



Grade 10 Resource Links

Table of Contents

Body Systems

Community/Environmental Health

Nutrition

Physical Health/Disease Prevention/Health Promotion

Substance Abuse Prevention

Safety/Injury Prevention

Mental Wellness/Social Emotional Skills

Violence Prevention

Body Systems

- TED Ed Resources:
 - [What happens during a heart attack?](#)
 - [What causes migraines?](#)
 - [What are the floaters in your eye?](#)
 - [How your muscular system works](#)
 - [How oxygen circulates through your body](#)
 - [How does the thyroid manage your metabolism?](#)
 - [How do your kidneys work?](#)
 - [How do your hormones work?](#)
 - [How the heart actually pumps blood](#)
 - [Why does your voice change?](#)
 - [How does your digestive system work?](#)
 - [How blood pressure works](#)
 - [What does the pancreas do?](#)
 - [Your skin!](#)
 - [How does the immune system work?](#)

Community/Environmental Health

- Choosing a Career in Health https://www.nlm.nih.gov/changingthefaceofmedicine/resources/lesson_hs.html
- Discovery Education - Careers in Health <http://www.discoveryeducation.com/teachers/free-lesson-plans/careers-in-health.cfm>
- Kids Health-health careers <https://kidshealth.org/en/teens/health-care-careers.html>
- Rice Center for Technology in Teaching and Learning <http://coolsciencecareers.rice.edu/>
- Virginia Education Wizard <https://www.vawizard.org/wizard/careersAssess>
- Asthma in the City Lesson <https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>
- FEMA - Youth Emergency Preparedness (9-12) https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf
- Allergy and Asthma Foundation <http://fightthecauseofallergy.org>
- CDC Emergency Preparedness <https://emergency.cdc.gov/preparedness/>
- EPA Environmental Health 101 Lesson <https://www.epa.gov/children/childrens-health-curriculum-lesson-1-environmental-health-101>
- EPA Student Environmental Health Resources <https://www.epa.gov/students>
- EPA Games and Quizzes <https://www.epa.gov/students/games-quizzes-and-more>
- EPA Learning and Teaching about the Environment <https://www.epa.gov/students>
- Global Asthma Report <http://www.globalasthmareport.org>
- Global Asthma Network <http://www.globalasthmanetwork.org/patients/causes.php>
- Green Schools - Earth Day Activities and Ideas <http://www.greenschools.net/article.php-id=160.html>
- HealthyPeople.Gov Environment <https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>
- Maryland - Grade 8 EH Lesson https://phpa.health.maryland.gov/OEHFP/EH/Shared%20Documents/curriculum/8GRD_EH_Lssn.pd
- 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/>
- TED Ed Resources:
 - [What is in the air you breathe?](#)
 - [Microbial Jungles- How Microbes form communities](#)
 - [Conserving our Coral Reefs](#)
 - [Why do we wear sunscreen?](#)
 - [Do we really need pesticides?](#)
 - [Meet the Blue Fin Tuna](#)
 - [How to Create Cleaner Coal](#)
 - [How much land does it take to power the world? What happened to acid rain?](#)
 - [How do wind turbines work?](#)
 - [What happened to acid rain?](#)

[What if there were 1 million more trees?](#)

[Beauty of Pollination](#)

- We are Teachers - Earth Day Activities
<https://www.weareteachers.com/meaningful-earth-day-activities/>
- WHO Environmental Health http://www.who.int/topics/environmental_health/en/
- **Lesson Plan**
 - FEMA Be a Hero Youth Emergency Preparedness Guide https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf
- **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>

