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**Grade 9 Resource Links**

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**Violence Prevention**

**Body Systems**

* Alameda County Public Health Department <http://www.acphd.org/communicable-disease.aspx>
* American Public Health Association <https://www.apha.org/topics-and-issues/communicable-disease>
* Centers for Disease Control
  + [www.cdc.gov](http://www.cdc.gov/)
  + <https://www.cdc.gov/foodsafety/foodborne-germs.html>
  + <https://www.cdc.gov/diseasesconditions/>
  + <https://www.cdc.gov/flu/protect/habits.htm>
* National Cancer Institute <https://training.seer.cancer.gov/anatomy/endocrine/>
* National Institute of Diabetes and Digestive and Kidney Diseases <https://www.niddk.nih.gov/health-information/endocrine-diseases>
* TED Ed Resources:

[What happens during a heart attack?](https://ed.ted.com/lessons/what-happens-during-a-heart-attack-krishna-sudhir)

[What causes migraines?](https://ed.ted.com/lessons/what-causes-migraines-marianne-schwarz)

[What are the floaters in your eye?](https://ed.ted.com/lessons/what-are-those-floaty-things-in-your-eye-michael-mauser)

[How your muscular system works](https://ed.ted.com/lessons/how-your-muscular-system-works-emma-bryce)

[How oxygen circulates through your body](https://ed.ted.com/lessons/oxygen-s-surprisingly-complex-journey-through-your-body-enda-butler)

[How does the thyroid manage your metabolism?](https://ed.ted.com/lessons/how-does-the-thyroid-manage-your-metabolism-emma-bryce)

[How do your kidneys work?](https://ed.ted.com/lessons/how-do-your-kidneys-work-emma-bryce)

[How do your hormones work?](https://ed.ted.com/lessons/how-do-your-hormones-work-emma-bryce)

[How the heart actually pumps blood](https://ed.ted.com/lessons/how-the-heart-actually-pumps-blood-edmond-hui)

[Why does your voice change?](https://ed.ted.com/lessons/why-does-your-voice-change-as-you-get-older-shaylin-a-schundler)

[How does your digestive system work?](https://ed.ted.com/lessons/how-your-digestive-system-works-emma-bryce)

[How blood pressure works](https://ed.ted.com/lessons/how-blood-pressure-works-wilfred-manzano)

[What does the pancreas do?](https://ed.ted.com/lessons/what-does-the-pancreas-do-emma-bryce)

[Your skin!](https://ed.ted.com/lessons/the-science-of-skin-emma-bryce)

[How does the immune system work?](https://ed.ted.com/lessons/how-does-the-immune-system-work-emma-bryce)

* US Department of Health and Human Services Organ Donation Site <https://organdonor.gov/index.html>
* Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov/)
* Articles:
  + Adrenaline, Cortisol, Norepinephrine/The Stress Hormones Explained<http://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones_n_3112800.html> Cortisol, Its Role in Stress, Inflammations, and Implications for Diet Therapy<http://www.todaysdietitian.com/newarchives/111609p38.shtml>) .
  + Fight or Flight <http://psychcentral.com/lib/fight-or-flight/>
  + Web MD Endocrine Systems Disorders <http://www.webmd.com/diabetes/endocrine-system-disorders#1>
* YouTube Videos:
  + KidsHealth.org How the Endocrine System Works <https://www.youtube.com/watch?v=HXPCQBD_WGI&index=17&list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
  + Khan Academy’s Introduction to the Endocrine System <https://www.youtube.com/watch?v=f_Z1zsR9lFM>
  + Is it Communicable or Non-Communicable? <https://www.youtube.com/watch?v=vpEAos0blyw>
  + Preventing Communicable Disease <https://www.youtube.com/watch?v=EgJcflR_Dic>

**Community/Environmental Health**

* Allergy and Asthma Foundation [http://fightthecauseofallergy.org](http://fightthecauseofallergy.org/)
* Asthma in the City Lesson

<https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>

* EPA Environmental Health 101 Lesson
* <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
* EPA Student Environmental Health Resources <https://www.epa.gov/students>
* EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
* EPA Learning and Teaching about the Environment <https://www.epa.gov/students>
* Global Asthma Report [http://www.globalasthmareport.org](http://www.globalasthmareport.org/)
* Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
* Green Schools - Earth Day Activities and Ideas

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

* HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
* Maryland - Grade 8 EH Lesson

<https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pdf>

* NIEHS - Your Environment - Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
* OSU Hydroville Curriculum Project - Problem-based environmental health curricula, resources, and events <http://blogs.oregonstate.edu/hydroville/>
* Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
* WHO Environmental Health <http://www.who.int/topics/environmental_health/en/>
* CDC Emergency Preparedness <https://emergency.cdc.gov/preparedness/>
* FEMA - Youth Emergency Preparedness Guide (9-12) <https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf>
* Red Cross Emergency Preparedness <http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/make-a-plan>
* TED Ed Resources:

