



Resource List for Teachers to Support the Health and Physical Education Curriculums

Kindergarten – Grade 12

Alberta Health Services: Central Zone – 2013

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

The following list is provided by Alberta Health Services (AHS) – Central Zone to assist teachers with resources to support the Health and Physical Education curriculums as well as resources to help build healthy school communities through the Comprehensive School Health approach. We are grateful to our colleagues in AHS Edmonton Zone for sharing and allowing us to adapt their list for use in the Central Zone.

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. The resources outlined on the following pages support the outcomes identified in the Program of Studies and many have been created or adapted to align with these outcomes.

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.

In order to better support health in schools, the AHS Central Zone has assigned a Health Professional to each school division within the zone. Contact information can be found on the final page of this document.

More information and resources on CSH can be found on the Alberta Health Services webpage titled: [The Comprehensive School Health Approach: Resources to Support Healthy School Communities](http://www.albertahealthservices.ca/csh.asp) at www.albertahealthservices.ca/csh.asp. This is an online repository of tools to support school health promotion across the province. The resources available on this website are intended to support teachers, students, school administrators, school jurisdiction staff, health professionals, parents, and community members in building healthy school communities through a Comprehensive School Health approach. The following pages in this document outline the educational resources available on this and other web sites to support healthy school communities.

Active Living

E	JH	HS	This section contains information and resources to promote active lifestyles in school communities through programs, activities, and initiatives that complement the Health and Physical Education curriculums.
✓	✓	✓	<p>Active Edmonton: Active Kids http://www.edmonton.ca/attractions_recreation/sport_recreation/active-edmonton.aspx</p> <p>The Fun Zone – Toolkits section of the Active Edmonton site includes resources for teachers</p>
✓	✓	✓	<p>Active Healthy Kids Canada www.activehealthykids.ca</p> <p>The most comprehensive annual assessment of child and youth physical activity in Canada. The Report Card can be used as an educational tool in order to promote awareness of the physical activity issue and keep up with current research.</p>
✓	✓	✓	<p>Alberta Centre for Active Living http://www.centre4activeliving.ca/</p> <p>One-stop shop (http://www.centre4activeliving.ca/resources.cgi?s=8;d=1) 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"> • School Ground Greening http://www.evergreen.ca/en/resources/schools/index.sn • Jump Rope for Heart http://jump.heartandstroke.ca/site/c.jrLQJ4PMKuG/b.4511321/k.55E7/Jump_Rope_for_Heart_200809_Pick_Your_Province.htm • Hoops for Heart http://www.hoopsforheart.ca/site/c.nll2leNWJyE/b.4358575/k.BED5/Home.htm • Moving on the Spot http://www.toronto.ca/health/movingonthespot/index.htm • Walking School Bus http://guide.saferoutesinfo.org/walking_school_bus/pdf/wsb_guide.pdf • Jumpstart http://jumpstart.canadiantire.ca/en/ • Kid Sport http://www.kidsport.ab.ca/index.php?page=chapters • Play Sport http://www.opheaprograms.net/playsport/

E	JH	HS	Active Living (Continued)
✓	✓	✓	<p>Alberta Recreation and Parks Association ARPA http://arpaonline.ca/</p> <ul style="list-style-type: none"> • SOGO Active - SOGO is a national physical activity program that empowers youth 13-19 to challenge themselves to solve the physical inactivity epidemic. Alberta Coordinator: Joline Veitch jveitch@arpaonline.ca • Everybody Gets to Play Workshops - enhances the quality of life of Alberta's children and youth in low-income families through increased access to, and participation in, recreation opportunities. • HIGH FIVE - Provides a range of training, assessment tools and resources to ensure that organizations can deliver the highest quality programs possible for ages 6-12.
✓	✓	✓	<p>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>At My Best www.atmybest.ca</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>* NEW: Online Teachers Video Tutorial - provide teachers with an overview of what the At My Best program is all about. Learn about the program and how easy it is to implement into your own classroom @ http://www.atmybest.ca/teachers/teachers-video-tutorial.</p>

E	JH	HS	Active Living (Continued)
✓	✓	✓	<p>Be Fit for Life Network 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) • Move and Play Through Physical Literacy (Ages 3-12)
✓	✓	✓	<p>Canadian Intramural Recreation Association http://www.ciraontario.com/</p> <p>Resources and information to encourage, promote and develop active living, healthy lifestyles and personal growth through intramural and recreational programs within the education and recreation communities</p>
✓	✓	✓	<p>Canadian Physical Activity Guidelines http://www.csep.ca/english/view.asp?x=804</p> <p>Physical activity guides for ages 5-11, 12-17 and 18-64 Guidelines, background, key messages and Q & A sections Order resources online (fee attached) or download and print for free</p> <p>Canadian Sedentary Behaviour Guidelines http://www.csep.ca/english/view.asp?x=804</p> <p>Guidelines for ages 5-11 and 12-17 Guidelines, background, key messages and Q & A sections Order resources online (fee attached) or download and print for free</p>
✓	✓	✓	<p>Ever Active Schools www.everactive.org</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, networking, and healthy fundraising.</p> <ul style="list-style-type: none"> • Teacher Resources: Curriculum support, PD, and video clips • News and Events: Programs, blogs, and newsletters, awards, and grants • Promising Practices: Unique activities and ideas from Ever Active schools • Ever Active Schools Healthy Living Calendar Fundraiser <p>Connect With Ever Active Schools: Twitter, Facebook and YouTube</p>
✓	✓		<p>Girls On The Run http://www.girlsontherun.org/aboutus3.html</p> <p>A program to promote running and physical activity for 9-13 year old girls</p>

