



Grade 8 Resource Links

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Body Systems

- **Interactive Websites**

- *BBC Science: Human Body & Mind* includes the Nervous System Game that has students wire up the nervous system and senses. This challenge requires Flash 5 and takes 5-10 minutes. http://www.bbc.co.uk/science/humanbody/body/index_interactivebody.shtml
- Interactive Body Activities <http://interactivesites.weebly.com/body-systems.html>
- KidsHealth.org *How the Body Works* <http://kidshealth.org/en/kids/center/htbw-main-page.html> provides quizzes, articles, movies, activities, word finds on the different body parts.
- *Nervous System for Kids*– Science Games and Videos <http://www.neok12.com/Nervous-System.htm>
- *The Brain*-Videos & Lessons <http://study.com/academy/topic/the-brain.html>

- **Resource Websites**

- AAAS Alcohol and Your Brain <http://sciencenetlinks.com/student-teacher-sheets/alcohol-and-your-brain/>
- [Human Body Facts and Worksheets](#)
- Kids Health-human body series <http://classroom.kidshealth.org/index.jsp?Grade=68&Section=body>National Institute on Drug Abuse <https://www.drugabuse.gov>
- Science Kids/Human Body Facts: Brain Facts for Kids <http://www.sciencekids.co.nz/sciencefacts/humanbody/brain.html>
- Science Kids/Biology Lesson Plans: Brain and Senses <http://www.sciencekids.co.nz/lessonplans/biology/brain.html>
- Teachers Try Science - communicating about communicable diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>
- Teacher's Corner - CDC - BAM! Body and Mind Infectious Disease Epidemiology <http://www.cdc.gov/bam/teachers/epi.html>
- Teacher Vision - students learn about stroke signs <https://www.teachervision.com/stroke/printable/64689.html>
- 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?

- Education.com - Brain anatomy worksheets:
 - <http://www.education.com/worksheet/article/brain-anatomy/>
 - <http://www.education.com/worksheet/article/brain-anatomy/>
 - <http://www.education.com/worksheet/article/inside-out-anatomy-brain/>
 - <http://www.education.com/worksheet/article/parts-of-the-brain/>
- American Public Health Association <https://www.apha.org/topics-and-issues/communicable-disease>
- Alameda County Public Health Department <http://www.acphd.org/communicable-disease.aspx>
- Virginia Department of Health www.vdh.virginia.gov
- Centers for Disease Control and Prevention (CDC) www.cdc.gov
 - <https://www.cdc.gov/foodsafety/foodborne-germs.html>
 - <https://www.cdc.gov/diseasesconditions/>
 - <https://www.cdc.gov/flu/protect/habits.htm>
- **Lesson Plans**
 - AAAS Science NetLinks *Alcohol and Its Impact on the Brain* <http://sciencenetlinks.com/lessons/alcohol-and-its-impact-on-the-brain/>
 - American Heart Association Middle School Lessons http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp#
 - Communicable Disease Lesson Plan www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx
 - Communicating About Communicable Diseases! <http://www.teacherstryscience.org/lp/communicating-about-communicable-diseases>
 - CDC- BAM! Body and Mind - Infectious Disease Epidemiology - Teacher's Corner - Activities <http://www.cdc.gov/bam/teachers/epi.html>
 - Discovery School *The Ultimate Guide: Human Body* <http://www.discoveryleducation.com/teachers/free-lesson-plans/the-ultimate-guide-human-body.cfm>
 - My Body the Inside Story: Unit Content and Tasks <http://www.henry.k12.ga.us/cur/mybody/content.htm#nervous>
 - Kids Health Food Safety Teacher's Guide Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf
 - KidsHealth.org Nervous System lesson plan https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous_system.pdf
 - PE Central Communicable or Non Communicable Disease Lesson Plan <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=934#.WlBuWVNFhom>
 - PE Central AIDS Fact Quilt <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3410#.WlACZmVNFho>
 - Preventing Communicable and Non Communicable Diseases <https://sharemylesson.com/teaching-resource/communicable-and-non-communicable-diseases-254318>
 - *Neuro Concepts Lesson and Activities/ Brain U - Regents of University of Minnesota* <http://brainu.org/neuroscience-concepts-activities-grade-level-middle-school-grades-7-8>
 - Neuroscience for Kids - *Brain Awareness Week Lessons* <https://faculty.washington.edu/chudler/baw1.html>
 - NIH - *How Your Brain Understands What Your Ears Hear* <https://science.education.nih.gov/MiddleSchool/BrainUnderstandsEarsHear>
 - NIH - *The Brain: Our Sense of Self* <https://science.education.nih.gov/MiddleSchool/OurSenseOfSelf>
 - Scholastic - Study Jams - Science - The Nervous System <http://studyjams.scholastic.com/studyjams/jams/science/human-body/nervous-system.htm>