Nutrition

- [The 5 Fabulous Food Groups - You Tube](#)
- American Public Health Association - Topics & Issues <https://www.apha.org/topics-and-issues>
- Discovery Education- Eating Disorders <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Giving Nation - six week youth social action challenge <http://www.g-nation.org.uk/>
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Goodheart Wilcox - Comprehensive Health Resources <http://www.gwlearning.com/health/0305/index.htm>
- Goodheart Wilcox - Essential Health Resources <http://www.g-wlearning.com/health/0428/index.htm>
- [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](#)
- NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0
- [Nutrition – High School Lesson Plans](#)
- [Nutrition Activities in Any Classroom – Junior and Senior High](#)
- Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
- PE Central- Calculating Fat, Carbohydrates & Proteins <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- 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>
- Kid Health - Finding Low Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
- Young Invincibles Healthy Adulting Toolkit <http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf>

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 Distracted Driving Lesson Plan <https://www.cdc.gov/careerpaths/scienceambassador/documents/distracted-drivers.pdf>
- CDC Community Health Programs <https://www.cdc.gov/nccdphp/dch/>
- Community Toolbox <http://ctb.ku.edu/en>
- Discovery Education- Eating Disorders <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Giving Nation - six week youth social action challenge <http://www.g-nation.org.uk/>
- Go Noodle – Physical Activity and Mindfulness Breaks <https://www.gonoodle.com>
- Goodheart Wilcox - Comprehensive Health Resources <http://www.gwlearning.com/health/0305/index.htm>
- Goodheart Wilcox - Essential Health Resources <http://www.g-wlearning.com/health/0428/index.htm>
- HealthyPeople.gov - Social Determinants of Health <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
- 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>
- Lesson Plan: Dangers of Distracted Driving http://www.educationworld.com/a_tech/techlp/techlp067.shtml
- Media Literacy - Recognizing Propaganda - Unreliable Testimony <http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampoo.shtml>
- MedlinePlus: Evaluating Health Information <http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>
- NYT - The Learning Network - Vitamin Deficiencies http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?_r=0
- NIH Sleep, Sleep Disorders, and Biological Rhythms https://science.education.nih.gov/supplements/webversions/SleepDisorders/guide/guide_lessons_toc.html
- Obesity <http://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>
- Place Matters - community health series <http://unnaturalcauses.org/>
- Power Chargers - Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Purdue University - Healthy Body Image - A Lesson Plan for High School Students <https://www.extension.purdue.edu/extmedia/cfs/cfs-737-w.pdf>
- Read, Write, Think: Grocery Store Lesson Plan: research project about food and media marketing <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html?tab=1>
- SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
- Sleep Education for School by the Academy of Sleep Medicine <http://school.sleepeducation.com/9-12.aspx>
- SuperTracker Nutrition Lesson Plans for High School Students
- 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>
- AAP Bright Futures Adolescent Screening Recommendations https://www.aap.org/en-us/Documents/periodicity_schedule.pdf
- Access to Health Services – Healthy People 2020 <https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services>
- Benefits and Risks of Screening Tests – Pub Med <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072602/>

- Virginia FAMIS – Cover Virginia <http://coverva.org>
- 211 Virginia <http://www.211virginia.org>
- Federal Government Department of Health and Human Services <https://www.hhs.gov/about/index.html#>
- Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be>
- Health Insurance Quiz <http://kff.org/quiz/health-insurance-quiz/>
- 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 Childrens Health Insurance Brochure https://www.coverva.org/materials/famis_brochure_english.pdf
- Kaiser Family Foundation - Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ>
- KidsHealth - Going to the Doctor <http://kidshealth.org/en/kids/going-to-dr.html>
- KidsHealth - Health Insurance Basics <http://kidshealth.org/en/teens/insurance.html>
- Kid Health - Finding Low-Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
- Young Invincibles Healthy Adulting Toolkit <http://younginvincibles.org/wp-content/uploads/2017/04/HealthyAdulting-Toolkit.pdf>

