

**Resource List for Teachers
to Support the
Health and Physical Education Curriculums
Kindergarten – Grade 12
September 2009**

Curriculum Topics

- Body Image
- Dental
- Healthy Eating and Active Living
- Hygiene
- Injury Prevention
- Mental Health
- Sexuality
- Tobacco
- Drugs and Alcohol

Resource List for Teachers to Support the Health and Physical Education Curriculums Kindergarten - Grade 12

<http://www.capitalhealth.ca/schoolsandpreschools>

The following list is provided by Alberta Health Services school nurses, to assist teachers with resources to support lessons in Alberta Education's Health and Physical Education curriculums.

For more information please check with your school nurse.

The aim of the Program of Studies for Health and Life Skills, Kindergarten to Grade 9 is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to their well-being. To achieve overall health goals for students, a Comprehensive School Health approach (CSH) is desirable, (see pages 1-33, Alberta Learning Health and Life Skills Guide to Implementation, Kindergarten to Grade 9). CSH is an integrated approach that gives students various opportunities to observe and learn positive health attitudes and behaviours.

The essential components of a CSH approach are the connections made within the larger school community so that health instruction is linked to services and is supported by promoting a healthy school environment.

More information and resources on CSH can be found at **The Alberta Coalition for Healthy School Communities** <http://www.achsc.org>. This is a registered non-profit society representing a network of individuals and organizations committed to promoting and fostering healthy school communities through comprehensive school health approaches. This Website is a primary tool for increasing knowledge exchange about school health promotion and enhancing network development.

The Alberta Health Services' former Capital Health Website <http://www.capitalhealth.ca/schoolsandpreschools> provides school health information via the **HealthTALK** newsletters, FAQ section and Healthy Schools information, Resource Manual, education kits and many other school related health resources.

E	JH	HS	Body Image
✓	✓	✓	<p>1. National Eating Disorders Association – Website http://www.nationaleatingdisorders.org</p> <p>Website which offers a variety of resources on eating disorders and body image.</p>
	✓	✓	<p>2. Real Beauty: School Program – Website and Print Resources http://www.campaignforrealbeauty.ca/dsef</p> <p>The Dove self-esteem program for girls consists of lessons & activity sheets on the topics of exploring media imagery & self esteem building.</p> <p>Order free booklets online</p>
✓			<p>3. The Student Body: Promoting Health at Any Size – Website http://www.aboutkidshealth.ca/thestudentbody</p> <p>Disordered Eating Prevention Curriculum for Grades 4, 5, and 6. This Website offers resources such as: lesson plans, activities & worksheets on the following topics:</p> <ul style="list-style-type: none"> • Media and Peer Pressure • Healthy Eating • Active Living • Teasing • Adult Role Models • School Climate
	✓	✓	<p>4. Are You Juiced? – Website http://wehealthunit.org/school-health/are-you-juiced</p> <p>Windsor-Essex County Health Unit (Ontario) has created a wealth of information for the prevention of anabolic steroid use. These include:</p> <ul style="list-style-type: none"> • The Coach's Game Plan Against Anabolic Steroids • Student Wallet Card • Downloadable posters <p>These Ontario resources are only available online to out-of-province requests</p>
✓	✓		<p>5. Liking the Me I See in the Mirror – Program</p> <p>Manual on body image which contains lesson plans for K - Grade 9, complements both physical and health education curriculums with interactive student activities, handouts, and a parent manual. Resources target helping individuals to improve their body image.</p> <p>Alberta Education approved</p> <p>Contact school nurse</p>

E	JH	HS	Body Image (continued)
	✓	✓	<p>6. Expecting Respect Peer Education (ER) – Program</p> <p>Expecting Respect is targeted at Junior and Senior High school students and includes:</p> <ul style="list-style-type: none"> • Peer education: students educating students • Student-led classroom presentations that affect attitudes, dispel myths and provide up-to-date information about youth issues • An innovative school and community partnership <p>Topics fit many of the outcomes of the Health and Life Skills curriculum. Topics in Junior High include:</p> <ul style="list-style-type: none"> • Healthy relationships • Bullying • Media awareness • Tobacco • Drugs, alcohol, gambling <p>Contact school nurse</p>
✓	✓		<p>7. Body Image Resource Collection – Education Kit</p> <p>Program targeted at students from K - Grade 12, and includes activities, lesson plans, background information and transparencies to address themes such as influence on body image, bullying, discrimination based on appearance and media awareness.</p> <p>Free to borrow from:</p> <ul style="list-style-type: none"> • Edmonton Public Schools • Edmonton Catholic Schools • Stony Plain, Spruce Grove & Devon area call: 780-968-3701 • Other school districts within Alberta Health Services contact school nurse <p>Alberta Education approved</p>