E	JH	HS	Active Living (Continued)
✓	✓	✓	<p>Government of Alberta, Healthy U www.createamovement.ca</p> <p>Developed as a public information and education campaign to support and encourage Albertans to lead healthier lifestyles by providing them with access to a variety of resources and supports.</p>
✓	✓	✓	<p>Government of Alberta, Learning Resources Centre www.lrc.education.gov.ab.ca</p>
✓	✓	✓	<p>The Health and Physical Education Council (HPEC) 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>Human Kinetics www.humankinetics.com</p> <p>Information, curriculum supports, resources and information on all sport and physical activity pursuits</p>
	✓	✓	<p>In Motion Network www.inmotionnetwork.org</p> <p>A non-profit organization dedicated to promoting physical activity for girls and women in Alberta. Go Girl and Girls InMotion provides local leaders with the training they need to improve their skills and their capacity to run programs. They offer grants for each of their programs.</p> <p>Phone: 780.644.5613 Fax: 780.644.8404 E-mail: info@inmotionnetwork.org</p>
✓	✓	✓	<p>KidSport Alberta www.kidsport.ab.ca</p> <p>Subsidy information for recreation and sport participation for Alberta children and youth.</p>
✓	✓	✓	<p>Moving and Choosing www.movingandchoosing.com</p> <p>a community based coalition promoting healthy growth and development and the prevention of child and adolescent obesity.</p>

E	JH	HS	Active Living (Continued)
✓	✓	✓	<p>ParticipACTION Canada www.participACTION.com</p> <p>The ParticipACTION Tool Kit offers easy, free access to communications materials created by ParticipACTION and partner organizations to those who support and promote active living. These materials can be used in any communications, such as newsletters, events, presentations and websites.</p> <p>http://toolkit.participaction.com/browse/en/#?category=featured</p>
✓	✓	✓	<p>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. Formerly the Canadian Association for Health, Physical Education, Recreation and Dance.</p>
	✓	✓	<p>Play Sport www.ophea.net/programs-services/more-resources/playsport</p> <p>PlaySport is an educational website with activities designed to teach kids ages 6-12 games by playing games! By providing free access to activities that are fun and adaptable to every skill level, PlaySport prepares kids to participate in a wide range of sports with greater success and enjoyment.</p>
✓			<p>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>Public Health Agency of Canada Physical Activity Guidelines & Tips to Get Active http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php</p> <p>Tips and information to support Canadians in working towards healthier lifestyles.</p>
		✓	<p>The ACT Foundation www.actfoundation.ca</p> <p>CPR training and resources and curriculum supports for high school</p>
✓	✓	✓	<p>Wolf Creek School Division, Health In Action www.wolfcreek.ab.ca/HIA</p> <p>Over 200 lesson plans linking healthy eating, active living, and positive school environments to core subjects (K-12).</p>

Comprehensive School Health

Comprehensive School Health (CSH) is an internationally-recognized and effective approach for building healthy school communities. It can be used to address a variety of health issues and can improve both health and education outcomes for children and youth. The resources in this section are meant to support teachers, students, school administrators, school jurisdiction staff, health professionals, parents, and community members in building healthy school communities.

Alberta Health Services - "The Comprehensive School Health Approach: Resources to Support Healthy School Communities"

www.albertahealthservices.ca/csh.asp.

This is an online repository of tools to support school health promotion across the province. The resources available on this website are intended to support teachers, students, school administrators, school jurisdiction staff, health professionals, parents, and community members in building healthy school communities through a Comprehensive School Health approach. Resources have been grouped into the topics below:

- [Introduction to Comprehensive School Health](#)
- [Steps for Building Healthy School Communities](#)
- [Healthy School Policy](#)
- [Information for Schools & Teachers](#)
- [Supporting Websites](#)

Alberta Education – Key resources

<http://www.education.alberta.ca/>

- [Framework for K-12 Wellness Education](#) -The **purpose** of this framework is to describe the fundamental concepts and inherent values of K–12 wellness education and to provide guidance for the future development and implementation of K–12 education wellness programs of study in Alberta. [Framework for Student Learning: Competencies for Engaged Thinkers and Ethical Citizens with an Entrepreneurial Spirit](#) provides direction for the development of future curriculum (programs of study, assessment, and learning and teaching resources).

Alberta Healthy School Community Wellness Fund

http://www.achsc.org/wellness_fund.htm

This website contains additional resources such as the **Developing Healthy School Communities Handbook** that support the development of healthy school communities as well as information about Alberta Healthy School Community Wellness Fund Grants. The Wellness Fund provides funding to projects that demonstrate readiness in moving ahead with the development of healthy school communities.

- [Wellness Fund Handbook](#)
- [Other Granting Opportunities](#)

Comprehensive School Health (Continued)

Communities and Schools Promoting Health

<http://www.safehealthyschools.org/>

This website provides access to many resources in school health promotion. It is also the home of the Canadian School Health Centre and the Canadian School Health NGO Network.

How healthy is your school? – Assessment Tools

- JCSH's [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.
- JCSH's [Positive Mental Health Indicator Framework](#) - helps schools assess their school climate and identify both strengths and areas in need of change. <http://www.jcshpositivementalhealthtoolkit.com/>
- Ever Active Schools' [Health Assessment Tool for Schools](#) (available online April to June) is a series of checklists that help school communities define practices and programs that positively influence health behaviours and guide action plans. www.everactive.org
- Alberta Health Services' Healthy Schools Rubric, Healthy Eating Rubric, Active Living Rubric, and the Positive Mental Health Rubric are a series of rubrics that help school communities assess what they are currently doing to support nutrition, physical activity, and student mental health within the context of CSH. The rubrics help identify health priorities and actions towards making improvements within their school communities and are available on the Alberta Health Services website at www.albertahealthservices.ca/csh.asp.