[What is in the air you breathe?](https://ed.ted.com/lessons/what-s-in-the-air-you-breathe-amy-hrdina-and-jesse-kroll)

[Microbial Jungles- How Microbes form communities](https://ed.ted.com/lessons/the-microbial-jungles-all-over-the-place-and-you-scott-chimileski-and-roberto-kolter)

[Conserving our Coral Reefs](https://ed.ted.com/lessons/conserving-our-spectacular-vulnerable-coral-reefs-joshua-drew)

[Why do we wear sunscreen?](https://ed.ted.com/lessons/why-do-we-have-to-wear-sunscreen-kevin-p-boyd)

[Do we really need pesticides?](https://ed.ted.com/lessons/do-we-really-need-pesticides-fernan-perez-galvez)

[Meet the Blue Fin Tuna](https://ed.ted.com/lessons/meet-the-bluefin-tuna-the-toughest-fish-in-the-sea-grantly-galland-and-raiana-mckinney)

[How to Create Cleaner Coal](https://ed.ted.com/lessons/how-to-create-cleaner-coal-emma-bryce)

[How much land does it take to power the world?](https://ed.ted.com/lessons/how-much-land-does-it-take-to-power-the-world) [What happened to acid rain?](https://ed.ted.com/lessons/should-you-be-worried-about-acid-rain-joseph-goffman)

[How do wind turbines work?](https://ed.ted.com/lessons/how-do-wind-turbines-work-rebecca-j-barthelmie-and-sara-c-pryor)

[What happened to acid rain?](https://ed.ted.com/lessons/should-you-be-worried-about-acid-rain-joseph-goffman)

[What if there were 1 million more trees?](https://ed.ted.com/lessons/can-we-build-a-perfect-forest-jean-francois-bastin)

[Beauty of Pollination](https://ed.ted.com/lessons/the-hidden-beauty-of-pollination-louie-schwartzberg#review)

* We are Teachers - Earth Day Activities

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

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

**Nutrition**

* Discovery Education - Eating Disorders <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
* [Nutrition – High School Lesson Plans](http://deptapp08.drexel.edu/nutritioneducation/hs_lesson_plans.html)
* [Nutrition Activities in Any Classroom – Junior and Senior High](https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf)
* NYT - The Learning Network - Vitamin Deficiencies <http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0>
* Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
* PE Central - Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
* Purdue University - Healthy Body Image - A Lesson Plan for High School Students <https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf>
* Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1>
* [SuperTracker Nutrition Lesson Plans for High School Students](https://5210.psu.edu/wp-content/uploads/2018/05/SuperTrackerHighSchoolLessonPlans2016Updates-FINAL-1.pdf)
  + Dental Health for Teens and Tweens <https://www.youtube.com/watch?v=SND1o6GKnE8>
  + [Healthy Eating – 5 Food Groups – You Tube](https://www.youtube.com/watch?v=7GGUeqS3_7c)
  + [Healthy Eating – What is Healthy Eating? - You Tube](https://www.youtube.com/watch?v=tyGEF7mZ03g)
  + [Healthy Eating Lesson 1: Teen Nutrition - Exploring the Five Food Groups - You Tube](https://www.youtube.com/watch?v=PDx4C7tcFbI)
  + [Healthy Eating Lesson 2: Teen Nutrition - How to Healthy Out - You Tube](https://www.youtube.com/watch?v=cINHMoLLur4)
  + [Healthy Eating Lesson 3: Teen Nutrition – Breakfast for Teens – You Tube](https://www.youtube.com/watch?v=01QVPn5NuKU)
  + [Healthy Eating Lesson 4: Teen Nutrition - Healthy Food Choices and Snack Choices – A Day in the Life - You Tube](https://www.youtube.com/watch?v=5imsDV9war4)
  + [Healthy Eating Lesson 5: Teen Nutrition – How to Burn Calories – Physical Exercise](https://www.youtube.com/watch?v=LOTL7CFgisg)

