



Grade 7 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

- American Heart Association <http://www.heart.org>
- Centers for Disease Control and Prevention <https://www.cdc.gov/heartdisease/prevention.htm>
- 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>
- 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?](#)

Community/Environmental Health

- 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>
- 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/>

Nutrition

- [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>
- 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>
- 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>

Physical Health/Disease Prevention/Health Promotion

- 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
- Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
- 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/>
- 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>
- Iowa Children’s Hospital - Online Health Information What Can You Trust <https://uichildrens.org/online-health-information-what-can-you-trust>
- 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>
- 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
- 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 Childrens 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

- 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](#)
- 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!
- Generation RX – Teen Prescription Rx Toolkit <https://www.generationrx.org/toolkits/teen/>
- Everfi Marijuana Lesson Plans <https://everfi12hc.wpengine.com/marijuana-lesson-plans/>
- [Evrfi Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf) http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills (Rx, Opioids)
- Everfi – Teen Prevention – Prescription Drug Safety & Vaping Webinar
- [Everfi Prescription Drug Safety Lesson Plan – Understanding Opioids](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf) http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- [Everfi Prescription Drug Safety Lesson Plan – Resisting Opioids](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf) http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf
- FDA Anti-Juuling Video for Teens <https://youtu.be/zYuyS1Oq8gY>
- [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](#)
- Girls Health Website <https://www.girlshealth.gov/substance/>
- 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>
- 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 <https://kidshealth.org/en/teens>
- [Kids Health – 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

- 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
- Media Smarts <http://mediasmarts.ca/lessonplan/alcohol-myths-lesson>
- Medicines in My Home Grades 6 - 8 <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- National Institute on Drug Abuse (NIDA) <https://teens.drugabuse.gov>
- Nicotine Addiction – Toolkit for Schools
- NIDA Heads Up <http://headsup.scholastic.com/teachers>
- NIDA - Mind Matters – The Body's Response to Marijuana
- NIDA Mind over Matters <https://drugpubs.drugabuse.gov/promotions/mind-over-matter>
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- NIDA Teacher's Edition Resources on Methamphetamine
- NIH – Meth Mouse Game <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
- NIH Video on synthetic cannabinoids - bath salts <https://youtu.be/cRA54zeGANM>
- Online game/ad FDA <https://whatsinavape.com>
- PBS Frontline – The Meth Epidemic
- PBS In the Mix - Alcohol <http://www.pbs.org/inthemix/educators/lessons/alcohol1/>
- 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/>
 - 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
- Resources to Reduce Methamphetamine Use
- Scholastic
 - Heads Up Series <http://headsup.scholastic.com>
 - Heads Up- Real News About Drugs and Your Body – 14 Activities <http://www.scholastic.com/headsup/pdfs/NIDA2-Activity%20Book.pdf>
 - Get Smart About Tobacco Lesson Plan (grades 6-7) <https://opi.mt.gov>
 - Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?e=snp/e/20190109////FDA/////&ET_CID=20190109_SNP_FDA_ACQ_24770&ET_RID=1708294776
 - The Real Cost of Vaping <https://www.scholastic.com/youthvapingrisks/>
 - Alcohol and Your Body alcohol and your body - scholastic gr 6-8 <https://healthsmartva.org/uploads/rtditor/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/>
- 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>
- 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
- 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](#)
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- 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=md4IRQsLlnE>
- Why are Drugs so Hard to Quit? <https://www.youtube.com/watch?v=Xbk35VFpUPI>
- Why Is Meth so Addictive? Hazelden Betty Ford Foundation – You Tube
- Why is vaping so popular <https://www.pbs.org/video/why-is-vaping-so-popular-hzpjx8/>
- US Drug Enforcement Administration – Just Think Twice About Drugs – Teachers Guide <http://nahimgood.org/Docs/JustThinkTwice.pdf>

Safety/Injury Prevention

- 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>
- 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>
- 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/>
- 8 Rules for Internet Safety <http://vves.rocklinusd.org/documents/8%20RULES%20OF%20INTERNET%20SAFETY.pdf>

Mental Wellness/Social Emotional Skills

- [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](#)
- [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
- 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
- Fun Activities for Kids that Encourage Mental Health – Child and Adolescent Psychiatry at Columbia U
- Getting Caught in the Web Lesson 1
- 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 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>
- Lessons We Missed as Kids: Practicing Mental Health | NAMI: National Alliance on Mental Illness
- 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>
- Scholastic - Teens and Decision Making - Teachers Edition and Student Magazine <http://headsip.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, 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 \(7th\)](#)
- 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.sdca.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-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>
- 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 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](#)
- [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

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>
- Committee for Children - Bullying Prevention Unit
- Olweus Schoolwide 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
- Building Community and Combating Hate - Middle School Lesson http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf
- Coaching Boys into Men Toolkits <http://www.coachescorner.org>
- Discovery Online - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- Healthy Communication Skills Guide <http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>
- Kids Health Healthy Relationship Handout https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf
- 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://headsip.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>