E	JH	HS	Dental
✓			<p>1. Smile City: Canadian Dental Hygienists Association – Website http://www.smilecity.ca</p> <p>Smile City has been developed to provide children an interactive and fun way to learn more about oral health. Use the activity sheets, games, and tips located in Smile City to help teach students about the importance of dental hygiene.</p> <p>Available in English and French</p>
✓			<p>2. Kids Stuff: American Dental Hygienists' Association – Website http://www.adha.org/kidstuff/index.html</p> <p>Interactive site which includes information and teacher resources about various dental topics.</p>
✓			<p>3. Kid's World: Colgate Palmolive Company– Website http://www.colgate.com/app/Kids-World/US/HomePage.cvsp</p> <p>Kid's World is an interactive site that includes a variety of activities including games, brushing charts, and fun facts.</p>
✓			<p>4. Crest & Oral B Dental Education Program: Proctor and Gamble – Website http://dentaeducation.pgschoolprograms.com</p> <p>Interactive site has classroom activities that teach and reinforce oral health.</p>
✓			<p>5. Mouth Power: Education Web Adventures – Website http://www.mouthpower.org</p> <p>Great interactive site with topics including healthy food, tobacco, care of teeth, dental visits.</p>
✓			<p>6. Theme Day.Com: A Day They'll Remember! – Website http://www.themeday.com/toothday_theme_home.htm</p> <p>This interactive site contains lesson plans that are integrated into other subjects.</p>
✓	✓	✓	<p>7. State of Missouri Department of Health and Senior Services – Website http://www.dhss.mo.gov/oralhealth/</p> <p>Great interactive site with lesson plans/Power Points for Kindergarten to Grade 12.</p>
✓			<p>8. Capital Health Oral Health – Print Resources</p> <p>Information about various dental topics and lesson plans for Grades 4, 5, & 6.</p> <p>Contact your school dental assistant</p>

E	JH	HS	Healthy Eating and Active Living
✓	✓	✓	<p>1. Alberta Coalition for Healthy School Communities – Website http://www.achsc.org/</p> <p>This Website is a tool for increasing knowledge exchange about school health promotion and provides links to key organizations and publications.</p> <p>Nutrition resources include:</p> <ul style="list-style-type: none"> • Single Serving Packaged Food List • Fundraising the Healthy Way • Breakfast Program Resource • Alberta Nutrition Guidelines for Children and Youth
✓	✓	✓	<p>2. Healthy U – Website and Print Resources http://www.healthyalberta.com</p> <p>Numerous articles in each of three sections -- Active Living; Healthy Eating; and Healthy Places (schools, workplaces and communities) -- including:</p> <ul style="list-style-type: none"> • Four Good Reasons to be More Active • Child’s Play (the importance of play) • Steps to Building a Healthier School • Making Time for Family Meals • Recipes for breakfast, soups, snacks, baked goods, main dishes, etc. <p>Resources to order:</p> <ul style="list-style-type: none"> • Healthy Eating and Active Living for your 1 to 5 year olds, 6 to 12 year olds and for 13 to 18 year olds • You! Magazine for 7 to 10 year olds features more games, quizzes and activities • Food serving sizes for 1 to 3 year olds, 4 to 5 year olds, 6 to 12 year olds and 13 to 18 year olds • My Amazing Little Cookbook for kids <p>Request weekly hot tips by e-mail about active living and nutrition or check out the archived tips.</p>
✓	✓	✓	<p>3. Ever Active Schools – Website and Print Resources http://www.everactive.org/resources</p> <p>Ever Active Schools supports schools in becoming “health promoting schools” by providing an assessment tool, planning assistance, workshops, support for DPA (daily physical activity), sharing and networking.</p> <p>Guides and resources include:</p> <ul style="list-style-type: none"> • School resource guides: SummerActive and WinterActive • Promising Practices: Unique activities and ideas from Ever Active schools • Happily Ever Active Calendar Fundraiser (For the 2010 year, order by October 23, 2009) • Steps to a Healthy School Environment: School Nutrition Handbook

