness.com/toolkit/
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* SuperTracker Nutrition Lesson Plans for High School Students
* Teaching Fast Food Nation 7-12 http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0
* TED ED and other Resources

How do we know if we have a virus?

How playing sports benefits your body and brain

Yoga does for body and brain

What is obesity?

How playing an instrument benefits your brain

Why do germs make us sick?

Why our muscles get tired

* The Sleep Factor Lessons and Power Points

https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints

* Family Doctor.Org (American Association of Family Physicians) – Finding Reliable Health Information on the Web https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true
* Food and Drug Administration - FDA - How to Spot Health Fraud https://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm137284.htm
* Federal Trade Commission - FTC - Truth in Advertising: Health and Fitness Claims https://www.ftc.gov/news-events/media-resources/truth-advertising/health-claims
* How the food you eat affects your gut https://www.youtube.com/watch?v=1sISguPDlhY
* Insulin Resistance https://www.youtube.com/watch?v=OvopID91fTo
* Iowa Children’s Hospital - Online Health Information What Can You Trust https://uichildrens.org/online-health-information-what-can-you-trust
* Keeping Clean when You’re a Preteen https://healthpoweredkids.org/lessons/keeping-clean-when-youre-a-preteen/
* Kids Health Grade 6-8 Media Literacy and Health Teacher’s Guide https://classroom.kidshealth.org/classroom/6to8/personal/growing/media\_literacy\_health.pdf
* Medline Plus - Evaluating Health Information https://medlineplus.gov/evaluatinghealthinformation.html
* Medline Plus - Guide to Healthy Web Surfing https://medlineplus.gov/healthywebsurfing.html
* Media Literacy - Recognizing Propaganda http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml
* Move your way https://youtu.be/dAaB8XDUi4I
* NIH Office of Dietary Supplements https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx
* Read Write Think - Analyzing Ads Persuasive Techniques http://www.readwritethink.org/files/resources/lesson\_images/lesson1166/AnalyzingAds.pdf
* Social Determinants of Health https://www.youtube.com/watch?v=8PH4JYfF4Ns
* Super Sleep https://healthpoweredkids.org/lessons/super-sleep/
* Top Giving Foundations in the Commonwealth of Virginia - Grantsmanship Center https://www.tgci.com/funding-sources/VA/top
* US Department of Health and Human Services https://www.hhs.gov/about/index.html#
* Virginia Department of Health www.vdh.virginia.gov
* Virginia Department of Social Services www.dss.virginia.gov
* Virginia Department of Behavioral Health and Developmental Services www.dbhds.virginia.gov
* Virginia FAMIS Children’s Health Insurance Brochure https://www.coverva.org/materials/famis\_brochure\_english.pdf
* Virginia FAMIS - Cover Virginia http://coverva.org
* World Sleep Day Education Kit

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

* 211 Virginia http://www.211virginia.org

**Substance Abuse Prevention**

* Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 14 Drug Education Activities, Scholastic Printable Skills Pages
* Addiction and the Brain- for kids! https://youtu.be/s0bqT\_hxMwI
* Biological Sciences Curriculum Study (BSCS) - Drug Abuse, Addiction, and the Adolescent Brain https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain
* CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/
* Catch My Breath – A Nicotine Vaping Prevention Program
* (Chippewa Valley Coalition) Marijuana Prevention - Middle School
* Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy
* Discovery Education - Deadly Highs – Grades 6-8 http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm
* Dental Care Quizzes https://vpm.pbslearningmedia.org/resource/faee9675-d669-4755-9d15-1ba82ba86ced/dental-care-quiz/
* Effects of Vaping https://vpm.pbslearningmedia.org/resource/effects-of-vaping-video/know-vape-dangers-of-youth-vaping/
* Easy to Start, Hard to Quit (Vaping) https://vpm.pbslearningmedia.org/resource/easy-to-start-hard-to-quit-video/know-vape-dangers-of-youth-vaping/
* E-Cigarettes and Vaping – Lesson 1: Why Should I care? and  Lesson 2: Don’t get (e-)Hooked!
* Everfi Marijuana Lesson Plans https://everfik12hc.wpengine.com/marijuana-lesson-plans/
* Everfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
* Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\_Lesson1\_Final.pdf
* Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
* FDA Anti-Juuling Video for Teens https://youtu.be/zYuyS1Oq8gY
* FDA Medicines in My Home https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm
* Generation RX – Teen Prescription Rx Toolkit https://www.generationrx.org/toolkits/teen/
* Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers
* Girls Health Website https://www.girlshealth.gov/substance/
* Handling stress / Dealing with pressures - Teaching guide for 5-9 peer pressure; activities and great discussion questions http://www.goodcharacter.com/BCBC/Pressures.html
* Harding University Alcohol, Family, Community Lesson Plan alcohol-family-community
* Heads Up – Methamphetamine