Substance Abuse Prevention

- Featured Resource
[Health Smart Virginia Feature Section - Alcohol, Tobacco, Drug Use Prevention Resources](#)
- [14 Drug Education Activities, Scholastic Printable Skills Pages](#)
- 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 – A Nicotine Vaping Prevention Program](#)
- [CATCH My Breath](#) E-cigarette/JUUL youth prevention program for Middle and High School students. <https://catchinfo.org/enroll/>
- [Common Sense – How to Use the Vaping and Juuling Trend to Teach Media Literacy](#)
- [Connect with Kids - On The Rocks - Title: Sing It!](#) http://www.connectwithkids.com/LHI/pdf/OnTheRocks_ResourceGuide.pdf
- [Discovery Education - Deadly Highs – Grades 6-8](#) <http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm>
- [E-Cigarettes and Vaping – Lesson 1: Why Should I care? and Lesson 2: Don't get \(e-\)Hooked!](#)
- [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 - Understanding Opioids](#) 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 - 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>
- [Generation RX – Teen Prescription Rx Toolkit](#) <https://www.generationrx.org/toolkits/teen/>
- [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](#)
- [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>
- [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.Org Teachers Guides](#)
 - [Smoking 7-KidsHealth Smoking Teacher's Guide 9-12](#)
 - [Drugs6-KidsHealth Drugs Teacher's Guide 9-12](#)
 - [Alcohol 5-KidsHealth Alcohol Teacher's Guide 9-12](#)
- [KidsHealth - human body series](#) <http://classroom.kidshealth.org/index.jsp?Grade=912&Section=body>
- [KidsHealth – Methamphetamine – Teen Tip Sheet](#)
- [KidsHealth Teen Peer Pressure](#) http://kidshealth.org/teen/your_mind/friends/peer_pressure.html

- KidsHealth Teens Drugs and Alcohol <http://kidshealth.org/en/teens/drug-alcohol/#catalcohol>
- 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
- 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
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- National Institute on Drug Abuse (NIDA)
 - <https://www.drugabuse.gov>
 - <https://teens.drugabuse.gov>
 - <https://www.drugabuse.gov/related-topics/trends-statistics/monitoring-future>
 - https://www.drugabuse.gov/sites/default/files/preventingdruguse_2.pdf
 - <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>
- Nicotine Addiction – Toolkit for Schools
- NIDA - Mind Matters – The Body's Response to Marijuana
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube Why is Meth So Addictive? Hazelden Betty Ford Foundation – You Tube
- NIDA and Scholastic, Inc. – Heads Up. Real News about Drugs and Your Body <http://www.scholastic.com/drugs-and-your-body><http://headsup.scholastic.com/teachers/collections/lesson-plans-and-printables>
- NIDA Teacher's Edition Resources on Methamphetamine
- NIH – Meth Mouse Game <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
- Online game/ad FDA <https://whatsinavape.com>
- PBS Frontline – The Meth Epidemic
- PBS Learning Media – Tragedy and Hope/Real Stories of Pain Killer Addiction -Grades 6-12 <https://www.pbslearningmedia.org/collection/tragedy-hope-stories-of-painkiller-addiction/>
 - Myth or Fact Lesson – Grades 6-12 <https://www.pbslearningmedia.org/resource/1cf7d4e9-b0da-4295-8326-328ba778991d/myth-or-fact-lesson-plan/>
 - Learning About Opioids – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/learning-about-opioids/>
 - Science of Addiction – Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
 - Accessibility – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
 - Signs and Symptoms – Grades 6-12 <https://www.pbslearningmedia.org/resource/7f567e4a-0572-4c69-a25c-8d7e4b77b69d/>
 - The Cycle of Addiction- Grades 6-12 <https://www.pbslearningmedia.org/resource/2fc454fd-d52f-4e07-9ecc-4297ddbfcf86/>
 - Contemplating Nature vs Nurture Grades 6-12 <https://www.pbslearningmedia.org/resource/37d8822e-9fd9-46a1-ad8d-6cf1f76a7fa7/>
 - Prescription Drug Abuse Awareness Campaign- Grades 9-12 <https://www.pbslearningmedia.org/resource/54a03afc-8e26-4636-a46c-154f68e8aaab/prescription-drug-abuse-awareness-campaign-lesson-plan/>