- **Videos**

- KidsHealth.org How the Brain and Nervous System Works <http://kidshealth.org/en/kids/nsmovie.html>
- The Human Brain <https://www.youtube.com/watch?v=0-8PvNOdByc>
- *Is it Communicable or Non-Communicable?* <https://www.youtube.com/watch?v=vpEAos0blyw>
- *Preventing Communicable Disease* https://www.youtube.com/watch?v=EgJcflR_Dic,
- *Preventing Non-Communicable Diseases* <https://www.youtube.com/watch?v=lruYVSGcxHs>

Community/Environmental Health

- Allergy and Asthma Foundation <http://fightthecauseofallergy.org>
- APHA Healthy Community Design <https://www.apha.org/topics-and-issues/environmental-health/healthy-community-design>
- Asthma in the City Lesson
<https://www.urmc.rochester.edu/life-sciences-learning-center/resources-lessons/lessons/environmental-health.aspx>
- CDC Healthy Community Design <https://www.cdc.gov/features/healthycommunities/>
- CDC Healthy Community Design <https://www.youtube.com/watch?v=ll7Yv6L9rwE>
- 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 Environmental Topics <https://www.epa.gov/environmental-topics>
- 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
- NEA Environmental Lessons <http://www.nea.org/tools/EnvironmentalEducationActivitiesAndResources.html>
- NIEHS- Your Environment- Your Health <http://www.niehs.nih.gov/health/scied/teachers/>
- WHO Environmental Health http://www.who.int/topics/environmental_health/en/
- ATSDR Health Effects of Exposure to Substances <https://www.atsdr.cdc.gov/substances/ToxOrganSystems.asp>
- Project Learning Tree - Earth Day Activities <https://www.plt.org/educator-tips/earth-day-activities/>
- **TED ED and other Video Resources**
 - Human Impacts on the Environment <https://www.youtube.com/watch?v=YXT-RTjTjew>
 - Pollution (Land, Air, Water) https://www.youtube.com/watch?v=vP3pbh_-pu8

[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?](#)

[How much electricity does it take to power the world?](#)

[How do wind turbines work?](#)

[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/>
- Virginia Department of Environmental Quality (DEQ) <http://www.deq.virginia.gov>

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>
 - AHA - What or Who Influences Your Food Choices https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf
- Discovery – When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- FCS Fast Food Commercials & Nutrition Lesson: <http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum <https://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Food Span -Johns Hopkins Center for a Livable Future: <http://foodspanlearning.org/>
- Frontline FAT Teacher's Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher's Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.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's 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
 - *Healthy Snacking* https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
 - *Fitness* <http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
 - *Sleep* <https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf>
 - *Screen Time* http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf
 - *NBA Fit Classroom* http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Kids Health Eating Disorder Teachers Guide Grades 9-12 https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.pdf
- National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/learn>
- NEDA Educator's Toolkit <https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- PE Central Body Image and Eating Disorders Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- 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 and other Video 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](#)

- Teaching Fast Food Nation 7-12 <http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0>
- 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>
- 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>

Physical Health/Disease Prevention/Health Promotion

- [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) <https://mainehealth.org/lets-go/childrens-program/schools/middle-high-tools>
- 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 – Brain Power https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf
 - AHA – Don't Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf
 - AHA – Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.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
 - 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 – Stepping Across the States - http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.pdf
 - 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 - What or Who Influences Your Food Choices https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf
- Alliance for a Healthier Generation <https://www.healthiergeneration.org/our-work/schools>
- Body Works Program - Office of Women's Health, DHHS www.womenshealth.gov
- CDC - BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
- CDC Chronic Disease Prevention Program <https://www.cdc.gov/chronicdisease/>
- CDC Lesson - Body Image Ad Decoder https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf
- CDC Lesson – If These Dolls Were Real People https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf
- Communicable Disease Lesson Plan - Danny Clark www.dannyclark10.weebly.com/uploads/1/2/2/1/12211660/health_lp_showcase.docx
- Communicable and Non Communicable Diseases Lesson Plan <https://www.bcps.org/webapps/cmsmain/webui/institution/CURRICULUM/Health>
- Communicable and Non Communicable Diseases PPT Presentation <https://sharemylesson.com>
- Colorado Education Initiative -Goal Setting Lesson <http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf>
- Discovery – When Food Becomes an Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders/>
- Fit Armadillo - Smart Goals Lesson Plan <http://fitarmadillo.com/back-to-school-2014-smart-goals-lesson-plan/>
- Frontline FAT Teacher's Guide – Obesity - Habits, Weight Loss <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Frontline FAT Teacher's Guide – Lesson 1, Weight-Stereotypes-Eating Disorders <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>
- Girls Health – Body Image and Media <https://www.girlshealth.gov/feelings/bodyimage/index.html>