E	JH	HS	Healthy Eating and Active Living (continued)
✓	✓	✓	<p>4. Joint Consortium for School Health (JCSH) – Website and Print Resources http://eng.icsh-cces.ca/</p> <p>JCSH is a key Website that supports comprehensive school health in Canada.</p> <p>The Healthy School Planner is an online tool that schools can use to assess the health of their school at any point in time, and build a plan for improving the health of their school.</p>
✓	✓	✓	<p>5. Action Schools! BC – Website and Teacher Resources http://www.actionschoolsbc.ca</p> <p>Action Schools! BC has healthy eating and active living resources that could be used in Alberta classrooms. <i>Note: the healthy eating resources are based on the BC Nutrition Guidelines which are not quite the same as the Alberta Nutrition Guidelines for Children and Youth.</i></p>

E	JH	HS	Healthy Eating
✓	✓	✓	<p>1. Alberta Health Services – Edmonton Area Resources – Website http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/default.htm</p> <p>Links within the former Capital Health Website include:</p> <ul style="list-style-type: none"> • Steps To A Healthy School Environment: School Nutrition Handbook <ul style="list-style-type: none"> ○ Resource providing classroom education (curriculum links are included), handouts for students, staff and parents and newsletter inserts. It includes information on healthy food choices for vending machines, cafeterias and school stores, classroom parties, as well as healthy rewards and fundraising ideas. ○ Kindergarten to Grade 12 • Nutrition Education Kits: <ul style="list-style-type: none"> ○ Interactive kits to help raise awareness about healthy eating, including: <ul style="list-style-type: none"> • Portion Wise kit • Fat Wise kit • Sugar Shocker kit • Six Steps to a Healthier You kit
✓	✓	✓	<p>2. Dietitians of Canada – Website http://www.dietitians.ca</p> <p>Website which offers reliable nutrition information.</p>
✓	✓	✓	<p>3. Eating Well With Canada’s Food Guide – Website and Resources http://www.healthcanada.gc.ca/foodguide</p> <ul style="list-style-type: none"> • My Food Guide: An interactive tool that will help you personalize the information found in Canada's Food Guide. • Nutrition Labeling: A ready-to-use presentation <p>Available in English, French, First Nations, Inuit, Métis & 10 other Languages</p>

Key E – Elementary JH – Junior High HS – High School

E	JH	HS	Healthy Eating (continued)
✓	✓	✓	<p>4. Nutrition Tours Kids – Program http://www.saveonfoods.com/foodnutrition/nutrition_tours_kids.htm</p> <p>Program designed to meet the Health curriculum of Alberta Education.</p> <p>Free of charge at all Save-On-Foods locations, provided by a registered dietitian for Grades K - 12.</p>
✓	✓		<p>5. Mission Nutrition – Website http://www.missionnutrition.ca/</p> <p>Website which provides interactive learning activities to use in the classroom for K - Grade 8.</p> <p>Available in English and French</p>
✓	✓	✓	<p>6. 5 to 10 a day – Website http://www.5to10aday.com/</p> <p>Website with tips to increase fruit and vegetable intake as well as other healthy food ideas.</p> <p>Available in English and French</p>
✓	✓	✓	<p>7. David Thompson Health Region Nutrition Lesson Plans – Print Resources http://www.dthr.ab.ca/resources/documents/nutrition/index.htm</p> <p>Resources which contain lesson plans and activities for K - Grade 9, and nutrition presentations for Grades 7 - 12.</p>