- The Brain on Autopilot – Grades 9-12 <https://www.pbslearningmedia.org/resource/afe8177f-a776-4c50-86b9-c5d8b1296474/the-brain-on-autopilot-lesson-plan/>
- Decisions and Consequence – Grades 9-12 <https://www.pbslearningmedia.org/resource/29d45378-8fc0-4c03-9607-8a347dba92dc/decisions-and-consequences/>
- Commitment to Recovery – Grades 9-12 <https://www.pbslearningmedia.org/resource/065d551e-fd92-44d4-b13b-bf7ae4ce9d58/commitment-to-recovery-lesson-plan/>
- Full Educators Guide <https://www.pbslearningmedia.org/resource/512d7376-bf0a-4e1d-9a98-98f706a9e11e/full-educators-guide/>
- Community and Family Guide <https://www.pbslearningmedia.org/resource/b1e0862a-131f-4df2-ae55-4b343a65d366/community-and-family-guide/>
- PBS – Teachers Guide: The Meth Epidemic <https://www.pbs.org/wgbh/pages/frontline/teach/meth/>
- PBS video on juuling epidemic <https://youtu.be/INs19kGANLU>
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- Positive Choices – Numerous Drug Education Resources for Teachers
- RCMP Impaired Driving Plan <http://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/lp-pl/index-eng.htm#act1>
- The real cost anti-vaping commercial (Hacked) <https://www.youtube.com/watch?v=EzU4ihBbf3g>
- Resources to Reduce Methamphetamine Use
- Safe Driving <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
- Scholastic Heads Up Series <http://headsup.scholastic.com>
 - Heads Up- Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
 - Youth Vaping Risks <https://www.scholastic.com/youthvapingrisks/>
- 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>
- Substance Abuse and Mental Health Services Administration www.samhsa.gov
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- TED Ed Resources:
 - [What causes opioid addiction?](#)
 - [How do drugs affect the brain?](#)
 - [Is Marijuana bad for your brain?](#)
 - [How do steroids affect your muscles](#)
 - [What you should know about vaping](#)
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- TeenHealth.org – Drugs and Alcohol <http://teenshealth.org/en/teens/drug-alcohol>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4lRQsLlnE>
- US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide
- <http://nahimgood.org/Docs/JustThinkTwice.pdf>
- VAABC High School Guide <https://www.abc.virginia.gov/education/publications>
- VDOE Grades 9-10 Alcohol Units <http://www.doe.virginia.gov/instruction/health/>
- Ways a Teen Can Say Not to Alcohol or Drugs <https://www.treatmentsolutions.com/blog/15-ways-a-teen-can-say-no-to-alcohol-and-drugs/>
- Why are Drugs so Hard to Quit? <https://www.youtube.com/watch?v=Xbk35VFpUPI>
- Why is vaping so popular? <https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/>
- Youth.gov Resource- Risk and Protective Factors by developmental period <http://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence>
- YouTube: Alcohol and Your Brain <https://www.youtube.com/watch?v=zXjANz9r5F0>