- Girls Health - Eating Disorders <https://www.girlshealth.gov/feelings/eatingdisorder/index.html>
- 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>
- 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
- Hitting Cancer Below the Belt Colon Cancer Education <http://hcb2.org>
- Kids Health Fast Breaks -NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
 - *Fitness* <http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
 - *Sleep* <https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf>
 - *Screen Time* http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf
 - *NBA Fit Classroom* http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Kids Health Eating Disorder Teachers Guide Grades 9-12 https://classroom.kidshealth.org/classroom/9to12/problems/conditions/eating_disorders.pdf
- Lets Get Moving Unit – Michigan State University <http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- National Eating Disorders Association (NEDA) Page for Educators and Coaches <https://www.nationaleatingdisorders.org/learn>
- NEDA Educator’s Toolkit <https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior <https://science.education.nih.gov/MiddleSchool/HealthyBehaviors>
- [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>
- PBS In the Mix -Hearing Between the Lines” <http://www.pbs.org/inthemix/educators/lessons/selfimage2/>
- PE Central Body Image and Eating Disorders Lesson <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9048#.WIZo92VNFho><http://www.pecentral.org/lessonideas/bodyimageeatingdisordersPPT.pdf>
- PE Central Physical Activity Lesson Ideas and Resources <http://www.pecentral.org>
- PE Central - Non-Communicable Diseases Research Lesson Idea www.pecentral.org
- PE Central - Non or Communicable Disease Lesson Plan www.pecentral.org
- Power Chargers – Quick Activity Breaks <http://healthpoweredkids.org/power-chargers/>
- Purdue Extension - Middle School Healthy Body Image Lesson Activity 2: Mixed Messages- Living in a Supersized World <https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
- Place Matters Lesson http://www.unnaturalcauses.org/assets/uploads/file/Place_Matters_Lessons.pdf

- Read Write Think Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html>
- Sample Physical Activity Log - Michigan State University <http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
- Safe Routes <http://www.walkbiketoschool.org>
- Scholastic – Choices – Magazines to “empower students to make positive, real world decisions <https://choices.scholastic.com>
- SENTARA Stroke Education Toolkit <https://sentarastrokeawareness.com/toolkit/>
- Sleep- NIH Curriculum Supplement <https://science.education.nih.gov/HighSchool/SleepDisorders>
- Stress Lessons - Grade 7-9 - Psychology Foundation of Canada https://peitfsca.files.wordpress.com/2012/09/khst_grades7-9manual1.pdf
- Stress Management Unit Plan <http://thehealthteacher.com/unit-plan-stress-management/>
- 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>
- USA Today - Obesity: www.usatoday.com/educate/casestudies/obesity.pdf
- World Sleep Day Education Kit https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/WSD%20Teachers%20notes_Ages%2011-18%20years.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](#)
- [Alcohol's Effects on the Brain https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm](https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm)
- [Above the Influence http://abovetheinfluence.com/drugs/alcohol/](http://abovetheinfluence.com/drugs/alcohol/)
- [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](https://bscs.org/resources/educator-resource-center/drug-abuse-addiction-and-the-adolescent-brain)
- [CATCH My Breath E-cigarette/JUUL youth prevention program for Middle and High School students. https://catchinfo.org/enroll/](https://catchinfo.org/enroll/)
- [Catch My Breath – A Nicotine Vaping Prevention Program](#)
- [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](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/](https://www.generationrx.org/toolkits/teen/)
- [Everfi Marijuana Lesson Plans https://everfik12hc.wpengine.com/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 – 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](https://youtu.be/zYuyS1Oq8gY)
- [Get Smart About Drugs – A DEA Resource for Parents, Educators and Caregivers](#)
- [GirlsHealth.gov - Drugs, Alcohol, and Smoking http://www.girlshealth.gov/substance/](http://www.girlshealth.gov/substance/)
- [Harding University Alcohol, Family, Community Lesson Plan alcohol-family-community](#)
- [Heads Up – Methamphetamine http://headsip.scholastic.com/sites/default/files/block/images/metamphetamine-teacher.pdf](http://headsip.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](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/](https://dare.org/education/)
- [KidsHealth.org https://kidshealth.org/en/teens](https://kidshealth.org/en/teens)
- [KidsHealth.org - Teachers Guide: Dealing with Peer Pressure -Grades 6-8 https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf)
- [KidsHealth in the Classroom https://classroom.kidshealth.org/classroom/6to8/problems/drugs/drugs.pdf](https://classroom.kidshealth.org/classroom/6to8/problems/drugs/drugs.pdf)