Joint Consortium for School Health (JCSH) – Website

<http://www.jcsh-cces.ca>

This website offers a variety of information to support the CSH approach including research, tools, templates, and newsletters.

- [Comprehensive School Health Framework](#)
- [Positive Mental Health Toolkit](#)

Weight of the World

<http://www.weightoftheworld.ca/weightoftheworld/e/promisingpractices/database.cfm>

Physical and Health Education Canada has developed a National Promising Practices Database where you can search for project ideas and also submit your own.

E	JH	HS	Dental / Oral Health
✓			<p>Alberta Health Services Calgary Zone Oral Health Lesson Plans (K-3) http://www.albertahealthservices.ca/4751.asp</p> <p>Calgary Zone has developed Oral Health lesson plans that correspond to the Alberta Education Health Curriculum. Go to Resources for Schools.</p>
✓			<p>Kids Stuff: American Dental Hygienist's Association http://www.adha.org/kidstuff/index.html</p> <p>Interactive site which includes information and teacher resources about various dental topics. <i>(American Based Education. Nutrition information references the American guideline (Food pyramid) and not the Canadian recommendations).</i></p>
✓			<p>Mouth Power: Education Web Adventures http://www.mouthpower.org</p> <p>Great interactive site with topics including healthy food, tobacco, care of teeth, dental visits. Individual based. <i>(American Based Education. Nutrition information references American guidelines and not the Canadian recommendations).</i></p>
✓			<p>Nova Scotia Dental Association http://www.healthyteeth.org/</p> <p>Designed for grades 3 to 6 the site features animated graphics, is easy reading and provides simple classroom experiments and more. Sponsored by the Canadian Dental Association, Nova Scotia Dental Association and Halifax County Dental Society.</p>
✓			<p>Open Wide and Trek Inside http://science-education.nih.gov/supplements/nih2/oral-health/default.htm</p> <p>Grade 1 & 2 resource, classroom based with teacher support materials. <i>(American Based Education)</i></p>
✓			<p>Smile City: Canadian Dental Hygienists Association 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. Available in English and French.</p>
✓	✓	✓	<p>State of Missouri Department of Health and Senior Services http://health.mo.gov/living/families/oralhealth/oralhealtheducation.php</p> <p>K – 12 Oral Health Power Point Presentations. <i>(Note that the resource demonstrates flossing with incorrect position of floss. Teachers should be aware to instruct students to wrap floss around middle fingers, not the index fingers as shown).</i></p>
✓			<p>Theme Day.Com: A Day They'll Remember http://www.themeday.com/toothday_theme_home.htm</p> <p>This interactive site contains lesson plans that are integrated into other subjects.</p>

Healthy Eating

E	JH	HS	<p>This section contains information about nutrition and resources to support healthy eating environments in schools, including educational materials, lesson plans, nutrition programs, and policy development.</p>
✓	✓	✓	<p>School Nutrition http://www.albertahealthservices.ca/2925.asp</p> <p>Alberta Health Services supports schools with nutrition education resources to help school teachers, parents and volunteers, teach and encourage young Albertans to make healthy food choices.</p> <p>For a printable list of all the school nutrition education resources see the School Nutrition Education Resource List</p> <p>Resources are grouped into the topics below:</p> <p>Creating Healthy Eating Environments in Schools</p> <p>Tools and resources to support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth. Resources and handouts include:</p> <p>Getting Started</p> <ul style="list-style-type: none"> • Strategies for Improving Nutrition Behaviours in School Settings <p>How to Create a Healthy Eating Environment</p> <ul style="list-style-type: none"> • Steps to a Healthy School Environment: School Nutrition Handbook • Healthy School Fundraising (available in French) • Marketing Healthy Choices (available in French) • Special Lunch Days (available in French) • Single Serving Packaged Food List • School Lunch Restaurant List • Snack Shack Manual <p>Alberta Nutrition Guidelines for Children and Youth</p> <ul style="list-style-type: none"> • Alberta Nutrition Guidelines for Children and Youth (ANGCY) • ANGCY Three Panel Display • Healthy U Food Checker <p>Healthy Eating</p> <p>Tools and resources to teach students and children about nutrition and healthy food choices.</p> <p>Eating Well with Canada’s Food Guide</p> <ul style="list-style-type: none"> • Eating Well with Canada’s Food Guide • Eat Well and Be Active Educational Tool Kit <p>Choose Healthy Food</p> <ul style="list-style-type: none"> • Nutrition Labeling

			<p>Prepare Healthy Food</p> <ul style="list-style-type: none"> • Healthy Snacking • Quick and Easy Meals • Wake Up to Breakfast Everyday • What's for Lunch <p>Eat More Vegetables and Fruit</p> <ul style="list-style-type: none"> • Produce Passport • Boost Your Vegetable and Fruit Intake <p>Know Your Portions</p> <ul style="list-style-type: none"> • Healthy Portion Sizes <p>Choose Healthy Drinks</p> <ul style="list-style-type: none"> • The Energy Drink Buzz <p>Curriculum Based Lesson Plans (http://www.albertahealthservices.ca/2918.asp)</p> <p>Lesson plans that meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Healthy Eating • Active Living • Other Health Topics
✓	✓	✓	<p>A Guide to Growing Gardens in Alberta http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/agic7623/\$FILE/Get_Growing_Manual_Interactive.pdf</p> <p>School gardens can open a world of learning experiences, all connected to curriculum learning outcomes, and focusing on a range of topics such as ecosystems, plant growth and change, weather, environmental factors, soil, living things, communities, human activities, patterns, and measurement. Gardens also provide numerous experiences that develop and reinforce inquiry and critical thinking skills such as questioning, making comparisons, and data collection, analysis, and synthesis.</p> <p>This Guide to School Gardens in Alberta provides support for starting and maintaining a school garden, including the involvement of students and community members. This Guide also provides support for learning opportunities that can be integrated across the curriculum.</p> <p>This Guide to School Gardens in Alberta is based on the use of EarthBox® containers. These self-contained, portable growing systems provide consistent and stable growing conditions.</p> <p>For further information, contact:</p> <ul style="list-style-type: none"> □ Brent Andressen @ 780.427.4225 brent.andressen@gov.ab.ca □ Shirzad Chunara @ 780.422.2550 shirzad.chunara@gov.ab.ca