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

* American Public Health Association - Topics & Issues <https://www.apha.org/topics-and-issues>
* Brain Pop Educators Lesson Plan - Oncology <https://educators.brainpop.com/lesson-plan/oncology-game-cancer-lesson-plan/>
* CDC Community Health Programs <https://www.cdc.gov/nccdphp/dch/>
* Community Toolbox <http://ctb.ku.edu/en>
* Discovery Education - Introduction to bacteria <http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm>
* FEMA - Youth Emergency Preparedness (9-12) <https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf>
* Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
* Goodheart Wilcox - Comprehensive Health Resources [http://www.gwlearning.com/health/0305/index.htm](http://www.g-wlearning.com/health/0305/index.htm)
* Goodheart Wilcox - Essential Health Resources [http://www.gwlearning.com/health/0428/index.htm](http://www.g-wlearning.com/health/0428/index.htm)
* HealthyPerople.gov- Social Determinants of Health <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
* Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
* Intel - Creative Kids Go Pro- learn about community business and service organizations and choose one to help producing informational brochures <https://engage.intel.com/docs/DOC-51241?wapkw=creative+kids+go+pro>
* Media Literacy - Recognizing Propaganda - Unreliable Testimony <http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml>
* MedlinePlus: Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
* NYT - The Learning Network - Vitamin Deficiencies <http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0>
* Natural Disasters <https://educators.brainpop.com/bp-topic/natural-disasters/>
* Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
* PE Central - AIDS Fact Quilt <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.V_LcX_ArLic>
* PE Central - Non-communicable/Communicable Diseases <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.V_LcjvArLic>
* Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
* Purdue University - Healthy Body Image - A Lesson Plan for High School Students <https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf>
* Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1>
* SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
* Smarter Balanced Assessment Consortium - HS Communicable Diseases Activity <http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm>
* Volunteer Virginia <http://virginiaservice.virginia.gov/volunteering/>
  + Addressing Social Determinants of Health and Development <http://ctb.ku.edu/en/table-of-contents/analyze/analyze-community-problems-and-solutions/social-determinants-of-health/main>
* American Speech Language Hearing Association (ASHA) Resources for Educators <http://www.asha.org/Buds/Information-for-Educators/>
* ASHA Protect Your Hearing Powerpoint Presentation <http://www.asha.org/uploadedFiles/Protect-Your-Hearing-Presentation.pdf>
* Earbuds <http://kidshealth.org/en/teens/earbuds.html?view=ptr&WT.ac=t-ptr>
* FAMIS, Virginia’s Health Insurance Program for Children <https://www.coverva.org/programs_famis.cfm>
* National Eye Institute (NEI) - Ask a Scientist: Perfect Vision and Glasses <https://youtu.be/_sjrU_9emwM>
* NEI for Kids - All About Vision <https://nei.nih.gov/kids>
* NEI Healthy Vision Tips <https://nei.nih.gov/kids/healthy_vision_tips>
* National Institutes on Deafness and Communications Disorders (NIDCD) <https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness>
* NIDCD - Interactive Sound Ruler – How Loud Is Too Loud <https://www.noisyplanet.nidcd.nih.gov/publications/how-loud-too-loud-bookmark-english>
* Place Matters - community health series <http://unnaturalcauses.org/>
* Taking Care of Your Vision <http://kidshealth.org/en/teens/vision-care.html>
* Taking Care of Your Teeth <http://kidshealth.org/en/teens/teeth.html?ref=search>
* Tips to Protect Your Hearing <https://focus.masseyeandear.org/how-to-wear-ear-plugs/>
* VDH Saving Smiles Oral Health Curriculum Grades 6-10 <http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_Series.pdf>
* Videos
  + How Your Eyes Work - NIH <https://www.youtube.com/watch?v=i3_n3Ibfn1c>
  + What are Cavities <https://www.youtube.com/watch?v=PkqMEunuM54&index=68&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C>
  + Protecting Your Ears <https://www.youtube.com/watch?v=MjdVP9hIaa4>
  + Hearing and Balance - Crash Course <https://www.youtube.com/watch?v=Ie2j7GpC4JU>
  + Vision- Crash Course <https://www.youtube.com/watch?v=o0DYP-u1rNM>
* American Cancer Society High Schools Against Cancer <http://relay.acsevents.org/site/DocServer/RFL_Student_HAC_Guidebook_GW.pdf?docID=185625>
* American Cancer Society - Ready-to-Use Cancer Presentations <http://www.cancer.org/health-care-professionals/resources-for-professionals/cancer-presentations.html/>
* American Institute for Cancer Research - Recommendations for Cancer Prevention <http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>
* CDC Cancer Prevention Program <https://www.cdc.gov/cancer/>
* CDC Cancer - How to Prevent and Find It Early <https://www.cdc.gov/cancer/dcpc/prevention/index.htm>
* CDC Cancer Videos and Resources to Share <https://www.cdc.gov/cancer/dcpc/resources/index.htm>
* Great American SmokeOut Anti-Smoking Lesson Plans <http://www.educationworld.com/a_lesson/lesson/lesson034.shtml>
* National Quitline <https://smokefree.gov/talk-to-an-expert>
* SunWise Toolkit <https://www.neefusa.org/resource/sunwise-tool-kit>
* Virginia Foundation for Healthy Youth [www.VFHY.org](http://www.vfhy.org/)
* Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov/)
* Sun Smart Resources for Educators <http://melanomafoundation.com/?option=com_content&view=article&id=1&Itemid=3>
* PBS Global Health Lesson 9-12th Grade <http://www.pbs.org/now/classroom/globalhealth.html>