E	JH	HS	Active Living
✓	✓	✓	<p>1. Canada’s Physical Activity Guide for Healthy Active Living – Website http://www.phac-aspc.gc.ca/pau-uap/paguide/</p> <ul style="list-style-type: none"> • Physical activity guides for four age groups: children, youth, adults, and older adults • Handouts for adults and older adults provide more information • Physical activity charts and stickers for children; interactive magazines for children and youth; family guide; teacher’s guide <p>Call 1-888-334-9769 or order online</p>
✓	✓	✓	<p>2. Alberta Centre for Active Living – Website http://www.centre4activeliving.ca/</p> <p><u>One-stop shop</u> for physical activity programs, resources and research related to:</p> <ul style="list-style-type: none"> • Settings (e.g., schools, workplaces, communities, urban design) • Population groups (e.g., children, Aboriginal people, people with disabilities) • Chronic diseases (e.g., diabetes, asthma, heart disease) • Other issues (e.g., walking, pedometers, mental health, healthy weights) <p>School resource links include:</p> <ul style="list-style-type: none"> • Activ8 Your Students • Asthma Education Initiative • Canada Games Day • Grounds for Action (play spaces that increase active play) • Jump Rope for Heart • Moving on the Spot (when space is limited)
✓	✓	✓	<p>3. Be Fit for Life Network – Website http://www.provincialfitnessunit.ca/about-bffl/</p> <p>Provides active living information, resources & programs for Grades K - 6 & 7 - 12:</p> <ul style="list-style-type: none"> • Yoga Techniques for the Classroom (Grades 1 - 9) • Resistance Bands (K - 6) • Lessons from the Heart (Grades 7 - 9) • Balance, Agility, Strength, Endurance and Core Training (Grades 7 - 9) • Active Living Challenge: Active Body Adventure (Grades 4 - 6) • Active Aliens (Grades K - 3)
✓	✓	✓	<p>4. The Health and Physical Education Council (HPEC) – Website http://www.hpec.ab.ca</p> <p>HPEC is a specialist council of the Alberta Teacher’s Association that focuses on health and physical education.</p>
✓	✓	✓	<p>5. Active Edmonton: Active Kids – Website http://kids.activedmonton.ca/</p> <p>The Fun Zone – Toolkits section of the Active Edmonton site includes resources for teachers.</p>

E	JH	HS	Active Living (continued)
✓			<p>6. Positive Playgrounds – Website http://www.positiveplaygrounds.com</p> <p>Interactive workshops and resources for teachers, teacher assistants, parents, recreation leaders, and student leadership groups will help promote fun, cooperation and physical fitness in the classroom, gymnasium and playground.</p>
✓	✓	✓	<p>7. Physical and Health Education Canada – Website http://www.phecanada.ca</p> <p>PHE Canada advocates and provides resources for quality daily physical education, health education, intramurals, and dance.</p> <p>Formerly the Canadian Association for Health, Physical Education, Recreation and Dance.</p>
✓			<p>8. At My Best – Website http://www.phecanada.ca/atmybest/</p> <p>A free comprehensive curriculum-supported toolkit for children in Kindergarten to Grade 3 to promote and develop children’s overall wellness (physical activity, healthy eating and emotional wellness).</p>
✓	✓	✓	<p>9. Alberta Education – Website, Print Resources, and Video http://education.alberta.ca/teachers/program.aspx</p> <ul style="list-style-type: none"> • Physical Education Guide to Implementation (K to 12): This resource supports implementation of the program of studies and contains Grade specific illustrative examples for all dimensions, assessment strategies and planning tools. • Physical Education Online: Supports implementation and student learning of the K - 12 physical education program of studies. • Heart Health: Supports Grade 10 curriculum with eight learning opportunities that connect students with their heart-rate data and what these numbers mean for their own health and personal fitness. • Daily Physical Activity Handbook: Supports implementation of the Daily Physical Activity (DPA) Initiative. • Daily Physical Activity Awareness Video
✓	✓		<p>10. Class On The Move – Educational Kit http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/Classonthemove</p> <p>Educational kit with interactive resources used to help raise awareness about healthy eating and active living.</p>

E	JH	HS	Hygiene
✓			<p>1. Do Bugs Need Drugs – Education Kit</p> <p>Education kit includes Do Bugs Need Drugs interactive teaching activities, children’s books, and information sheets for teachers.</p> <p>Contact school nurse</p>
✓	✓	✓	<p>2. Hand Washing – Display</p> <p>Contact school nurse</p>