E	JH	HS	Hygiene
✓			<p>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>http://www.dobugsneeddrugs.org/</p>

Injury Prevention

E	JH	HS	Resources in this section promote safety within the school community through programs and initiatives that address risk factors and promote prevention strategies to reduce injuries in children and youth.
✓	✓	✓	<p>Alberta Health Services – Website</p> <p>http://www.albertahealthservices.ca/injuryprevention.asp</p>
✓			<p>Booster Seat Safety Manual</p> <p>http://www.capitalhealth.ca/NR/rdonlyres/eo55d4pueflumzaiz74aggs3d7vsb4sibftsq6h5tqdfiqjusamr3te3m6ktmz6ep7lcsh7pitqtx66hvvv3iubmq6f/BoosterSeatResourceManualNovember2009FINAL.pdf</p> <p>This is a lesson plan that complements outcomes for Health and Life Skills, Kindergarten through Grade 3. Includes activity sheets, bookmarks and quizzes.</p>
✓			<p>Farm Safety</p> <p>http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/aet10797</p> <p>Fun coloring pages for presentations, classroom discussions, or pass them on to parents who want to teach their children about farm safety. Updates on provincial initiatives.</p>
	✓	✓	<p>Getting into Gear - Keys to Starting Your Driving Experience – Education Kit</p> <p>http://www.saferoads.com/pdf/Getting-Into-Gear-Activity-Book.pdf</p> <p>Education kit 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/ Student Activity Books • Safe Teen Driving • Bookmarks & Magnets
✓	✓	✓	<p>Parachute Canada</p> <p>http://parachutecanada.org/</p> <p>Parachute is a national, charitable organization dedicated to preventing injury and saving lives. It was created from the amalgamation of four leading Canadian injury prevention groups: Safe Communities Canada, Safe Kids Canada, SMARTRISK and ThinkFirst Canada.</p>

E	JH	HS	Injury Prevention (Continued)
✓			<p>Playground Safety Manual – Lesson Plan http://www.capitalhealth.ca/NR/rdonlyres/ezsytnb4dguuk7c7v27ngqvwldhzqun4ge52pa07rhua6juxc3fhjpacdhkerckno7lhsuzxlatyvpaiyd23ufydhud/PlaygroundSafetyResourceKitNovember2009FINAL.pdf</p> <p>This is a lesson plan that complements outcomes for Health and Life Skills, Kindergarten through Grade 3. Activity sheets included.</p>
		✓	<p>SmartRisk No Regrets http://www.smartrisknoregrets.ca/index.php/educator/</p> <p>High school based peer leadership program that trains staff advisers and student leaders to raise awareness and implement injury prevention activities and events in their schools. Key messages include: Buckle Up, Look First, Wear the Gear, Get Trained, and Drive Sober.</p>
✓			<p>Street Safe (K – 3) New program replacing Kinetic Kids www.saferoads.com/streetsafe</p> <p>Focus on pedestrian, bicycle safety and bus safety. Free activity books and stickers for students.</p>
✓	✓		<p>Think First For Kids - Education Kit (K-8) http://thinkfirst.ca/programs/tdthinkfirst.aspx</p> <p>Alberta Education approved K – 8 school based curriculum program (helmets, concussions, skiing, snowboarding). Free to all Canadian schools. Contact the Think First Foundation at 1-888-335-6076</p>
✓			<p>Walk and Ride Safely – Education Kit (K – 4) http://www.capitalhealth.ca/NR/rdonlyres/eywiqq4ueycrthgtdqs5s5p3f7ggkra22w45b665cfk4r2ltasbgkrq7qcm6ziavwknlz2dzco2imki7ubbwnu6dxpa/WalkandRideSafelyResourceKitFINALNov10th.pdf</p> <p>Education kit which contains lesson plans and printable materials for child pedestrian and school bus safety.</p>
✓	✓		<p>Walking School Bus - Guide www.saferoutesinfo.org/guide/walking_school_bus/pdf/wsb_guide.pdf</p> <p>A how-to guide to engage the school and community in creating safe routes for children to get to and from school. Enhances physical activity for students. Education kit contains lesson plans and other materials for child pedestrian and school bus safety.</p>

Mental Health

This section contains resources to address and support various topics areas and issues that are part of overall mental health and well-being including: Addictions and Substance Use and Abuse, Body Image, Bullying, Mental Illnesses, Mental Health Promotion and Suicide.