**Substance Abuse Prevention**

* Featured Resource  
  [Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](https://healthsmartva.pwnet.org/alcohol-tobacco-drug-use-prevention-school)
* [14 Drug Education Activities, Scholastic Printable Skills Pages](http://headsup.scholastic.com/teachers/14-drug-education-activities)
* Biological Sciences Curriculum Study (BSCS) Drug Abuse, Addiction, and the Adolescent Brain <https://bscs.org/drugabuse>
* [Catch My Breath – A Nicotine Vaping Prevention Program](https://www.catch.org/bundles/23725)
* [CATCH My Breath](https://catchinfo.org/enroll/) E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>
* [Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy](https://www.commonsense.org/education/articles/how-to-use-the-vaping-and-juuling-trend-to-teach-media-literacy)
* Connect with Kids-On The Rocks-Title: Sing It! <http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf>
* Discovery Education - Deadly Highs – Grades 6-8 <http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm>
* Discovery Education - Safe Driving <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
* E-Cigarettes and Vaping – [Lesson 1: Why Should I care?](https://schools.jefferson.kyschools.us/vapingequals/E-Cigarettes-Vaping-Health-Lesson1.pdf) and  [Lesson 2: Don’t get (e-)Hooked!](https://schools.jefferson.kyschools.us/vapingequals/E-Cigarettes-Vaping-Health-Lesson2.pdf)
* 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)](https://everfi.com/blog/financial-education/prescription-drug-safety-lesson-plan/)
* 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](https://everfi.com/webinars/k-12/teen-prevention-webinar/)
* Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
* [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](https://www.getsmartaboutdrugs.gov/content/resources-educators)
* FDA Anti-Juuling Video for Teens<https://youtu.be/zYuyS1Oq8gY>
* GirlsHealth.gov - Drugs, Alcohol, and Smoking <http://www.girlshealth.gov/substance/>
* Heads Up – Methamphetamine <http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf>
* How your brain responds to the reward circuit <https://www.youtube.com/watch?v=s27f7Jzy2k0>
* Interactive sites:
* <http://bloodalcoholcalculator.org/#LinkURL>
* <http://www.collegedrinkingprevention.gov/CollegeStudents/anatomy/InteractiveBody_flash.aspx>
* <http://help4kids.stanford.edu/alcohol/framework.swf>
* <http://www.nhtsa.gov/links/sid/ABCsBACWeb/>
* <http://www.drinkingnightmare.gov.au/internet/drinkingnightmare/publishing.nsf/Content/game>
* <http://sciencenetlinks.com/interactives/alcohol/ebook/index.htm>
* <http://abovetheinfluence.com/how-are-you-doing/>
* Internet4Kids Drug Lesson Plans K-12 <https://www.internet4classrooms.com/links_grades_kindergarten_12/drug_abuse_guidance_counselor_lesson_plans.htm>
* Keeping it Real –Middle, High School DARE Curriculum <https://dare.org/education/>
* KidsHealth - human body series <http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body>
* [KidsHealth – Methamphetamine – Teen Tip Sheet](https://kidshealth.org/en/teens/meth.html)
* KidsHealth.Org Teachers Guides
  + Smoking [7-KidsHealth Smoking Teacher's Guide 9-12](https://healthsmartva.org/uploads/rteditor/file/7-KidsHealth%20Smoking%20Teacher's%20Guide%209-12.pdf)
  + Drugs [6-KidsHealth Drugs Teacher's Guide 9-12](https://healthsmartva.org/uploads/rteditor/file/6-KidsHealth%20Drugs%20Teacher's%20Guide%209-12.pdf)
  + Alcohol [5-KidsHealth Alcohol Teacher's Guide 9-12](https://healthsmartva.org/uploads/rteditor/file/5-KidsHealth%20Alcohol%20Teacher's%20Guide%209-12.pdf)
* KidsHealth Teen Health - Peer Pressure <http://kidshealth.org/teen/your_mind/friends/peer_pressure.html>
* KidsHealth Teens Health - Drugs and Alcohol <http://kidshealth.org/en/teens/drug-alcohol/#catalcohol>
* KidsHealth - human body series <http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body>
* LA Health -  E-cig & vaping Informational video (Loudoun schools)<https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/96/Ecig_Vaping_Cut.1.mp4>
* [Lesson: The Mysterious Vaping Illness That’s Becoming and Epidemic](https://www.nytimes.com/2019/09/04/learning/vaping-illness-lesson-plan.html)
* Little Lungs in a great Big World <https://www.youtube.com/watch?v=fmKply2PfmI>
* Marijuana and Teens – American Academy of Child and Adolescent Psychiatry.