- KidsHealth – Methamphetamine – Teen Tip Sheet
- 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
- Medicines in My Home Grades 6-8 <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>
- Meth Mouse – Interactive Lesson on Effects of Methamphetamines
- NIDA - Mind Matters – The Body's Response to Marijuana
- NIDA - The Reward Circuit – How the Brain Responds to Methamphetamine – You Tube
- NIDA Teacher's Edition Resources on Methamphetamine
- NIDA Mind Over Matter Series <https://drugpubs.drugabuse.gov/promotions/mind-over-matter>
- NIDA Mind Over Matter - Anabolic Steroids <http://www.drugabuse.gov/publications/mind-over-matter/anabolic-steroids>
- NIDA Scholastic Heads Up Series <http://headsup.scholastic.com/teachers>
- NIDA Brain Power - Grades 6-9 <https://www.drugabuse.gov/publications/brain-power/grades-6-9>
- NIH – Meth Mouse Game <https://teens.drugabuse.gov/teachers/lessonplans/meth-mouse>
- NIH Video on synthetic cannabinoids (bath salts <https://youtu.be/cRA54zeGANM>)
- Nicotine Addiction – Toolkit for Schools
- 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/>
 - 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>
- PE Central Pressure Is On! <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=4134#.WESLoWVNFho>
- Physician Advocacy Network - Lesson Plan – Vaping and Juuling
- Positive Choices – Numerous Drug Education Resources for Teachers
- Project Alert – Substance Abuse Prevention – Grades 7-8 <https://www.projectalert.com>
- 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>
 - Get Smart About Tobacco Lesson Plan (grades 6-7) <https://opi.mt.gov>
 - Youth Vaping Risks http://www.scholastic.com/youthvapingrisks/?e=snpe/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
 - OTC Medication Safety Program: Start a Critical Conversation (teacher tools for grades 5-8)
 - 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/>
 - 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/>
- 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/tobaccoventiontoolkit/E-Cigs/ECigUnit1.html>
- Unit 2 – So What’s Really in These E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit2.html>
- Unit 3 – What’s So Bad About E-Cigarettes and Vape Pens? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit3.html>
- Unit 4 – Why Do E-Cigarettes and Vape Pens Matter to Young People? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit4.html>
- Unit 5-What Can I Do About It? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit5.html>
- Unit 6- What are JUULS & Other Pod-Based Systems? <https://med.stanford.edu/tobaccoventiontoolkit/E-Cigs/ECigUnit6.html>
- Hookah
 - Lesson - Understanding Hookah and Its Risks <https://med.stanford.edu/tobaccoventiontoolkit/Hookah.html>
- Smokeless Tobacco
 - Lesson – Understanding Smokeless Tobacco and its Risks <https://med.stanford.edu/tobaccoventiontoolkit/Smokeless.html>
- Nicotine Addiction
 - Unit 1 – The Brain <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit1.html>
 - Unit 2 - Addiction 101 <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit2.html>
 - Unit 3 – Nicotine Addiction <https://med.stanford.edu/tobaccoventiontoolkit/nicotine-addiction/NicotineAddictionUnit3.html>
- Positive Youth Development
 - Refusal Skills Activities <https://med.stanford.edu/tobaccoventiontoolkit/positive-youth-development/refusal-skills.html>
- Stop Underage Drinking <https://www.stopalcoholabuse.gov>
- The Teacher’s Guide to Just Think Twice about Drugs – Rx, Steroids, Marijuana- for High School Students
- Teachers Guide; Prescription Drug Misuse: Choose Your Path Interactive Videos
- TED Ed Resources:
 - [How do drugs affect the brain?](#)
 - [Is Marijuana bad for your brain?](#)
 - [How do steroids affect your muscles](#)
 - [What you should know about vaping](#)
- Teen Prescription Drug Abuse Awareness Tool Kit – Smart Moves Smart Choices
- Teen vaping <https://www.pbs.org/video/teen-vaping-1531870790/>
- Tobacco & Nicotine: Know the Facts (PowerPoint) Grades 6-12 – Virginia Foundation for Healthy Youth
- Treating Marijuana Addiction <https://www.youtube.com/watch?v=md4lRQsLlnE>
- Virginia ABC Education Publications <https://www.abc.virginia.gov/education/publications>
- 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>