E	JH	HS	Injury Prevention
✓	✓		<p>1. KIDSAFE Connection – Website http://www.capitalhealth.ca/YourHealth/Campaigns/KidSAFE/default.htm</p> <p>Website which contains information on childhood and teen safety topics.</p>
✓	✓		<p>2. Think First Foundation of Canada – Website http://www.thinkfirst.ca/</p> <p>Website contains an injury prevention program which focuses on brain and spinal cord injury prevention by providing lessons on topics such as pedestrian, vehicle, cycling, recreational, and choking/strangulation issues.</p> <p>Alberta Education approved</p> <p>Contact the Think First Foundation at 1-888-335-6076</p>
	✓		<p>3. 4 Girls Only – Website and Print Resources http://www.gov.mb.ca/msw/publications/4girls_only.pdf</p> <p>This booklet from the Manitoba Status of Women is a step-by-step guide for girls on the following topics:</p> <ul style="list-style-type: none"> • Being healthy • Relationships • Goal planning • Girl power <p>This resource includes links that are specific to the province of Manitoba. This could be used as an example to develop your own listing of local resources.</p>
✓	✓		<p>4. School Health Injury Prevention Resource Manual – Print Resource http://www.capitalhealth.ca/YourHealth/Campaigns/Kidsafe/School_Health_Injury_Prevention_Resource_Manual.htm</p> <p>Resource to support the Health and Life Skills curriculum in the area of safety and responsibility.</p>

E	JH	HS	Injury Prevention (continued)
✓			<p>5. Walk the Talk Initiative – Program http://www.saferoads.com/safety/educators.html</p> <p>Program which is a traffic safety initiative aimed at Elementary school children and includes a resource guide, activity books, stickers, and other resource materials.</p> <p>Contact Alberta Transportation’s Traffic Safety Initiative at 780-422-8839 or toll free 780-310-0000</p>
✓			<p>6. Gotta Brain...Getta Helmet! Resource Kit – Education Kit http://www.capitalhealth.ca/YourHealth/Campaigns/Kidsafe/HELMET_RESOURCE_KIT</p> <p>Education kit which provides the materials to teach bike helmet and winter sports safety.</p>
	✓		<p>7. Getting into Gear- Keys to Starting Your Driving Experience – Education Kit http://www.capitalhealth.ca/YourHealth/Campaigns/Kidsafe/Getting_Into_Gear.htm</p> <p>Education kit which contains a teacher’s guide and student activity books that focus on decreasing risks for new drivers. Supports outcomes for Grade 9.</p> <p>Associated resources:</p> <ul style="list-style-type: none"> • Teacher’s Guide • Safe Roads Alberta • Safe Teen Driving <p>Contact Capital Health at 780-427-8901</p>
✓			<p>8. Walk and Ride Safely – Education Kit http://www.capitalhealth.ca/YourHealth/Campaigns/Kidsafe/Walk_and_Ride_Safely_Resource_Kit.htm</p> <p>Education kit which contains lesson plans and other materials for child pedestrian and school bus safety.</p>

E	JH	HS	Mental Health
✓	✓	✓	<p>1. Canadian Mental Health Association – Website http://www.cmha-edmonton.ab.ca/bins/site2.asp?cid=284-1189&lang=1</p> <p>Website which offers educational programs, resources, and information pamphlets in various languages on many mental health topics:</p> <ul style="list-style-type: none"> • Education Programs • Resources • Multi-Language Brochures <p>Most resources available online in .pdf format.</p> <p>Contact the Community Education Program at 780-414-6300</p>
✓	✓	✓	<p>2. Alberta Health Services, Addictions and Mental Health (AADAC) – Website http://www.aadac.com/21.asp</p> <p>Website which contains handouts plus interactive games for children and youth, and curriculum-based activities for teachers. Focus is addictions: drugs, alcohol, tobacco, etc.</p>
✓	✓	✓	<p>3. Bully Free Alberta – Website http://www.bullyfreealberta.ca/index.htm</p> <p>Website which helps parents, teens and community members take control of this issue by giving them the tools they need to prevent or intervene in a bullying situation. A one-stop resource filled with helpful information about how to deal with bullying.</p>
✓	✓	✓	<p>4. Teamheroes – Website http://www.teamheroes.ca/website/index.html</p> <p>A fun Website where kids can play an online game that teaches them how to handle bullying.</p>
		✓	<p>5. Mental Health & High School Curriculum Guide – Website http://cmha.ca/highschoolcurriculum</p> <p>This resource provides lesson plans on the following topics:</p> <ul style="list-style-type: none"> • Understanding mental health & mental illness • Information on specific mental illnesses • The stigma of mental illness • Developing positive coping strategies • Seeking help & finding support <p>Every lesson contains links to a PowerPoint presentation and video clips that reinforce the topic; also included are activities and worksheets.</p> <p>Contact erin.walton@albertahealthservices.ab.ca or call 403-297-2320</p>
	✓	✓	<p>6. Mental Health Week – Program http://www.amhb.ab.ca/Initiatives/healthPromotion/Pages/MentalHealthWeek.aspx</p> <p>Resource information includes mental health promotion, offered as an annual campaign during the first week of May.</p>