http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf

* Healthy Futures - Alternatives to Suspension (Program to assist teens quitting vaping etc.) https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html
* How 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/
* How to say no to drugs https://youtu.be/6Y6gn\_dd54Q
* Habits and Addiction https://youtu.be/oV38woahNso
* Internet4Kids Drug Lesson Plans K-12 https://www.internet4classrooms.com/links\_grades\_kindergarten\_12/drug\_abuse\_guidance\_counselor\_lesson\_plans.htm
* Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals http://poisoncontrol.utah.edu/publiced/pdfs/InhalantLesson\_6thgr.pdf
* Inhalant Prevention Education: Utah Poison Control Center 2008 - Toxic Chemicals and Poison Prevention (Grade 6-above) http://poisoncontrol.utah.edu/publiced/pdfs/InhalantComboLesson.pdf
* Johnny’s Ambassadors Online Marijuana Curriculum
* Keeping it Real –Middle, High School DARE Curriculum https://dare.org/education/
* Kids meet a teen in recovery https://youtu.be/yl\_7qSgrf3Y
* KidsHealth.org https://kidshealth.org/en/teens
* KidsHealth – Methamphetamine – Teen Tip Sheet
* KidsHealth.org – Teachers Guide: Dealing with Peer Pressure -Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer\_pressure.pdf
* KidsHealth.Org Teachers Guides - Alcohol, Smoking, Drugs www.KidsHealth.org/classroom
* Know VAPE The dangers of Youth Vaping https://vpm.pbslearningmedia.org/collection/know-vape/
* LA Health -  E-cig & vaping Informational video (Loudoun schools)https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig\_Vaping\_Cut.1.mp4
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* Lesson: The Mysterious Vaping Illness that’s Becoming and Epidemic
* Little Lungs in a Great Big World https://www.youtube.com/watch?v=fmKply2PfmI
* Lung Health https://vpm.pbslearningmedia.org/collection/lung-health/
* Marijuana – Download the Facts – Printables and Lessons
* 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
* Medicine for Kids: Prescription and Non Prescription https://youtu.be/0Zs4EbWBdSc
* Meth Mouse – Interactive Lesson on Effects of Methamphetamines
* Mind Matters - The Body’s Response to Marijuana (NIDA) (grades 5-9)
* (NIDA) Stressed Out? How to Cope (grades 6-12)
* National Education Association’s Rx for Understanding: Prescription Drug Abuse Prevention Program- Grades 5-8 Lesson Plans https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Prescription%20Drug%20Abuse%20Prevention%20Program\_Grades%205-8%20Lesson%20Plans.pdf
* NIDA Easy-to-Read/ESL Drug Facts and videos https://easyread.drugabuse.gov/
* NIDA - Mind Matters – The Body’s Response to Marijuana
* NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
* NIDA Teacher’s Edition Resources on Methamphetamine
* Nicotine Addiction – Toolkit for Schools
* NIH – Meth Mouse Gamehttps://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
* (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)
* PBS Frontline – The Meth Epidemic
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/
	+ Myth or Fact Lesson – Grades 6-12  https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/
	+ Learning About Opioids – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/
	+ Science of Addiction – Grades 6-12https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
	+ Accessibility – Grades 6-12
	+ https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ Signs and Symptoms – Grades 6-12 https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/
	+ The Cycle of Addiction- Grades 6-12https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/
	+ Contemplating Nature vs Nurture  Grades 6-12 https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/
	+ 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 Epidemichttps://www.pbs.org/wgbh/pages/frontline/teach/meth/