Marijuana Specific Resources 2022

- [\(Chippewa Valley Coalition\) Marijuana Prevention - Middle School](#)
- [\(Stanford Medicine\) Cannabis/Marijuana - The Basics](#)
- [\(Stanford Medicine\) Cannabis/Marijuana – Health Effects](#)
- [\(Stanford Medicine\) THC & The Brain](#)
- [\(Stanford Medicine\) Refusal Skills and Social Norms](#)
- [\(Partnership to End Addiction\) Learn to Talk About Marijuana – What You Need to Know. Parent Resource Page \(grades 4-12\)](#)
- [\(Partnership to End Addiction\) Marijuana Talk Kit \(parents, caregivers, educators; grades 4-12\)](#)
- [Mind Matters - The Body's Response to Marijuana \(NIDA\) \(grades 5-9\)](#)
- [Marijuana Education Initiative](#)
- [Teen Use of Edibles: A Focus Group Study of An Emerging Issue](#)
- [\(Scholastic\)Teacher's Edition: The Science of Marijuana – How THC Affects the Brain \(Grades 7-12\)](#)
- [Understand the Big Deal – How Marijuana Affects Youth](#)
- [NIDA\) Stressed Out? How to Cope \(grades 6-12\)](#)
- [Johnny's Ambassadors Online Marijuana Curriculum](#)
- [\(Partnership to End Addiction\) Advocacy Toolkit \(8-12 grade\)](#)
- [\(Positive Choices\) Effects of Cannabis – Class Activity \(grades 8-12\)](#)
- [\(NIDA\) Weeding Out The Grass – Lesson on long and short term consequences, adverse effects \(grades 9-12\)](#)
- [\(NIDA\) National Drug and Alcohol Use IQ Challenge Kahoot](#)

Videos:

- Prevention of Youth Marijuana Use (SAMHSA) <https://youtu.be/CrA9IDd9ALo>
- Let's Talk About Cannabis and Teens (Prevention Connection, Kern County) <https://youtu.be/k1QStvIzOpA>
- How Marijuana Affects Your Developing Brain (Discovery Education) https://youtu.be/6Yp_NIVx-QA
- Youth Marijuana Prevention, Future Self (Michigan HHS) PSA <https://youtu.be/QLfFxfu8IIA>
- Marijuana is Legal in Massachusetts (City of Somerville Prevention Services) https://youtu.be/7m67nOvYV_U
- Impact of Marijuana Industry Five Years after Legalization in Colorado (CBS News) https://youtu.be/zv5M5uxK_6o
- Marijuana Risks: Virtual Assistant: 60 (SAMHSA) <https://youtu.be/-nDGVFujQ9A>
- The Stanford Medicine Toolkits: Tobacco and Cannabis Prevention <https://youtu.be/t71pDKIUfrE>
- Middle School Drug Trends 2020: Marijuana (Marshfield Clinic Health System). https://youtu.be/YcWpd_obE8
- The Human Brain: Major Structures and Functions (NIDA) <https://youtu.be/0-8PvNOdByc>
- The Reward Circuit: How the Brain Responds to Natural Rewards and Drugs (NIDA) <https://youtu.be/DMcmrP-BWGk>
- Anyone Can Become Addicted to Drugs (NIDA) <https://youtu.be/wCMkW2ji2OE>
- Addiction: A Disease that Impairs Free Will (NIDA) <https://youtu.be/X1AEvkWxbLE>
- Why are drugs so hard to quit? (NIDA) <https://youtu.be/Xbk35VFpUPI>
- Mind Matters: How does Marijuana Affect Your Brain and Body (NIDA)