E	JH	HS	Mental Health (continued)
✓			<p>7. Teasing and Bullying: Unacceptable Behaviour (TAB) – Program & Education Kit http://www.tab.ualberta.ca/</p> <p>A comprehensive bullying prevention program that helps children take responsible action. Education kit includes a video and print resources.</p> <p>Alberta Education approved</p>
✓			<p>8. Feel Good Boxes – Education Kit</p> <p>Kit which helps children distinguish between outside events (stressful events or pressures) and inside coping skills (strength, resilience, hope and problem-solving skills), ultimately enhancing resiliency.</p> <p>Contact erin.walton@albertahealthservices.ab.ca or call 403-297-2320</p>
✓			<p>9. Mental Health Kit– Education Kit</p> <p>This kit was created to provide educators with ready to go lesson plans and supporting materials to teach children about mental wellness.</p> <p>Lesson plans include:</p> <ul style="list-style-type: none"> • Peer relationships: bullying, friendship • Physical activity & mental wellness: move your mood • Resiliency: chain of support, feel good box • Stress: chicken juggling 101, listening to my inner voice

E	JH	HS	Sexuality
All Catholic schools refer to “Alberta Catholic Schools Human Sexuality Catholic Perspective” for resources.			
✓	✓	✓	<p>1. teachingsexualhealth.ca – Website and Print Resources www.teachingsexualhealth.ca/</p> <p>Innovative Website developed for teachers, parents and students by Alberta educators and health professionals to help achieve excellence in teaching sexual health targeted at Grades 4 - 12.</p> <p>The teacher area includes options to download lesson plans and other essentials:</p> <ul style="list-style-type: none"> • How to teach sexual health • Ask a question • Teacher’s lounge • Instructional Methods • Resources <p>Alberta Education approved</p>

E	JH	HS	Sexuality (continued)
	✓	✓	<p>2. Birth Control Electronic Resources – Website http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/PowerpointBirthControl</p> <p>Birth Control: Facts and Figures is a PowerPoint presentation regarding the importance of teaching birth control methods and effectiveness rates.</p> <p>Alberta Education approved</p>
✓	✓	✓	<p>3. SexualityandU.ca: Your Link to Sexual Well-Being – Website http://www.sexualityandu.ca/teachers/tools-2.aspx</p> <p>A Website made possible through collaboration with The Canadian Federation for Sexual Health.</p>
✓	✓	✓	<p>4. Canadian Federation for Sexual Health – Website and Print Resources http://www.cfsh.ca/</p> <p>Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education, 2nd Ed. is a resource which contains lesson plans for different age groups on sexual health education topics including puberty, reproductive health, self esteem, sexual identity, relationships, communication and decision making, contraception and safe sex, STI and HIV.</p> <p>Available in English and French</p>
✓			<p>5. Always Changing: A Guidebook about Puberty – Print Resource http://www.ophea.net/alwayschanging.cfm</p> <p>Teaching package which includes suggestions, resource information and a DVD targeted at Grades 5 - 6 and 7 - 8. Endorsed by the Canadian Association for Health, Physical Education, Recreation and Dance.</p> <p>NOTE: This package has product placement, use at your own discretion.</p>
✓			<p>6. Growing Up OK – Print Resource http://www.health.alberta.ca/documents/growing-up-ok.pdf</p> <p>Booklet which provides general information about puberty targeted at age 10 and 11 year olds.</p> <p>Alberta Education approved</p> <p>Contact school nurse</p>
✓			<p>7. Puberty Kit – Education Kit http://www.teachingsexualhealth.ca/teacher/lessonplans/grade5.html</p> <p>The puberty kit is a tool that may be used to assist in teaching about puberty and personal hygiene. Targeted at Grades 4 - 6.</p> <p>Alberta Education approved</p>