PBS video on juuling epidemic https://youtu.be/lNs19kGAnLU

* PE Central - The Pressure Is On! http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WEJDSmVNFho
* Physician Advocacy Network - Lesson Plan – Vaping and Juuling
* Positive Choices – Numerous Drug Education Resources for Teachers
* Reality Matters: Under the Influence - Lesson plan teaching about addiction and the effects on the brain and body http://school.discoveryeducation.com/lessonplans/programs/underTheInfluence/
* Resources to Reduce Methamphetamine Use
* Risky Business - Lesson Plan: Risky choices, stats about risky choice, consequences of risky choices http://school.discoveryeducation.com/lessonplans/programs/riskyBusiness/
* 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 http://www.scholastic.com/youthvapingrisks/?eml=snp/e/20190109////FDA/////&ET\_CID=20190109\_SNP\_FDA\_ACQ\_24770&ET\_RID=1708294776
	+ Alcohol and Your Body alcohol and your body - scholastic gr 6-8https://healthsmartva.org/uploads/rteditor/file/alcohol%20and%20your%20body%20-%20scholastic%20gr%206-8.pdf
	+ OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
		- Comparing Over the Counter Medication (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/comparing-over-the-counter-and-prescription-medicine/
		- Reading and Understanding the Drug Facts Label (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-and-understanding-the-drug-facts-label/
		- Understanding Medication Measuring Tools, Storage and Safe Disposal (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-medicine-measuring-tools-storage-and-safe-disposal/
		- Exploring the Harms of Medication Misuse (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/exploring-the-harms-of-medicine-misuse/
		- Reading about Medication Safety – A Review (grades 5-6) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/reading-about-medicine-safety-a-review-of-informational-text-fea/
		- Distinguishing  Between Over the Counter and Prescription Medicine (grades 7-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/distinguishing-between-over-the-counter-and-prescription-medicin/
		- Obtaining Information From a Drug Facts Label  (grades 7-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/obtaining-information-from-a-drug-facts-label/
		- The Importance of Medicine Measuring, Tools, Storage and Safe Disposal https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/the-importance-of-medicine-measuring-tools-storage-and-safe-disp/
		- Understanding the Dangers of Misuse (grades 6-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/understanding-the-dangers-of-medicine-misuse/
		- Medicine Safety Text Analysis (grades 6-8) https://www.scholastic.com/teachers/sponsored-content/otc-medicine-safety/medicine-safety-text-analysis--identifying-the-authors-purpose/
* Smoking and Vaping - Lung Health https://vpm.pbslearningmedia.org/resource/smoking-and-vaping-video/lung-health/
* Sleep Well https://ymiclassroom.com/lesson-plans/sleep/
* 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
* (Stanford Medicine) Cannabis/Marijuana - The Basics
* (Stanford Medicine) Cannabis/Marijuana – Health Effects
* (Stanford Medicine) THC & The Brain
* (Stanford Medicine) Refusal Skills and Social Norms
* Substance Use and Abuse https://youtu.be/wQl\_4kcE5nw
* The Opioid Crisis: Help Teens Make Informed Decisions https://ymiclassroom.com/lesson-plans/opioids/
* Taking Down Tobacco https://ymiclassroom.com/lesson-plans/takingdowntobacco/
* The real cost: anti-vaping commercial (Hacked) https://www.youtube.com/watch?v=EzU4ihBbf3g
* The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
* Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
* TED Ed Resources:

How do drugs affect the brain?

Is Marijuana bad for your brain?