E	JH	HS	Addictions & Substance Use & Abuse: This section contains information related to addictions and substance use and abuse. Resources focus on healthy lifestyles choices and address factors such as peer influence, resiliency, and the importance of role models.
✓	✓	✓	<p>Alberta Health Services http://www.albertahealthservices.ca/2674.asp</p> <p>All lesson plans are linked to Alberta Education Health and Life Skills learning outcomes.</p> <p>Lessons focus on improving and practicing positive health habits and cover concepts such as safety rules, healthy alternatives to alcohol, tobacco, other drugs and gambling, the importance of personal goals and role models, the benefits of healthy choices, the effects of positive and negative peer influence, and the importance of recognizing personal skills and assets.</p> <p>Lesson Plans</p> <ul style="list-style-type: none"> • Grade 3 Lesson Plans • Grade 4 Lesson Plans: Leaps and Bounds • Grade 5 Lesson Plans: Leaps and Bounds • Grade 6 Lesson Plans: Leaps and Bounds • Grade 7 Lesson Plans • Grade 8 Lesson Plans • Grade 9: http://www.albertahealthservices.ca/2684.asp <p>The Teacher Information Series is designed to give teachers like you factual information to help you engage students in talking about substance abuse and gambling and allow them to make informed lifestyle decisions and healthy choices.</p> <ul style="list-style-type: none"> • Resiliency • The Process Of Addiction • What Is A Drug? • About Alcohol • Drinking And Driving • Marijuana Myths • About Gambling • Substance Use And Gambling: Pros And Cons • Grade 11: Be Your Own Hero • Grade 12: A Grad to Remember <p>School Policy Manual: Developing Substance Use and Gambling Policies for Alberta Schools</p> <p>This manual offers principals, teachers and school councils practical information about developing a substance use and gambling policy. Sample resources include: presentations for those developing policy, a school policy template, and statements to the school community about dealing with incidents related to substance use or gambling.</p>

E	JH	HS	Addictions & Substance Use & Abuse (Continued)
✓	✓	✓	<p>AHS Addictions and Substance Abuse: Programs, Services and Treatment Facilities http://www.albertahealthservices.ca/addiction.asp</p> <p><u>Parent Information Series</u> – The Parent Information Series is designed to give parents factual information that may help them prevent their children from using drugs, help them make healthy lifestyle choices and support them in making changes in their lives.</p>
✓	✓	✓	<p>Alberta Health Services: Tobacco Reduction Resources for School Aged Youth http://www.albertahealthservices.ca/1711.asp</p> <p>These packages provide reliable age appropriate reference and links to recognized, evidence-based resources for tobacco related information. They are intended for use by health professionals, teachers, students, youth workers, community leaders and parents.</p> <p>Packages available:</p> <p><u>Kindergarten to grade 3</u> <u>Grades 4 – 6</u> <u>Grades 7 – 9</u> <u>Grades 10 -12</u></p>
✓	✓	✓	<p>Canadian Association for the Advancement of Women in Sport and Physical Activity http://www.caaws.ca/activeandfree/e/index.cfm</p> <p>"If you are a physical education teacher, recreational worker, parent, coach, or health promoter, this resource is specifically designed for you. Active & Free is a practical tool to support your work towards encouraging a healthy lifestyle for young women by keeping them physically active and tobacco-free... for life."</p>
	✓	✓	<p>Drugs and Organized Crime Awareness Service (DOCAS) http://www.rcmp-grc.gc.ca/docas-ssdco/index-eng.htm</p> <p>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.</p>

E	JH	HS	Body Image: This section contains information to support positive body image through resources that address related issues such as media and peer pressure, healthy eating, and physical activity.
		✓	Adios Barbie http://www.adiosbarbie.com/ A very blunt and different way of looking at body image issues and useful links.
✓			Body Image Health http://www.bodyimagehealth.org Tools for preventing body image, eating, fitness and weight problems before they start
	✓	✓	Body Sense http://www.bodysense.ca Promoting Positive Body Image in Sport - This excellent website covers prevention and early intervention for eating disorders. Lots of great practical information
	✓	✓	Campaign for Body Confidence www.campaignforbodyconfidence.wordpress.com An advocacy website which educates about the influences to conform to an unhealthy image and advocates for change
	✓	✓	Body Image 3D http://bi3d.tridelta.org/Home Get involved in being a champion for change in the way we think and talk.
	✓	✓	Healthy is the New Skinny http://healthyisthenewskinny.com A place where girls and women can come together and celebrate true beauty.
E	JH	HS	Body Image - Resources for Educators
	✓	✓	Are You Juiced? http://wechealthunit.org/school-health/are-you-juiced A wealth of information for the prevention use of anabolic steroid.
✓	✓	✓	Body Image Resource Collection – Education Kit 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. Alberta Education approved. Contact Prevention & Promotion Consultant at Red Deer Mental Health for more information on how to borrow this resource phone 403-340-5410.

E	JH	HS	Body Image - Resources for Educators (Continued)
✓			<p>Healthy Buddies http://www.healthybuddies.ca/</p> <p>Elementary school program promoting healthy eating, active living and positive mental health. Note: there is a charge for this program.</p>
✓	✓		<p>Liking the Me I See in the Mirror – Program</p> <p>A 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. Alberta Education approved.</p> <p>Contact Prevention & Promotion Consultant at Red Deer Mental Health for more information on how to order this resource phone 403-340-5410.</p>
	✓	✓	<p>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. Order free booklets online @ http://www.dove.ca/en/default.aspx</p>
✓			<p>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
E	JH	HS	Body Image - Resources for Youth
✓	✓	✓	<p>Dove Campaign For Real Beauty http://www.campaignforrealbeauty.ca/girls</p> <p>An interactive portal for girls promoting positive body image.</p>
✓	✓	✓	<p>Girls Inc http://girlsinc.org</p> <p>A website that promotes girl's self esteem and body image.</p>
	✓	✓	<p>Proud2Beme http://proud2bme.org</p> <p>This new National Eating Disorders Association (NEDA) online community for provides a safe and supportive environment where teens can connect with each other and take action for change.</p>