E	JH	HS	Sexuality (continued)
	✓	✓	<p>8. Birth Control Kit – Education Kit</p> <p>The contraceptive kit is an optional tool that may be used to assist in teaching the common methods of contraception. Targeted at Grades 8 - 12.</p> <p>Contact school nurse</p>
✓			<p>9. Just Around the Corner–Girls & Just Around the Corner–Boys – Video http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/SchoolHealth/NonElec-Sexuality</p> <p>Videos (one for girls and one for boys) which address the physical and emotional changes of puberty targeted at Grade 4.</p> <p>For more information or to order:</p> <ul style="list-style-type: none"> • Just Around the Corner – For Girls • Just Around the Corner – For Boys <p>Alberta Education approved</p> <p>Contact school nurse</p>
✓			<p>10. Let’s Talk Puberty- Girls, Let’s Talk Puberty- Boys – Video (DVD)</p> <p>This series describes the physical and emotional changes that occur during puberty for girls and boys using gentle humour and appealing animations. Targeted at Grades 4 - 6.</p> <p>Contact school nurse</p>
✓			<p>11. Obstetrics: Fetal Development – DVD</p> <p>DVD showing the events from conception to birth and celebrating the wonder of each new life. Target audience is Grade 6.</p> <p>Contact school nurse</p>
	✓	✓	<p>12. What’s Being Sold - Sex or Product? – Display</p> <p>Contact school nurse</p>
	✓	✓	<p>13. Birth Control It’s Up to You – Display</p> <p>Contact school nurse</p>

E	JH	HS	Tobacco
✓	✓	✓	<p>1. Alberta Health Services, Addictions and Mental Health (AADAC) Tobacco – Website http://www.aadac.com/87_223.asp</p> <p>Website offering research, information, and resources.</p>
	✓	✓	<p>2. Smoke Free Movies – Website http://www.smokefreemovies.ucsf.edu/</p> <p>Website with information and research about the amount and the influence of smoking in the movies.</p>
	✓	✓	<p>3. Campaign for a Smoke Free Alberta – Website http://www.smokefreealberta.com/index.html</p> <p>Website which provides current information about tobacco reduction policies and legislation.</p>
✓	✓	✓	<p>4. Go Smokefree – Website http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php</p> <p>Health Canada’s Website with current information for youth, the general public and professionals on a wide variety of tobacco-related topics including current statistics and supports for teens and adults to quit smoking.</p>
	✓	✓	<p>5. Kick the Nic – Program http://www.aadac.com/87_486.asp</p> <p>Group cessation program targeted at youth aged 13 - 17. Includes a free facilitator guide and training along with quit kit and print resources for participants.</p> <p>Contact Alberta Health Services, Addictions and Mental Health at 780-415-2542</p>
	✓	✓	<p>6. Quit for Life – Program http://www.quit4life.com/</p> <p>Health Canada’s online cessation program to help teens reduce or quit smoking. Includes facilitator guides and print resources.</p>
✓	✓	✓	<p>7. Building Leadership for Action in Schools Today (BLAST) – Program https://extranet.gov.ab.ca/aadac/blast/aboutblast/</p> <p>Program including a free fun-filled weekend tobacco-reduction workshop for small teams of Junior High students and their coach, offered each Fall. Participants learn about tobacco reduction and leadership and plan a local initiative.</p> <p>Contact The Lung Association at 780-488-6819 ext. 2266</p>