How do steroids affect your muscles

What you should know about vaping

* Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
* Teen vaping https://www.pbs.org/video/teen-vaping-1531870790/
* Tobacco & Nicotine: Know the Facts (PowerPoint)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction https://www.youtube.com/watch?v=md4lRQsLlnE
* 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 popularhttps://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/
* Understanding the Opioid Epidemic https://vpm.pbslearningmedia.org/collection/understanding-the-opioid-epidemic/
* Understanding the Opioid Epidemic: Family and Community Discussion Guide https://vpm.pbslearningmedia.org/resource/b83250e7-72a4-40c2-8bc1-c613cd4add08/understanding-the-opioid-epidemic-family-and-community-discussion-guide/
* US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide http://nahimgood.org/Docs/JustThinkTwice.pdf

 Videos:

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

**Safety/Injury Prevention**

* Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 8 Rules for Internet Safety http://vves.rocklinusd.org/documents/8%20RULES%20OF%20INTERNET%20SAFETY.pdf
* Are Teens Addicted to Texting? https://vpm.pbslearningmedia.org/resource/midlit11.soc.ush.texting/are-teens-addicted-to-texting/
* Bike Safety https://youtu.be/Pc5e8Un05aA
* Concussion Handout HeadsUp https://www.cdc.gov/headsup/pdfs/resources/RocketBlades\_Concussion\_HandoutforKids-a.pdf
* Concussion Conundrum https://healthpoweredkids.org/lessons/concussion-conundrum/
* Education world- Fire Safety: Activities to Spark Learning http://www.educationworld.com/a\_lesson/lesson/lesson026.shtml
* KidsHealth - First Aid & Safety http://kidshealth.org/en/parents/firstaid-safe/
* Lessons for Responsible Medicine Use https://ymiclassroom.com/otcmedsafety/
* National Highway Traffic Safety Administration www.nhtsa.gov
* CDC Injury Center www.cdc.gov/injury
* National Safety Council www.nsc.org
* National Injury Prevention Foundation www.ThinkFirst.org
* Safe Routes to School http://www.walkbiketoschool.org
* Safe Kids - Home Safety for Educators http://www.safekids.org/home-safety-educators
* National Crime Prevention Council- School Safety http://archive.ncpc.org/topics/school-safety.html
* Teacher Vision- School Safety Resources for Teachers https://www.teachervision.com/school-safety-month/teacher-resources/6661.html
* The Facts About Concussions https://vpm.pbslearningmedia.org/resource/midlit11.sci.splbrain/the-facts-about-concussions/
* Fire Safety https://www.teachervision.com/emergency/teacher-resources/47554.html
* National Education Association - School Safety Resources for Educators http://www.nea.org/home/44693.htm
* Protect Skin from the Sun https://www.cdc.gov/cancer/skin/basic\_info/sun-safety.htm