Safety/Injury Prevention

- American Heart Association Videos
 - Learn Hands-Only CPR https://www.youtube.com/watch?v=pk53b_eweyk
 - Tell the Story - 911 AED Advocacy Lesson <http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf>
 - Student Developed Staying Alive - CPR Video https://www.youtube.com/watch?v=2g9K-t_ZUxs
- 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> and 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/>
- Cure Violence <http://cureviolence.org>
- 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>
- Healthy People 2020 Injury and Violence <https://www.healthypeople.gov/2020/topics-objectives/topic/injury-and-violence-prevention>
- Injury Prevention Resources <http://www.parachutecanada.org>
- International CPR Institute Videos: CPR Instructional Video 2016 <https://www.youtube.com/watch?v=u55OoE2p2c0> and AED Instructional Video 2016 <https://www.youtube.com/watch?v=NxNIXSLrZF0>
- National Center for Injury Prevention and Control www.cdc.gov/injury
- National Injury and Violence Data Site <http://www.cdc.gov/injury/wisqars/>
- No Phone Zone Lesson Plan <https://www.scribd.com/document/27913353/No-Phone-Zone-Lesson-Plan>
- Overview of Science of Injury Prevention and Public Health Approaches to Violence <http://genderandhealth.ca/en/modules/trauma/module-map.jsp>
- Overview of national injury and violence prevention areas <http://www.astho.org/programs/prevention/injury-and-violence-prevention/>
- Ophelia Project - Cyber bullying lesson plan <http://www.opheliaproject.org/cyber/CyberCoolHighSchool.pdf>
- ProCon.org- Social Networking <http://socialnetworking.procon.org/>
- States Legislation and Policy for Injury Prevention <http://www.ncsl.org/research/health/injury-and-violence-prevention.aspx>
- Partners for Safe Teen Driving <https://safeteendriving.org>
- Safe Driving Lesson <http://www.discoveryeducation.com/teachers/free-lesson-plans/safe-driving.cfm>
- Suicide Prevention Resource Center [www.Sprc.org](http://www.sprc.org)
- Teen Drivers - NHTSA <http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers---Parents-&-Teens>
- Teach - VIP E Violence and Injury Prevention Comprehensive Curriculum http://www.who.int/violence_injury_prevention/capacitybuilding/teach_vip/e-learning/en/
- Think First: National Head and Spinal Cord Injury Prevention Program <http://thinkfirst.org/teens>
- Virginia Department of Education <http://www.doe.virginia.gov/instruction/health/index.shtml>
- Virginia Injury and Violence Data Site <http://www.vdh.virginia.gov/livewell/data/interactive/applications/voirs>
- You Tube Videos
 - Underage Drinking What a Waste <https://www.youtube.com/watch?v=4Gi3x5a-qxE>

- One Decision https://www.youtube.com/watch?v=WWptgB_1bco
- Underage Drinking - Is It Worth It <https://www.youtube.com/watch?v=WGQ8F05C5gk>
- Prom-Drunk Driving <https://www.youtube.com/watch?v=LigPLJP6x3U>
- Texting and Driving Crash - It Can Wait <https://www.youtube.com/watch?v=ApnyKv1GuNI>
- Fletcher's Drive - It Can Wait <https://www.youtube.com/watch?v=4kBaLbubNd4>