E	JH	HS	Tobacco (continued)
✓			<p>8. Teaming up for tobacco free KIDS – Program and Education Kit http://www.tobaccostinks.com</p> <p>A prevention program for students in Grades 4 - 6 which increases awareness about the dangers related to tobacco use before regular tobacco use attitudes or patterns are formed. The program delivers tobacco education, positive role modeling among peers, provides appealing t-shirts, and builds youth capacity for healthy living.</p> <p>A teacher’s resource kit is provided, which includes complete lesson plans (3 per Grade level), linked to the Alberta Education curriculum outcomes and useful resources.</p> <p>Alberta Education approved</p> <p>Contact Alberta Health Services, Addictions and Mental Health Youth Services at 780-415-2542 or 780-644-3642</p>
✓	✓	✓	<p>9. Mr. Gross Mouth – Education Kit http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/SeniorHighSchool/More+Information?guid=C1109CBE-EC72-4C49-862B-9327F1714F4D&type=1&TAL1ID=14&TAL2ID=37&KE_NAME=&cms=true</p> <p>Model of the mouth demonstrates the effects of spit tobacco use and smoking.</p> <p>Contact school nurse</p>
✓	✓	✓	<p>10. Know Smokeless Tobacco – Education Kit http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/SeniorHighSchool/More+Information?guid=C1109CBE-EC72-4C49-862B-9327F1714F4D&type=1&TAL1ID=14&TAL2ID=37&KE_NAME=&cms=true</p> <p>Education kit with a lesson plan, background, and a “model” smokeless tobacco tin that concretely demonstrates some of the harmful chemicals in smokeless tobacco.</p> <p>Contact school nurse</p>
✓	✓	✓	<p>11. Contents of Tobacco Smoke – Education Kit</p> <p>Kit includes a large cigarette model, lesson plan, and background information. It contains models of some of the 4000 chemicals in tobacco smoke. Concretely demonstrates that cigarette smoke is toxic.</p> <p>Contact school nurse</p>
✓	✓	✓	<p>12. Smoker’s Lungs – Education Kit</p> <p>Education kit includes a set of pig’s lungs, closely resembling human lungs, concretely compares the lungs of a non-smoker to those of a long-term smoker. The lungs can be inflated to demonstrate the effects of smoking. The model requires special care in handling.</p> <p>Contact school nurse or 780-735-3032</p>

E	JH	HS	Tobacco (continued)
✓	✓	✓	<p>13. Barb Tarbox, A Life Cut Short by Smoking – Video</p> <p>Video of Barb Tarbox sharing her poignant story detailing her battle with lung cancer and encouraging youth to remain smoke-free or to quit smoking. 16 mins.</p> <p>Contact school nurse</p>
	✓	✓	<p>14. Spit Tobacco Use in Alberta: Dispelling the Myths – Video</p> <p>Video provides information about both the chemicals in and the effects of using spit (smokeless) tobacco. 11 mins.</p> <p>Contact school nurse</p>
	✓	✓	<p>15. Smoking: Truth or Dare – Video</p> <p>Video graphically shows teens the effects of smoking on the body. 29 mins.</p> <p>Contact school nurse</p>
✓	✓	✓	<p>16. Tobacco Trivia – Game</p> <p>Jeopardy-style game that tests knowledge about tobacco. Available in Elementary, Junior High, and High school editions.</p> <p>Contact school nurse</p>
✓			<p>17. Don't Get Hooked – Game</p> <p>Game for Kindergarten and Grade one students which includes catching a paper fish and answering a tobacco-related question.</p> <p>Contact school nurse</p>

Key E – Elementary JH – Junior High HS – High School

E	JH	HS	Drugs and Alcohol
✓			1. Capital Health – Website http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/ElementarySchool/More+Information?guid=F9B57A7B-5C23-40A6-8A32-190FED9B0680&type=1&TAL1ID=14&TAL2ID=8&KE_NAME=Mental%20Health%20-%20General General information and Weblinks for mental health related issues.
	✓	✓	2. Alberta Health Services, Addictions and Mental Health (AADAC) – Website http://www.aadac.com/21.asp Interactive Website for youth on a variety of addiction and mental health topics.
	✓	✓	3. Drugs and Organized Crime Awareness Service (DOCAS) – Website http://www.rcmp-grc.gc.ca/docas-ssdco/index-eng.htm The Drugs and Organized Crime Awareness Service coordinated by Royal Canadian Mounted Police personnel at federal, provincial, and municipal levels. DOCAS provides a variety of programs and resources on substance abuse, kids and drugs, gangs and crime prevention, etc.