E	JH	HS	Body Image - Resources for Youth (Continued)
✓	✓	✓	<p>Pinterest http://pinterest.com/reelgrrls/media-literacy/?timeline=1</p> <p>An on-line pin board for media literacy. Facebook: http://facebook.com/Proud2BmeUSA Twitter: http://twitter.com/Proud2BmeUS</p>
	✓	✓	<p>Teen Advice http://www.teenadvice.about.com/cs/bodyimage/index.htm</p> <p>Information on body image for both guys & girls; links to quizzes/self tests on body image.</p>
E	JH	HS	Bullying: Resources in this section offer tips and information to adults and children to assist them in taking responsible action in handling bullying situations.
✓	✓	✓	<p>Bully Free Alberta http://www.bullyfreealberta.ca/</p> <p>This website has a variety of tips and tools for adults to help prevent or intervene in a bullying situation, including cyberbullying and homophobic bullying.</p>
	✓		<p>Expecting Respect http://www.expectingrespect.ca</p> <p>This peer leadership program is designed to help youth face every day issues (bullying, alcohol and tobacco use, and healthy relationships).</p>
✓	✓		<p>S -Team Heroes www.teamheroes.ca/</p> <p>S-Team Heroes is a fun and educational website for kids and teens that show you how to deal with bullies.</p>
✓			<p>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. Alberta Education approved.</p>

E	JH	HS	Mental Health Illness and Disorders: The resources in this section focus on increasing mental health literacy by providing information about specific mental disorders and offering guidance on how to discuss mental illness in class.
✓	✓	✓	<p>Alberta Health Services, Addictions and Mental Health (Education in Schools)</p> <p>Addiction Resources: http://www.albertahealthservices.ca/addiction.asp</p> <ul style="list-style-type: none"> • Curriculum-aligned resources • Best practice recommendations for prevention <p>Mental Health Resources: http://www.albertahealthservices.ca/mentalhealth.asp</p> <ul style="list-style-type: none"> • Youth pamphlets can be downloaded from the website (Depression, Anxiety, Are You Stressed?, Exam Stress) • Bounce Back Books can be downloaded; contact information for ordering copies is provided (Toddler, Preschool, Elementary School) • Grip on Life magazine; contact information to obtain copies is provided.
✓	✓	✓	<p>Canadian Mental Health Association http://reddeer.cmha.ca/</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: http://reddeer.cmha.ca/programs-and-services/education-and-training/ • Resources: http://reddeer.cmha.ca/mental-health/ <p>Mental Health & High School Curriculum Guide 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 a PowerPoint presentation and video clips that reinforce the topic; also included are activities and worksheets.</p>
✓	✓	✓	<p>Canadian Alliance on Mental Illness and Mental Health www.camimh.ca</p> <p>Promotes mental health literacy; mandate is to ensure that mental health is placed on the national agenda. Takes lead on Mental Illness Awareness Week in Canada.</p>
✓	✓	✓	<p>Centre for Addiction and Mental Health www.camh.ca</p> <p>The Centre for Addiction and Mental Health is one of the world's leading research centers in the areas of addiction and mental health. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.</p>

E	JH	HS	Mental Health Illness and Disorders (Continued)
✓	✓	✓	<p>Check Up http://www.checkupfromtheneckup.ca/</p> <p>This simple, private, mental health check-up can identify some symptoms of depression, anxiety or bipolar disorder so you can get help if you need it. Learn more about mood disorders and find resources to help yourself, your family members, or friends.</p>
✓			<p>Here to Help BC http://www.heretohelp.bc.ca/publications</p> <p>Various fact sheets on mental health and substance abuse, toolkits for managing mental health problems and wellness modules.</p>
✓	✓	✓	<p>Joint Consortium of School Health (JCSH) http://eng.jcsh-cces.ca/</p> <p>The JCSH is a leader in supporting the advancement of comprehensive school health (CSH) in Canada. It is a partnership of federal, provincial, and territorial governments from across Canada, working together to promote the health of children and youth in the school setting. It provides a forum, tools and resources for keeping up to date on latest approaches to CSH in Canada and around the world.</p> <ul style="list-style-type: none"> • Positive Mental Health Toolkit: This tool kit provides a process for engaging school and community strengths in fostering the positive growth and development of children and youth. • Positive Mental Health Indicator Framework - helps schools assess their school climate and identify both strengths and areas in need of change.
		✓	<p>Mind Your Mind www.mindyourmind.ca</p> <p>An interactive Canadian website for youth that has educational games and tools, also interviews with bands about mental health/illness and how to get help.</p>
✓	✓	✓	<p>Mood Gym https://www.moodgym.anu.edu.au/welcome</p> <p>An on-line cognitive behavioral that offer support for depression and anxiety.</p>
✓	✓	✓	<p>National Eating Disorder Information Centre (NEDIC) www.nedic.ca</p> <p>Nedic is the primary source of reliable information about eating disorders in Canada.</p>
✓	✓	✓	<p>National Eating Disorder Organization (NEDA) http://www.nationaleatingdisorders.org</p> <p>A good U.S. source of reliable information about eating disorders (including prevention).</p>

E	JH	HS	Mental Health Illness and Disorders - Resources for Educators
✓	✓	✓	<p>CAMH http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/Pages/resources_for_teachers_and_schools.aspx</p> <p>Offers an integrated set of web based resources to build resiliency in students and support teachers in addressing mental illness and substance abuse in the classroom.</p>
✓	✓	✓	<p>Child and Adolescent Behaviour Toolbox http://www.albertahealthservices.ca/2734.asp</p> <p>Software program designed for professionals that work with children and youth who have developmental and behavioral problems.</p>
✓	✓	✓	<p>Child and Youth Mental Health Information Network Cymhin.ca</p> <p>Provides teachers and families with information about youth mental health problems.</p>
✓	✓	✓	<p>Healthy Minds Canada HealthymindsCanada.ca</p> <p>Information on a variety of mental health topics, directed to parents and teachers.</p>
		✓	<p>Mental Health and High School Curriculum Guide (CMHA) teenmentalhealth.org</p> <p>The curriculum guide provides a set of educational tools to increase understanding of mental health and mental disorders among both students and teachers.</p>
✓			<p>Mental Health Issues among Teachers http://www.lge.gov.uk/lge/core/page.do?pagelId=427863</p> <p>Information about common mental health issues and guidance to assist staff in dealing with common mental health problems in their classrooms.</p>
E	JH	HS	Mental Health Illness and Disorders - Resources for Youth
	✓	✓	<p>Bluewave Ok2bblue.com</p> <p>Supports youth by changing the way they think about depression, anxiety, suicidal thoughts, and/or mental health issues through conversation and normalization.</p>
	✓	✓	<p>Teen Mental Health Teenmentalhealth.org</p> <p>A series of training programs which can be customized to suit the needs of your group, in addition to an evolving high school and mental health curriculum.</p>
	✓	✓	<p>Youth Beyond Blue Youthbeyondblue.com</p> <p>Programs support youth in coping with anxiety, depression and other mental health issues by focussing on early intervention, prevention, and raising community awareness.</p>

