



## Grade 9 Resource Links

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## 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?](#)
  - [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?](#)

- 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](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](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\\_Z1zsR9IFM](https://www.youtube.com/watch?v=f_Z1zsR9IFM)
  - *Is it Communicable or Non-Communicable?* <https://www.youtube.com/watch?v=vpEAos0blyw>
  - *Preventing Communicable Disease* [https://www.youtube.com/watch?v=EgJcflR\\_Dic](https://www.youtube.com/watch?v=EgJcflR_Dic)

## Community/Environmental Health

- Allergy and Asthma Foundation <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>
- 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](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/](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](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?](#)
  - [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/>
- Articles and Videos
  - 
  - “Environmental Issues Involving Global Warming” - 8<sup>th</sup> 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#>

## Nutrition

- Discovery Education - Eating Disorders <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- [Nutrition – High School Lesson Plans](#)
- [Nutrition Activities in Any Classroom – Junior and Senior High](#)
- NYT - The Learning Network - Vitamin Deficiencies [http://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/?\\_r=0](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](#)
  - Dental Health for Teens and Tweens <https://www.youtube.com/watch?v=SND1o6GKnE8>
  - [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](#)

## 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](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>
- Goodheart Wilcox - Essential Health Resources <http://www.gwlearning.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>
- 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](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](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](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](https://www.coverva.org/programs_famis.cfm)

- National Eye Institute (NEI) - Ask a Scientist: Perfect Vision and Glasses [https://youtu.be/\\_sjuU\\_9emwM](https://youtu.be/_sjuU_9emwM)
- NEI for Kids - All About Vision <https://nei.nih.gov/kids>
- NEI Healthy Vision Tips [https://nei.nih.gov/kids/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](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](https://www.youtube.com/watch?v=i3_n3Ibfn1c)
  - What are Cavities <https://www.youtube.com/watch?v=PqkMEunuM54&index=68&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfklp2C>
  - 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](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](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](http://melanomafoundation.com/?option=com_content&view=article&id=1&Itemid=3)
- PBS Global Health Lesson 9-12<sup>th</sup> 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](#)
- [14 Drug Education Activities, Scholastic Printable Skills Pages](#)
- [Biological Sciences Curriculum Study \(BSCS\) Drug Abuse, Addiction, and the Adolescent Brain](#) <https://bscs.org/drugabuse>
- [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](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? 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](http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS_Lesson1_Final.pdf)
- [Everfi – Prescription Drug Safety Lesson Plan: Refusal Skills \(Rx, Opioids\)](#)
- [Everfi Prescription Drug Safety Lesson Plan - Understanding Opioids](#) [http://2vm8bf2lp0ls7wg0f11ozc14sa.wpengine.netdna-cdn.com/wp-content/uploads/2018/03/PDS\\_Lesson1\\_Final.pdf](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)
- [Everfi – Teen Prevention – Prescription Drug Safety & Vaping 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](#)
- [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://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\\_kinderergarten\\_12/drug\\_abuse\\_guidance\\_counselor\\_lesson\\_plans.htm](https://www.internet4classrooms.com/links_grades_kinderergarten_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
- KidsHealth.Org Teachers Guides
  - Smoking [7-KidsHealth Smoking Teacher's Guide 9-12](#)
  - Drugs [6-KidsHealth Drugs Teacher's Guide 9-12](#)
  - Alcohol [5-KidsHealth Alcohol Teacher's Guide 9-12](#)
- KidsHealth Teen Health - Peer Pressure [http://kidshealth.org/teen/your\\_mind/friends/peer\\_pressure.html](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](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](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
- Nicotine Addiction – Toolkit for Schools
- NIDA - Mind Matters – The Body’s Response to 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
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- 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 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>
- Positive Choices – Numerous Drug Education Resources for Teachers
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- The real cost anti-vaping commercial (Hacked)<https://www.youtube.com/watch?v=EzU4ihBbf3g>
- 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>
  - 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>
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- 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/>
- 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](#)
- 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>
- 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
- 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](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>
  - 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>
- 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](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](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](https://www.youtube.com/watch?v=WWptgB_1bco)
- Virginia Rules
  - Student Responsibilities [https://virginiarules.org/varules\\_topics/student-responsibilities/](https://virginiarules.org/varules_topics/student-responsibilities/)
  - Gangs [https://virginiarules.org/varules\\_topics/gangs/](https://virginiarules.org/varules_topics/gangs/)

## 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](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>

- CDC Healthy Communication Skills Teachers Guide <http://headsip.scholastic.com/sites/default/files/Healthy-Communication-Guide-CDC.pdf>

- [The Clique](#)

- 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.discoveryleducation.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?”](#)

- 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](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](#)

- [Juggling New Opportunities](#)

- KidsHealth.org Teacher’s Guides for Grades 9-12:

- Conflict Resolution [https://classroom.kidshealth.org/9to12/personal/growing/conflict\\_resolution.pdf](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](https://classroom.kidshealth.org/9to12/problems/conditions/eating_disorders.pdf)

- Getting Along [http://classroom.kidshealth.org/9to12/personal/growing/getting\\_along.pdf](http://classroom.kidshealth.org/9to12/personal/growing/getting_along.pdf)



- Healthy Relationships [http://classroom.kidshealth.org/9to12/personal/growing/healthy\\_relationships.pdf](http://classroom.kidshealth.org/9to12/personal/growing/healthy_relationships.pdf)
- Peer Pressure [http://classroom.kidshealth.org/9to12/personal/growing/peer\\_pressure.pdf](http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf)
- Self Esteem [http://classroom.kidshealth.org/9to12/personal/growing/self\\_esteem.pdf](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](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](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](#)
- 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”](#)
  - [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/>
- [Safe and Healthy Life Choices-Part 1 \(9th\)](#)
- [Safe and Healthy Life Choices-Part 2 \(9th\)](#)
- 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-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](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](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](#)
  - [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](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](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](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](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](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>
- Kids Health Healthy Relationship Handout [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_handout1.pdf](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](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](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 – 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/](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](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](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](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](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/>