Safety/Injury Prevention

- Fire Safety: Activities to Spark Learning http://www.educationworld.com/a_lesson/lesson/lesson026.shtml
- Fire Safety Resources <https://www.teachervision.com/emergency/teacher-resources/47554.html>
- Fire Safety Resources – Vermont <https://firesafety.vermont.gov/pubed/programs>
- Injury Prevention Resources <http://www.parachutecanada.org>
- KidsHealth- First Aid & Safety: <http://kidshealth.org/en/parents/firstaid-safe/>
- Lesson Planet Safety Issues Lesson Plan <https://www.lessonplanet.com/teachers/its-your-life-safe-or-sorry-safety-issues>
- National Crime Prevention Council - School Safety <http://archive.ncpc.org/topics/school-safety.html>
- National Education Association - School Safety Resources for Educators <http://www.nea.org/home/44693.htm>
- Safe Routes to School <http://www.saferoutesinfo.org/>
- SafeKids - Home Safety for Educators <http://www.safekids.org/home-safety-educators>
- Teacher Vision - School Safety Resources for Teachers <https://www.teachervision.com/school-safety-month/teacher-resources/6661.html>
- Teen Drivers - NHTSA <http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Drivers-Education/Teen-Drivers---Parents-&-Teens>
- Videos:
 - ThinkFirst Teen Video Clip <https://www.youtube.com/watch?v=RJWcOYftedk>
 - One Decision https://www.youtube.com/watch?v=WWptgB_1bco,
 - Underage Drinking - Is It Worth It? <https://www.youtube.com/watch?v=WGQ8F05C5gk>
 - Texting and Driving Crash - It Can Wait <https://www.youtube.com/watch?v=ApnyKv1GuNI>
 - Seat Belt May Have Saved Teen Crash Victims Life <https://www.youtube.com/watch?v=m4SaoXTF9NQ>
 - Caught on Tape - Teen Drivers Moments Before a Crash <https://www.youtube.com/watch?v=r3MIUA0qkiQ>

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](#)
- [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](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](http://mediasmarts.ca/teacher-resources/avatars-body-image)
- [CA Media Smarts - Gender Body Image http://mediasmarts.ca/lessonplan/gender-stereotypes-and-body-image-lesson](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://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](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](http://headsip.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/](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](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](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/](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](http://www.arkansased.gov/public/userfiles/Learning_Services/GUIDE_for_Life/Final%20GUIDE%20Manual%20Printed%20REVISED.pdf)
- [I know what you did this summer \(8th\)](#)
- [If it's to Be, It's up to me \(8th\)](#)
- [Interactive Games in Support of Mental Health | Mental Health Delta Division](#)
- [KidsHealth.org Teacher's Guides for Grades 6-8:](#)

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- 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 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 -Culturally Responsive Classrooms <https://plp.mivu.org/Registration.aspx?section=3226>
 - Trauma Informed Support <https://plp.mivu.org/Registration.aspx?section=2960>
- Mindful Schools -
 - Lesson - Introduction to Mindful Bodies and Listening <http://www.mindfulschools.org/resources/explore-mindful-resources/>
 - Mindful Moments – MCPS Be Well 365 - Student Activity Videos
 - Mindful Movement for Young Learners - YouTube
 - 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://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, 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>
- Reach Out - Asking students if they are okay <https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>
- [Ready to Remain Safe \(8th\)](#)
- [Relationships...Quality Control \(8th\)](#)
- [Relationships..Going Up while Growing Up \(8th\)](#)
- 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>
- 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-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Screening for Mental Health - depression, suicide, and self-injury <https://mentalhealthscreening.org/programs/sos-signs-of-suicide>
- 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](#)
- [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 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
- Building Community and Combating Hate – Middle School Lesson http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf
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- 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>
- Hernando County Anger Management Lesson [Hernando County Anger Management Lesson\(1\).pdf](http://www.hernandocountyfla.com/anger-management-lesson)
- 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>
- Making Safe Decisions https://www.etr.org/healthsmart/assets/File/sample-lessons/MS_ViolenceAndInjuryPreventionLesson.pdf
- National Crime Prevention Council: Youth Gangs - Know the Facts <http://archive.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc-electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-pdf.pdf>
- National Gang Center <https://www.nationalgangcenter.gov>,
- Olweus - Class Meetings That Matter- Grades 6-8 http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:22372:US
- Ophelia Project - It Has a Name: Relational Aggression <http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
- 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.sdcdagirls.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 <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>
 - 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/Self Injury**
 - 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/>