<https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx>

* [Marijuana – Download the Facts – Printables and Lessons](http://headsup.scholastic.com/teachers/marijuana-download-the-facts-printables-and-lessons)
* [Meth Mouse – Interactive Lesson on Effects of Methamphetamines](https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse)
* [Nicotine Addiction – Toolkit for Schools](http://makesmokinghistory.org/dangers-of-vaping/schools/)
* [NIDA - Mind Matters – The Body’s Response to Marijuana](https://teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-marijuana)
* NIDA Mind Over Matter-Anabolic Steroids <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>
* NIDA Brain Power-Grades 6-9 <https://www.drugabuse.gov/publications/brain-power/grades-6-9>
* [NIDA Teacher’s Edition Resources on Methamphetamine](http://headsup.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf)
* [NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube](https://www.youtube.com/watch?v=TTMNXzL4O4s)
* NIH – Meth Mouse Game  <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
* NIH Video on synthetic cannabinoids (bath salts) <https://youtu.be/cRA54zeGAnM>
* Online game/ad FDA [https://whatsinavape.com](https://whatsinavape.com/)
* PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction - Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
  + Myth or Fact Lesson – Grades 6-12  <https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/>
  + Learning About Opioids – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/>
  + Science of Addiction – Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
  + Accessibility – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
  + Signs and Symptoms – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
  + The Cycle of Addiction - Grades 6-12<https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/>
  + Contemplating Nature vs Nurture  Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
  + Prescription Drug Abuse Awareness Campaign - Grades 9-12 <https://www.pbslearningmedia.org/resource/54a03afc-8e26-4636-a46c-154f68e8aaab/prescription-drug-abuse-awareness-campaign-lesson-plan/>
  + The Brain on Autopilot – Grades 9-12 <https://www.pbslearningmedia.org/resource/afe8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/>
  + Decisions and Consequence – Grades 9-12 <https://www.pbslearningmedia.org/resource/29d45378-8fc0-4c03-9607-8a347dba92dc/decisions-and-consequences/>
  + Commitment to Recovery – Grades 9-12 <https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/>
  + Full Educators Guide <https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/>
  + Community and Family Guide <https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/>
* PBS – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
* PBS video on juuling epidemic <https://youtu.be/lNs19kGAnLU>
* [Positive Choices – Numerous Drug Education Resources for Teachers](https://positivechoices.org.au/drugs-a-z/methamphetamine/)
* [Physician Advocacy Network - Lesson Plan – Vaping and Juuling](http://www.panmn.org/teachers)
* The real cost anti-vaping commercial (Hacked)<https://www.youtube.com/watch?v=EzU4ihBbf3g>
* [Resources to Reduce Methamphetamine Use](https://www.montanameth.org/resources/)
* Scholastic
  + Heads Up Series [http://headsup.scholastic.com](http://headsup.scholastic.com/)
  + Heads Up - Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
  + Youth Vaping Risks <https://www.scholastic.com/youthvapingrisks/>
* SODAT NJ – Drug Prevention Lesson Plans <http://www.sodat.org/drug-prevention-lesson-plans-for-the-classroom.html>
* Stanford Tobacco Prevention Toolkit – lessons on Tobacco, E-cigarettes, Vaping, Hookah, Addiction, Refusal Skills (grades 5-12) <http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html>
  + Everything Tobacco
    - Unit 1- General Tobacco – Health Effects and Social Effects <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit1.html>
    - Unit 2 - What’s Menthol Got to Do With It? <https://med.stanford.edu/tobaccopreventiontoolkit/TobaccoUnit1/TobUnit2.html>
  + E-Cigs/Vapes & Pod-Based
    - Unit 1 – Where did E Cigarettes and Vape Pens Come From? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit1.html>
    - Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html>
    - Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit3.html>
    - Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit4.html>
    - Unit 5 - What Can I Do About It? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit5.html>
    - Unit 6 - What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html>
  + Hookah
    - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Hookah.html>
  + Smokeless Tobacco
    - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccopreventiontoolkit/Smokeless.html>
  + Nicotine Addiction
    - Unit 1 – The Brain <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
    - Unit 2- Addiction 101 <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
    - Unit 3 – Nicotine Addiction <https://med.stanford.edu/tobaccopreventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
  + Positive Youth Development
    - Refusal Skills Activities <https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development/refusal-skills.html>
* Stop Underage Drinking [https://www.stopalcoholabuse.gov](https://www.stopalcoholabuse.gov/)
* [Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos](https://teens.drugabuse.gov/teachers/lesson-plan-and-activity-finder/teacher-s-guide-prescription-drug-misuse-choose-your-path)
* [The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students](http://nahimgood.org/Docs/JustThinkTwice.pdf)
* [Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices](https://www.smartmovessmartchoices.org/pdfs/SmartMoves_SchoolToolKit_Web.pdf)
* Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
* TED Ed Resources:

[What causes opioid addiction?](https://ed.ted.com/lessons/what-causes-opioid-addiction-and-why-is-it-so-tough-to-combat-mike-davis)

[How do drugs affect the brain?](https://ed.ted.com/lessons/how-do-drugs-affect-the-brain-sara-garofalo)

[Is Marijuana bad for your brain?](https://ed.ted.com/lessons/is-marijuana-bad-for-your-brain-anees-bahji)

[How do steroids affect your muscles](https://ed.ted.com/lessons/how-do-steroids-affect-your-muscles-and-the-rest-of-your-body-anees-bahji)