E	JH	HS	Mental Health Promotion: The resources in this section focus on the promotion protective factors and the reduction of risk factors involved in developing and maintaining positive mental health.
	✓	✓	About Face Aboutface.org Information and resources to address media literacy and related body image issues.
✓	✓	✓	Canadian Mental Health Association http://reddeer.cmha.ca/ Website which offers educational programs, resources, and information pamphlets in various languages on many mental health topics: <ul style="list-style-type: none"> • Education Programs: http://reddeer.cmha.ca/programs-and-services/education-and-training/ • Resources: http://reddeer.cmha.ca/mental-health/
✓	✓	✓	Here to Help Heretohelp.ca Information about mental health and substance use problems and disorders. Emphasizes evidence-based services, mental health literacy and self-management.
	✓	✓	Media Smarts Mediasmarts.ca Information and resources for media literacy and body image.
✓	✓	✓	Mental Health Commission of Canada www.mentalhealthcommission.ca A national organization dedicated to supporting mental health service providers, employers, scientific and research communities, as well as Canadians living with mental illness and their families and caregivers.
		✓	Mental Health & High School Curriculum Guide http://cmha.ca/highschoolcurriculum This resource provides lesson plans on the following topics: <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
✓	✓	✓	Minding Our Bodies www.mindingourbodies.ca Website that links Physical Activity and Mental Health
✓	✓	✓	We are Kids Mental Health www.werkidsmentalhealth.ca This website is a portal developed to assist in searching key services, supports and resources in the area of mental health for children and youth.

E	JH	HS	Mental Health Promotion - Resources for Educators
	✓		<p>Expecting Respect http://www.expectingrespect.ca</p> <p>Healthy relationships Expecting Respect – peer leadership program designed to help youth face every day issues (bullying, alcohol and tobacco use, and healthy relationships).</p>
✓			<p>Kids Have Stress Too! http://www.psychologyfoundation.org/kidshavestresstoo.php</p> <p>This research-based program aims to teach children how to recognize and deal with stress and to help teachers promote self-regulation in their students. Lessons plans are available for divisions 1 and 2: http://morethanmedication.ca/en/stress_lessons/insiders?educators http://www.peelregion.ca/scripts/school/health101.pl?action=topics</p>
✓	✓	✓	<p>Kids Health http://classroom.kidshealth.org/</p> <p>KidsHealth in the Classroom offers educators free health-related lesson plans for all grades and subject areas.</p>
✓	✓	✓	<p>Mental Health Promotion Kit– Education Kit</p> <p>This kit provides educators with lesson plans and supporting materials to teach children about mental wellness. Lesson plans include:</p> <ul style="list-style-type: none"> • Peer relationships: bullying, friendship • Body Image: All Dolled Up • Healthy Communication: Dinner Talk • Hope: Picturing Hope • Humour: Humour for Health • Physical activity & mental wellness: move your mood • Resiliency: chain of support, feel good box • Stress: chicken juggling 101, listening to my inner voice <p>Produced by Alberta Health Services in collaboration with Edmonton Public and Edmonton Catholic School Boards. Please contact Prevention and Promotion Consultant at Red Deer Mental Health 403.340.5410.</p>
✓	✓	✓	<p>Mental Health Promotion Resources 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>

E	JH	HS	Mental Health Promotion - Resources for Youth
	✓		<p>Girls Only http://www.gov.mb.ca/msw/publications/4girls_only.pdf</p> <p>A “girl power” workbook for girls in grades 6-8.</p>
✓	✓	✓	<p>Newmoon.com - New Moon Magazine http://www.newmoon.com/</p> <p>This is an online community and magazine where girls create and share poetry, artwork, videos, and more; chat together; and learn. All in a fully moderated, educational environment designed to build self-esteem and positive body image. Membership is just \$34.95 for 12 months unlimited online access + 6 bimonthly issues of New Moon Girls magazine.</p>
E	JH	HS	<p>Suicide: This section contains information about suicide and resources to support prevention and intervention efforts through assessment of existing or proposed programs.</p>
			<p>Centre for Suicide Prevention http://suicideinfo.ca</p> <p>CSP offers training (community workshops and online courses) and has the largest English language library dedicated to the collection and dissemination of suicide prevention, intervention and postvention resources.</p>
			<p>The Youth Suicide Prevention School-Based Guide http://theguide.fmhi.usf.edu/</p> <p>This guide is not a program but a tool that provides a framework for schools to assess their existing or proposed suicide prevention efforts (through a series of checklists) and provides resources and information that school administrators can use to enhance or add to their existing program. The guide provides information to schools to assist them in the development of a framework to work in partnership with community resources and families.</p>
			<p>Youth Suicide Prevention Website http://youthsuicide.ca/</p> <p>Suicide prevention information and resources to support youth and friends of youth.</p>