**Mental Wellness/Social Emotional Skills**

* Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* What is SEL
* WHAT is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?
* Teaching Activities to Support Core SEL Competencies
* 3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube
* 3 Committee for Children (CFC) Free SEL Classroom Activities
* 4 Inventive Games that Teach Students Social Skills
* 5 Activities to Support Students Through the Holidays
* 5-Minute Film Festival: Resources for Teaching About Character, Edutopia
* 5 Digital Tools To Promote Social-Emotional Learning In After School | Extended Notes
* 7 Fun Communication Games that Increase Understanding
* 7 SEL Activities for Students to Do at Home
* 8 Social Emotional Learning Activities for a Classroom
* 8 Downloadable SEL Activities for Home and School
* 9 mental health activities to do with your children - BelievePerform
* 10 Activities to Help Children Explore Emotions
* 10 Activities to Integrate Social Emotional Learning into the Classroom
* 10 Free Lesson Plans for Mental Health | SEL Social Emotional Learning for Schools
* 10 Therapist (and Child)-Approved Activities to Support Kids with Anxiety — Family Therapy Basics
* 10 Tips to Help Your Child with Anger, Aha! Parenting
* 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
* 12 Games to Teach Social-Emotional Learning - Playworks
* 12 Tools BUSD Toolbox: Social Emotional Learning Curriculum for K-6 Students
* 12 Ways Teachers Can Build Their Own Resilience
* 13 Powerful SEL Activities | Edutopia
* 15 Activities for Teaching CASEL Core Competencies | Waterford.org
* 16 Anger Management Activities, School Counseling Files
* 16 Social and Emotional Learning Activities - Aperture Education
* 21 Ways Teachers Can Integrate Social-Emotional Learning Throughout the Day
* 25 Ways to Integrate Social Emotional Learning into Your Classroom
* 25 At Home SEL Activities - Choice Board
* 28 Mental Health Activities, Worksheets & Books for Adults & Students
* 30 Character-Building Ideas and Activities for School, Sign Up Genius
* 30 + Free Choice SEL Activities
* 73 Social Emotional Learning Activity Sheets
* 97 SEL Skills Activities – InspiredStudents.org
* 100 Kid Activities to Build Character, Moments a Day
* 101 Ways to Teach Children Social Skills
* 132 SEL Apps, Games, Activities for Building Character in the Classroom
* An Adolescent Mental Health Curriculum = A Starter Kit for Schools http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools
* Breathing Activity for Elementary Students
* Butterfly Breathing Video – YouTube
* CA Media Smarts – Avatars and Body Image http://mediasmarts.ca/teacher-resources/avatars-body-image
* CA Media Smarts – Gender Body Image http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson
* Calming Exercises for Kids: Breathing and Stretching - YouTube
* Canadian Mental Health Association- Mental Health and High School Curriculum Guide http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf
* CDC Healthy Relationships Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
* CDC Healthy Communication Skills Teachers Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* Classroom Activities - MACMH | MACMH
* Classroom Physical Activity Helps Students with Mental Health and Anxiety
* Color Your Community
* Color Your Destiny
* Committee for Children (CFC) Free Classroom Activities https://www.cfchildren.org/resources/free-classroom-activities/
* The Compassion Project consists of 15 online lessons and 3 digital activities. Each lesson and activity takes less than 45 minutes to complete http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12\_compassion\_course\_outline.pdf
* Decreasing Screen Time https://healthpoweredkids.org/lessons/decreasing-screen-time/
* 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/
* Discovery – Self Esteem http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm
* EMOTIONAL ABC Classroom
* EVERFI - Social Emotional Learning Resources https://everfi.com/offerings/social-emotional-learning/
* Everyday mindfulness - YouTube
* Exercise and your brain https://healthpoweredkids.org/lessons/exerciseandbrain/
* Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
* Getting Caught in the Web Lesson 1
* 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
* Future Self Social Emotional Learning https://vpm.pbslearningmedia.org/resource/future-self-social-emotional-learning/social-emotional-learning-video/
* Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
* Interactive Games in Support of Mental Health | Mental Health Delta Division
* KidsHealth.org Teacher’s Guides for Grades 6-8:
	+ Conflict Resolution https://classroom.kidshealth.org/6to8/personal/growing/conflict\_resolution.pdf
	+ Depression https://classroom.kidshealth.org/classroom/6to8/problems/emotions/depression.pdf
	+ Empathy https://classroom.kidshealth.org/6to8/personal/growing/empathy.pdf
	+ Eating Disorders https://classroom.kidshealth.org/6to8/problems/conditions/eating\_disorders.pdf
	+ Getting Along http://classroom.kidshealth.org/6to8/personal/growing/getting\_along.pdf
	+ Healthy Relationships http://classroom.kidshealth.org/6to8/personal/growing/healthy\_relationships.pdf
	+ Peer Pressure http://classroom.kidshealth.org/6to8/personal/growing/peer\_pressure.pdf
	+ Self Esteem http://classroom.kidshealth.org/6to8/personal/growing/self\_esteem.pdf
	+ Stress https://classroom.kidshealth.org/6to8/problems/emotions/stress.pdf
	+ Suicide Prevention http://classroom.kidshealth.org/6to8/problems/emotions/suicide.pdf
* Know the Odds - Underage Gambling https://ymiclassroom.com/lesson-plans/know-the-odds/
* Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
* Love is Respect https://www.loveisrespect.org
* Learning to calm fear lesson plan https://healthpoweredkids.org/learning-to-calm-fear/
* Mental Health Activities for High School Students - The Truthful Tutor
* ‎Mental Health Awareness: Free Resources & More | Share My Lesson
* Mental Health First Aid https://www.thenationalcouncil.org
* Mental Health HS Curriculum Guide – Teen Mental Health.org http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/
* Michigan Education - Online Professional Development for Social Emotional Learning