[What you should know about vaping](https://ed.ted.com/lessons/what-you-should-know-about-vaping-and-e-cigarettes-suchitra-krishnan-sarin)

* [Tobacco & Nicotine: Know the Facts (PowerPoint)](https://healthsmartva.pwnet.org/uploads/rteditor/file/Tobacco-E-Cigarette-PreventionGr6-12.pptx)Grades 6-12 – Virginia Foundation for Healthy Youth
* Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4lRQsLlnE>
* US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>
* Virginia Underage Drinking Prevention <http://www.vahperd.org/?PUDC>
* Why Are Drugs so Hard to Quit? <https://www.youtube.com/watch?v=Xbk35VFpUPI>
* [Why is Meth So Addictive?  Hazelden Betty Ford Foundation – You Tube](https://www.youtube.com/watch?v=dXFs4gsvJqU)
* Why is vaping so popular <https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/>

**Safety/Injury Prevention**

* American Heart Association
  + Learn Hands - Only CPR <https://www.youtube.com/watch?v=pk53b_eweyk>
  + Tell the Story - 911AED Advocacy Lesson <http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf>
  + Staying Alive - CPR <https://youtu.be/0HGpp6mStfY>
* American Red Cross Student Training <https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-programs-for-schools>
* Anyone Can Save A Life - An Emergency Action Planning Program for After School Practices and Events [http://www.anyonecansavealife.org](http://www.anyonecansavealife.org/)
* E-Learning Module <http://www.anyonecansavealife.org/e-learning-module/index.htm>
* British Red Cross - First Aid Learning for Young People <http://firstaidlearningforyoungpeople.redcross.org.uk/>
* Citizens Crime Commission of New York City - A Student Guide to Using Social Media Correctly <http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf>
* Discovery Education - Safe Driving <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
* End Distracted Driving Lesson plan <https://enddistracteddriving.files.wordpress.com/2010/03/no-phone-zone-lesson-plan.pdf>
* Fire Safety Resources - Vermont <https://firesafety.vermont.gov/pubed/programs>
* Fullerton Joint Union High School District Cyber Safety Lesson Plan <https://coolcybersafetylessons.wikispaces.com/1.+Lesson+Plans>
* Injury Prevention Resources <http://www.parachutecanada.org>
* International CPR Institute
  + CPR Instructional Video 2016 <https://www.youtube.com/watch?v=u55OoE2p2c0>
  + AED Instructional Video 2016 <https://www.youtube.com/watch?v=NxNIXSLrZF0>
* Internet Safety Lesson Plan <http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm>
* NY Crime Commission - Using Social Media Safely <http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf>
* Ophelia Project Cyberbullying - CyberCool High School <http://www.opheliaproject.org/cyber.html>
* Ophelia Project - Cyberbullying lesson plan <http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf>
* VA legislature about weapons possession and gang activity <https://www.nationalgangcenter.gov/Legislation/Virginia>
* Videos:
  + Think First Teen Video <https://www.youtube.com/watch?v=RJWcOYftedk>
  + Think First Foundation Teen Program <http://thinkfirst.org/teens>
  + Jacqui’s story <https://www.youtube.com/watch?v=GtXo_usX7Tw>
  + Jacqui and Reggie Today <https://www.youtube.com/watch?v=VOobl7xi-Xs>
  + One Decision <https://www.youtube.com/watch?v=WWptgB_1bco>
* Virginia Rules
  + Student Responsibilities <https://virginiarules.org/varules_topics/student-responsibilities/>
  + Gangs <https://virginiarules.org/varules_topics/gangs/>

**Mental Wellness/Social Emotional Skills**

* **Featured Resources** [Health Smart Virginia Feature Section – Social Emotional Health Resources](https://healthsmartva.pwnet.org/social-emotional-health-resources)  
  [Health Smart Virginia Feature Section – Mental Health Wellness Resources](https://healthsmartva.pwnet.org/social-emotional-health-resources)  
  [Health Smart Virginia Feature Section – Trauma Informed, Now What?](https://healthsmartva.pwnet.org/trauma-informed)  
  [What is SEL](https://casel.org/what-is-sel/)  
  [WHAT Is SEL? WHO is CASEL? Why Does SEL Matter To Everyone?](https://addypreslifestyle.com/what-is-sel-who-is-casel-why-does-sel-matter-to-everyone/)  
  [Teaching Activities to Support Core SEL Competencies](http://www.casel.org/wp-content/uploads/2017/08/Sample-Teaching-Activities-to-Support-Core-Competencies-8-20-17.pdf)
* [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](https://www.youtube.com/watch?v=ihwcw_ofuME)
* [10 Important Conflict Resolution Skills for Teenagers, Mom Junction](http://www.momjunction.com/articles/important-conflict-resolution-skills-for-teenagers_00106119/)
* [97 SEL Skills Activities – InspiredStudents.org](https://inspiredstudents.org/activities/)
* An Adolescent Mental Health Curriculum - A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
* 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>
* 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>
* [The Clique](https://dese.mo.gov/sites/default/files/cnsl-curr-se2-9-unit-1-instructional-activity-2-lesson-1.pdf)
* Committee for Children (CFC) Free Classroom Activities <https://www.cfchildren.org/resources/free-classroom-activities/>
* [Conflict Resolution: Find the Best Route to Your Destination](https://healthsmartva.pwnet.org/uploads/rteditor/file/Lesson_Plan_Conflict_Resolution_Find_Best_Route.pdf)
* Discovery - Depression Lesson Plan <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
* Eating Disorders [www.usatoday.com/educate/casestudies/eatingdisorders.pdf](http://www.usatoday.com/educate/casestudies/eatingdisorders.pdf)
* [Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?](https://healthsmartva.pwnet.org/uploads/rteditor/file/Lesson_Plan_Emotional_Regulation.pdf)
* EVERFI - Social Emotional Learning Resources