Mental Wellness/Social Emotional Skills

- Featured Resources
 - Health Smart Virginia Feature Section – Social Emotional Health Resources
 - Health Smart Virginia Feature Section – Mental Health Wellness Resources
 - Health Smart Virginia Feature Section – Trauma Informed, Now What?
 - 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
- 10 Important Conflict Resolution Skills for Teenagers, Mom Junction
- 97 SEL Skills Activities – InspiredStudents.org
- An Adolescent Mental Health Curriculum = A Starter Kit for Schools <http://www.sprc.org/resources-programs/adolescent-mental-health-wellness-curriculum-starter-kit-schools>
- 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://headsip.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.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
- Discovery - Depression Lesson Plan <http://www.discoveryeducation.com/teachers/free-lesson-plans/depression.cfm>
- Eating Disorders www.usatoday.com/educate/casestudies/eatingdisorders.pdf
- Emotional Regulation: “How hot or cold does your emotional ‘engine’ run?”
- EVERFI - Social Emotional Learning Resources <https://everfi.com/offerings/social-emotional-learning/>
- Everyday mindfulness - YouTube
- 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
- 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
- Managing Conflicts
- Mental Health Activities for High School Students - The Truthful Tutor
- Mental Health First Aid <https://www.thenationalcouncil.org>
- Mental Health and High School Curriculum Guide, Canadian Mental Health Association <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/09/Mental-Health-High-School-Curriculum-Guide.pdf>
- Mental Health HS Curriculum Guide - Teen Mental Health.org <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>
- Michigan Education - Online Professional Development for Social Emotional Learning
 - Introduction to SEL <https://plp.mivu.org/Registration.aspx?section=3195>
 - Embedding SEL Schoolwide <https://plp.mivu.org/Registration.aspx?course=542>
 - Creating a Professional Culture Based on SEL <https://plp.mivu.org/Registration.aspx?section=3224>
 - Integrating SEL into Culturally Responsive Classrooms <https://plp.mivu.org/Registration.aspx?section=3226>
 - Trauma Informed Support <https://plp.mivu.org/Registration.aspx?section=2960>
- Missouri Department of Elementary and Secondary Education - Social and Emotional Development Lesson Plans
- NC Schools - Mrs. Kelly's Health and PE Mental Health Lessons - https://daretolearn.haikulearning.com/forsytheke/mrs.kellyshealthandpe/cms_file/show/17927483.pdf?t=1386943520
 - Identify responses to stress and coping
 - Methods to deal with anxiety
 - Identify Causes and Symptoms
 - Design Help Seeking Strategies
- Mindful Schools - Lesson - Introduction to Mindful Bodies and Listening- <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- 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 - Its My Life <http://pbskids.org/itsmylife/index.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
- Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>

- Reframing feelings before acting on them: “Slow down and look around you”
 - Student Activity 1
 - Student Activity 2
 - Student Reading
- Rossier USC - Creating Safe Spaces - Social Emotional Lessons-<https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- Samaritans Developing Emotional Awareness and Listening (DEAL) Teaching Resources <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>
- Scholastic Mind Up Curriculum - brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success <https://shop.scholastic.com/teachers-e-commerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Screening for Mental Health - depression, suicide, and self-injury <https://mentalhealthscreening.org/programs/sos-signs-of-suicide>
- Self-calming methods: “Downshift to a lower gear with help from your body”
- 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
- 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](#)
- 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 https://www.rcsdk12.org/cms/lib/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>
- CDC Violence Prevention <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html>
- Olweus School-wide Bullying Prevention Program <http://olweus.sites.clemson.edu>
- Positive Behavior Interventions and Supports (PBIS) <https://www.pbis.org>
- Teaching Tolerance at http://www.tolerance.org/school_climate_resources
- Coaching Boys into Men Toolkits. <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- KidsHealth Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- KidsHealth Teachers Guide 9-12 Grade Conflict Resolution http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf
- In the Mix - Thinking It Through <https://www.youtube.com/watch?v=xDoQIpe5TxA>
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.npc.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>
- PACER Classroom Resources (Bullying) <https://www.pacer.org/bullying/classroom/all-in/registered-entry.asp?ts=df4rLFvA38C0v4456zkd>
- PACER Middle/High School Education Curriculum (Bullying) <https://www.pacer.org/bullying/classroom/mid-high-curr/>
- PACER Middle/High School Activities (Bullying) <https://www.pacer.org/bullying/classroom/middle-highschool/>
- PACER Middle and High School - Engaging Students in Anti-Bullying Leadership <https://www.pacer.org/bullying/wewillgen/>
- Pacer National Bullying Prevention Center <http://www.pacer.org/bullying/>
- Pacer Student Action Plan <http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf>
- Pacer Teens Against Bullying <http://www.pacerteensagainstabullying.org>
- Respect Others Respect Yourself <http://headsup.scholastic.com/teachers/respect-others-respect-yourself>
- SDCDA Girls Only Toolkit <http://www.sdcd.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 - 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>
- Virginia Department of Behavioral Health Services <http://www.dbhds.virginia.gov>
- Virginia Department of Health <http://www.vdh.virginia.gov/suicide-prevention/>