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

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

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

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

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

* Mindful Moments – MCPS Be Well 365 - Student Activity Videos
* Mindful Movement for Young Learners - YouTube
* 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
* Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
* NIDA CDC What Does Respect Mean To You https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence
* Noticing Walk and Reflection https://healthpoweredkids.org/lessons/noticingwalk/
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson
* Self-Esteem and Body Image https://healthpoweredkids.org/lessons/self-esteem-and-body-image/
* Open Up Magazine, Minnesota Association for Children’s Mental Health –It’s All in Your Viewpoint http://www.macmh.org/open-up-magazine/classroom-activities/
* Parent Discussion Guide on Youth Healthy Relationships https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\_TAF\_love-is-respect.pdf
* PBS - Overview of Mindfulness http://www.pbs.org/thebuddha/teachers-guide/
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides http://www.pbs.org/inthemix/educators/lessons/
* PE Central lessons
	+ Emotions in Motion http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho
	+ Sounds of Music (Stress Management) http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho
	+ What is Stress http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9659
* ProCon.org - Social Networking: http://socialnetworking.procon.org/
* Purdue Healthy Body Image Middle School Lessons https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf
* Putting on Armor (7th)
* Reach Out - Asking students if they are okay https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day
* Respect for Self and Others—Giving and Getting the Big R (7th)
* Relationship skills/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/relationship-skills-social-emotional-learning/social-emotional-learning-video/
* Responsible Decision Making/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/responsible-decision-making-social-emotional/social-emotional-learning-video/
* Resiliency: One Step at a Time https://vpm.pbslearningmedia.org/resource/resiliency-one-step-at-a-time-video/hope-givers/
* Rossier USC - Creating Safe Spaces – Social Emotional Lessons https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources
* SCDA Girls Only Toolkit http://www.sdcda.org/office/girlsonlytoolkit/
* Scholastic 6-8 Social Emotional Lessons https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/
* Scholastic Mind Up Curriculum – brain centered teaching strategies http://teacher.scholastic.com/products/mindup/
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html
* Screening for Mental Health - depression, suicide, and self-injury https://mentalhealthscreening.org/programs/sos-signs-of-suicide
* Self-Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/
* Self-Management/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/self-management-video/social-emotional-learning/
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* Signs of Suicide and ACT https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum
* So Much to Do, So little time:  How Do I tie all of the loose ends together Lesson 2
* Social Awareness/Social Emotional Learning https://vpm.pbslearningmedia.org/resource/social-awareness-social-emotional-learning/social-emotional-learning-video/
* Social Networking http://socialnetworking.procon.org/
* Stress, Trauma and the Brain - Insights for Educators https://vpm.pbslearningmedia.org/collection/stress-trauma-and-the-brain-insights-for-educators/
* Striking Out Stress: A “Gallery Walk” Activity http://www.educationworld.com/a\_tsl/archives/02-1/lesson045.shtml
* A Student’s Guide to Using Social Media
* Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
* Suicide Prevention Resource Center www.sprc.org
* 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

* To Give In or Not to Give In-That is the Question! (7th)
* UNICEF Kid Power Videos for Children and Families
* Virginia Department of Behavioral Health Services http://www.dbhds.virginia.gov/
* “Walk in Our Shoes” Lesson Plan http://walkinourshoes.org/content/Classroom\_Lesson\_Plans.pdf
* Wall Street Journal - Overview of Mindfulness https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647
* We Are Teachers: Resources for Social and Emotional Learning http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources
* What is important to me?
* When Grief Enters the Classroom