<https://everfi.com/offerings/social-emotional-learning/>

* [Everyday mindfulness - YouTube](https://www.youtube.com/watch?v=QTsUEOUaWpY)
* Go Noodle - Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
* 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>
* [Interactive Games in Support of Mental Health | Mental Health Delta Division](https://mentalhealthdeltadivision.com/interactive-games/)
* [Juggling New Opportunities](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-9-unit-1-instructional-activity-2-lesson-1.pdf)
* KidsHealth.org Teacher’s Guides for Grades 9-12:
* Conflict Resolution <https://classroom.kidshealth.org/9to12/personal/growing/conflict_resolution.pdf>
* Depression <https://classroom.kidshealth.org/classroom/9to12/problems/emotions/depression.pdf>
* Empathy <https://classroom.kidshealth.org/9to12/personal/growing/empathy.pdf>
* Eating Disorders <https://classroom.kidshealth.org/9to12/problems/conditions/eating_disorders.pdf>
* Getting Along <http://classroom.kidshealth.org/9to12/personal/growing/getting_along.pdf>
* Healthy Relationships <http://classroom.kidshealth.org/9to12/personal/growing/healthy_relationships.pdf>
* Peer Pressure <http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf>
* Self Esteem <http://classroom.kidshealth.org/9to12/personal/growing/self_esteem.pdf>
* Stress <https://classroom.kidshealth.org/9to12/problems/emotions/stress.pdf>
* Suicide Prevention <http://classroom.kidshealth.org/9to12/problems/emotions/suicide.pdf>
* [Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness](https://www.nami.org/Blogs/NAMI-Blog/August-2017/Lessons-We-Missed-as-Kids-Practicing-Mental-Healt)
* [Managing Conflicts](https://dese.mo.gov/sites/default/files/cnsl-curr-se2-12-unit-1-instructional-activity-8-lesson-7.pdf)
* [Mental Health Activities for High School Students - The Truthful Tutor](https://thetruthfultutor.com/mental-health-activities-for-high-school-students/)
* Mental Health First Aid [https://www.thenationalcouncil.org](https://www.thenationalcouncil.org/)
* Mental Health and High School Curriculum Guide , Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
* Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
* Michigan Education - Online Professional Development for Social Emotional Learning