http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\_guide.pdf

* What’s normal anxiety? https://www.youtube.com/watch?v=xsEJ6GeAGb0

**Violence Prevention**

* Health Smart Virginia 7th Grade Page https://healthsmartva.org/7th-grade
* Health Smart VA Home Page Resources
* Health Smart VA YouTube Channel
* 10 Conflict Resolution Lessons, Fairfax County Schools http://creducation.net/resources/CR\_Guidelines\_and\_10\_CR\_lessons\_FCPS.pdf
* Anti-Bullying Animated Short Film https://youtu.be/YyDJafzuUK4
* Anti-Bullying Resources for Teachers https://www.teachingexpertise.com/classroom-ideas/anti-bullying-activities-for-middle-school-students/
* Anti-Bullying Video https://youtu.be/0gpMP-qiAGI
* BluePrints for Healthy Youth Development site http://www.blueprintsprograms.com
* Bullying and Harassment Prevention Curriculum http://studentservices.dadeschools.net/#!/fullWidth/3697
* Building Community and Combating Hate - Middle School Lesson http://www.partnersagainsthate.org/educators/middle\_school\_lesson\_plans.pdf
* CDC Violence Prevention https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html
* Committee for Children - Bullying Prevention Unit
* Coaching Boys into Men Toolkits http://www.coachescorner.org
* Discovery Online - Resolving Conflicts http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf
* Five Ways to Stop Bullying https://youtu.be/vGV5jzPYvm0
* Healthy Relationships, Online THATSNOTCOOL https://thatsnotcool.com
* Healthy Communication Skills Guide http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf
* In the Mix - Thinking it Through https://www.youtube.com/watch?v=xDoQIpe5TxA
* Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf
* Love is Respect https://www.loveisrespect.org
* National Crime Prevention Council: Youth Gangs - Know the Facts http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf
* National Gang Center https://www.nationalgangcenter.gov
* Olweus - Class Meetings That Matter - Grades 6-8 http://www.hazelden.org/OA\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
* Ophelia Project- It Has a Name: Relational Aggression http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf
* Olweus Schoolwide Bullying Prevention Program http://olweus.sites.clemson.edu
* Online Safety https://healthpoweredkids.org/lessons/online-safety-for-kids-your-digital-footprint-and-digital-imprint/
* 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
* PACER Classroom Resources (Bullying)

https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd

* PACER Middle/High School Education Curriculum (Bullying)

https://www.pacer.org/bullying/classroom/mid-high-curr/

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

https://www.pacer.org/bullying/wewillgen/

* Pacer National Bullying Prevention Center http://www.pacer.org/bullying/
* Pacer Student Action Plan http://www.pacerkidsagainstbullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf
* Pacer Teens Against Bullying http://www.pacerteensagainstbullying.org
* Positive Behavior Interventions and Supports (PBIS) https://www.pbis.org
* Respect Others Respect Yourself http://headsup.scholastic.com/teachers/respect-others-respect-yourself
* Shifting Boundaries - Lessons on Relationships for Students in Middle School https://preventipv.org/materials/shifting-boundaries
* SDCDA Girls Only Toolkithttp://www.sdcda.org/office/girlsonlytoolkit/
* Stop Bullying.gov Youth Engagement Kit https://www.stopbullying.gov/what-you-can-do/teens/index.html
* Stop Bullying Video Clips https://www.cartoonnetwork.com/stop-bullying
* Teaching Health and Happiness – Communication https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf
* Teaching Tolerance at http://www.tolerance.org/school\_climate\_resources
* Teaching Tolerance - What’s a Clique https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique
* Cliques in School https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools
* 2023 Teen Dating Violence Prevention Toolkit https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/TDV-Toolkit-2023.pdf
* Virginia Rules https://virginiarules.org/varules\_topics/gangs/
* 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
	+ CDC Healthy Relationship Talking Points http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf
	+ Kate Brown Education Program Healthy Relationship Quiz https://kbep.org/healthy-relationship-quiz/
	+ Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\_relationships\_handout1.pdf
	+ Michigan Dating Violence Youth Education Package https://www.michigan.gov/documents/dhs/DHS-PUB-0224\_172099\_7.pdf
	+ National Crime Prevention Council Violence Lesson (Session 14, Community Works) http://archive.ncpc.org/resources/files/pdf/violent-crime/billofrights.pdf
	+ Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf
	+ VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide http://www.ncdsv.org/images/VSDVAA\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf
	+ You Tube clips on Dating Violence, e.g., https://youtu.be/ODntqYIYx7E