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

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

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

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

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

* [Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans](https://dese.mo.gov/college-career-readiness/school-counseling/curriculum/social-emotional-development-lesson-plans)
* NC Schools - Mrs. Kelly’s Health and PE Mental Health Lessons <https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms_file/show/17927483.pdf?t=1386943520>
* Mindful Schools - Lesson- Introduction to Mindful Bodies and Listening <http://www.mindfulschools.org/resources/explore-mindful-resources/>
* Mindful Schools <http://www.mindfulschools.org/resources/explore-mindful-resources>
* Mindful Teachers Site <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
* NIDA CDC What Does Respect Mean To You <https://teens.drugabuse.gov/blog/post/love-and-drugs-and-violence>
* Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsup.scholastic.com/teachers/teens-and-decision-making-lesson>
* Open Up Magazine, Minnesota Association for Children’s Mental Health – It’s All in Your Viewpoint <http://www.macmh.org/open-up-magazine/classroom-activities/>
* PBS - Overview of Mindfulness <http://www.pbs.org/thebuddha/teachers-guide/>
* PBS - In the Mix: "Dealing with Death" <http://www.pbs.org/inthemix/shows/show_death.html>
* PBS - In the Mix, Violence and SE Lesson Plans and Discussion Guides <http://www.pbs.org/inthemix/educators/lessons/>
* PE Central lessons
  + Emotions in Motion <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
  + Sounds of Music (Stress Management) <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=883#.WR8CIWVNFho>
* [Positive Self Talk](https://dese.mo.gov/sites/default/files/cnsl-curr-se1-10-unit-1-instructional-activity-3-lesson-2.pdf)
* ProCon.org- Social Networking <http://socialnetworking.procon.org/>
* Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
* [Reframing feelings before acting on them: “Slow down and look around you”](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Lesson_Plan_Slow_down.doc)
  + [Student Activity 1](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Student_Activity_1_Slow_down.doc)
  + [Student Activity 2](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Student_Activity_2_Slow_down.doc)
  + [Student Reading](https://schoolsocialwork.net/wp-content/uploads/2013/07/3.Student_Reading_Slow_down.pdf)
* Rossier USC - Creating Safe Spaces – Social Emotional Lessons <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
* [Safe and Healthy Life Choices-Part 1 (9th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se3-9-unit-1-instructional-activity-2-lesson-1.pdf)
* [Safe and Healthy Life Choices-Part 2 (9th)](https://dese.mo.gov/sites/default/files/cnsl-curr-se3-9-unit-1-instructional-activity-3-lesson-2.pdf)
* Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>
* Scholastic Mind Up Curriculum - brain centered teaching strategies <http://teacher.scholastic.com/products/mindup/>
* Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-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-calming methods: “Downshift to a lower gear with help from your body”](https://healthsmartva.pwnet.org/uploads/rteditor/file/Lesson_Plan_Self-calming_methods.pdf)
* Signs of Suicide and ACT <https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum>
* Social Networking <http://socialnetworking.procon.org/>
* 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](http://www.nycrimecommission.org/pdfs/social-media-violence-lesson-plan.pdf)
* Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](http://www.samhsa.gov/)
* Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org/)
* Supporting Students’ Personal and Social Competencies <https://www.tn.gov/education/health-and-safety/school-climate/social-and-personal-competencies.html>
* TED Ed Resources

[The psychology of PTSD](https://ed.ted.com/lessons/the-psychology-of-post-traumatic-stress-disorder-joelle-maletis)

[How to stay calm under pressure](https://ed.ted.com/lessons/how-to-avoid-choking-under-pressure-noa-kageyama-and-pen-pen-chen)

* TeenMentalHealth.org - Mental Health and High School Curriculum Guide  <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/06/DRAFT-6-2015-Version-New-Design.compressed.pdf>
* The Compassion Project consists of 15 online lessons and 3 digital activities <http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/08/K12_compassion_course_outline.pdf>
* 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>
* When Grief Enters the Classroom <http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf>

**Violence Prevention**

* 10 Conflict Resolution Lessons, Fairfax County Schools <http://creducation.net/resources/CR_Guidelines_and_10_CR_lessons_FCPS.pdf>
* BluePrints for Healthy Youth Development site [http://www.blueprintsprograms.com](http://www.blueprintsprograms.com/)
* CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
* Olweus School-wide Bullying Prevention Program [http://olweus.sites.clemson.edu](http://olweus.sites.clemson.edu/)
* Positive Behavior Interventions and Supports (PBIS) [https://www.pbis.org](https://www.pbis.org/)
* Teaching Tolerance at <http://www.tolerance.org/school_climate_resources>
* Coaching Boys into Men Toolkits. [http://www.coachescorner.org](http://www.coachescorner.org/)
* Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
* Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
* Kids Health Healthy Relationship Handout <https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf>
* Kids Health Teachers Guide 9-12 Grade Conflict Resolution <http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf>
* In the Mix - Thinking it Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
* National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
* National Gang Center [https://www.nationalgangcenter.gov](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>
* 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](http://www.pacerteensagainstbullying.org/)
* Respect Others Respect Yourself <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
* SDCDA Girls Only Toolkit<http://www.sdcda.org/office/girlsonlytoolkit/>
* Stop Bullying.gov Youth Engagement Kit <https://www.stopbullying.gov/what-you-can-do/teens/index.html>
* Stop Bullying Video Clips <https://www.cartoonnetwork.com/stop-bullying>
* Teaching Health and Happiness – Communication <https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf>
* Teaching Tolerance – Cliques - What’s a Clique <https://www.tolerance.org/classroom-resources/tolerance-lessons/whats-a-clique>
* Cliques in School <https://www.tolerance.org/classroom-resources/tolerance-lessons/cliques-in-schools>
* 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 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>
  + Respect Others Respect Yourself (CDC &NIDA). <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
  + Refusal Skills – Rethinking Drinking, Alcohol and You <https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Stay-in-control/Drink-Refusal-Skills.aspx>
  + Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
  + 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>
* Suicide Prevention
  + Suicide Prevention Lifeline: 1-800-273-TALK (8255) <http://www.sprc.org/settings/schools>
  + Suicide Hotline (LGBT Youth): 1-866-4-U-TREVOR [http://www.thetrevorproject.org](http://www.thetrevorproject.org/)
  + Virginia Department of Behavioral Health Services [http://www.dbhds.virginia.gov](http://www.dbhds.virginia.gov/)
  + Virginia Department of Health <http://www.vdh.virginia.gov/suicide-prevention/>