Sexual Health

E	JH	HS	Sexual Health: This section contains information and resources to support healthy lifestyle choices related to sexual health: puberty, personal hygiene, birth control, pregnancy, sexually transmitted infections, and social media.
✓	✓	✓	<p>Canadian Federation for Sexual Health – Website and Print Resources http://www.cfsh.ca/</p> <p><u>Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education, 2nd Ed.</u> 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>SexualityandU.ca: Your Link to Sexual Well-Being – Website http://www.sexualityandu.ca/en/teachers</p> <p>Classroom presentations on puberty, birth control, and sexually transmitted infections. A website made possible through collaboration with <u>The Canadian Federation for Sexual Health</u>. Also available in French.</p>
✓	✓	✓	<p>Teaching Sexual Health.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. Alberta Education approved.</p> <p>The <u>teacher area</u> includes options to <u>download lesson plans</u> and other essentials:</p> <ul style="list-style-type: none"> • How to teach sexual health • Ask a question • Teacher’s lounge • Instructional Methods • Resources
E	JH	HS	Sexual Health - Birth Control
	✓	✓	<p>Birth Control Electronic Resources – See www.teachingsexualhealth.ca under “Sexual Health - General Websites”</p>
		✓	<p>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 10 - 12. Available:</p> <p>Red Deer 403-346-8336: Vermilion 780-853-5270: Drayton Valley 780-621-4989: Stettler 403-740-8161: Camrose 780-679-2988: Wetaskiwin 780-361-4362</p>
	✓	✓	<p>It’s Your Choice: Birth Control For Teens – DVD</p> <p>Audience: Grade 8-12</p> <p>Provides clear information to assist teens in making decisions related to contraception. The effectiveness of each method in pregnancy prevention, possible side effects and health risks, and protection against HIV and other STIs are all discussed. The young people sharing their experiences bring an authenticity to the program while answering a broad range of questions regarding how various methods are used and their candid opinions on abstinence. Available: Red Deer 403-346-8336</p>

E	JH	HS	Sexual Health – Puberty: Websites, Kits or DVDs
✓			<p>Always Changing: A Guidebook about Puberty – Print Resource http://www.ophea.net/programs-services/more-resources/always-changing</p> <p>Teaching package and DVD targeted at Grades 5-8.</p> <p>NOTE: This package has product placement, use at your own discretion.</p>
✓	✓		<p>Always Changing - A DVD About Puberty</p> <p>Audience: Grade 5 to 8</p> <p>Provides an age appropriate overview of growth and development at puberty. Includes three viewing versions (girl only, boy only and co-ed).</p> <p>Available: Red Deer 403 346 8336</p>
✓			<p>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. Alberta Education approved.</p> <p>Available: Red Deer 403-346-8336</p>
✓			<p>Healthy Me Series II - DVD</p> <p>Looking Ahead: About Girls Looking Ahead: About Boys Audience: Grades 3-5</p> <p>Answer many of the questions pre-adolescents have about growing up. In a sensitive, age-appropriate way, these fact-filled programs give students the information they need to understand the physical, emotional and social changes they will face during puberty.</p> <p>Available: Red Deer 403-346-8336</p>
	✓		<p>Healthy Teens Series - DVD</p> <p>At a “Special Day for Teens” Melissa, Ryan and their friends learn about good hygiene. This program shows young teens the importance of showering to remove germs and body odor, and keeping hair, skin, teeth and nails in tip-top condition.</p> <p>Available: Red Deer 403-346-8336</p>
✓			<p>Let’s Talk Puberty For Girls - DVD</p> <p>Audience: Grade 4,5</p> <p>Animations and gentle humor are used to explore the physiological and emotional changes that occur during puberty. Addresses hygiene, nutrition and well-being</p> <p>Available: Red Deer 403-346-8336</p>
✓			<p>Puberty Kit – Education Kit</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. Alberta Education approved.</p> <p>Available: Red Deer 403-346-8336</p>

E	JH	HS	Sexual Health – Puberty VHS
✓			<p>Boy to Man & Girl to Woman – VHS</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>Feelings: Inside, Outside, Upside Down - VHS</p> <p>Audience: Grade 4-6</p> <p>A program which can help students realize the range of emotional changes they can expect to undergo during puberty. Encourages students to view puberty as an exciting and special time in their lives and to realize that their growing, changing feelings are part of that special time.</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>Growing Up! For Boys - VHS</p> <p>Audience: Grades 4, 5, & 6</p> <p>This informative video, designed for boys, outlines changes boys experience during puberty, the parts and functions of the male reproductive system and explores the emotional issues associated with puberty. This video includes a teaching guide with a written script, vocabulary list, discussion questions and classroom activities. Includes simple drawings of the male and female reproductive systems.</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>Human & Animal Beginnings – VHS</p> <p>Audience: Grade 4</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>Just Around the Corner–Girls & Just Around the Corner–Boys – VHS</p> <p>Videos (one for girls and one for boys) which address the physical and emotional changes of puberty targeted at Grade 4. Alberta Education approved</p> <p>For more information or to order: Just Around the Corner – For Girls/ Just Around the Corner – For Boys http://www.schoolnursenews.org/BackIssues/2002/Jan/Resources.pdf</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>Kids to Kids: Talking About Puberty – VHS</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>Learning About Growing Up: From Girlhood to Womanhood & From Boyhood to Manhood – VHS</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>Learning About Growing Up: Sex & Responsibility – VHS</p> <p>Available: Wetaskiwin 780-361-4362</p>

	✓		<p>Looking Good, Feeling Good – VHS</p> <p>Audience: Grade 7</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>The Growing up Series – VHS</p> <p>Audience: Ages 9-12 years</p> <p>The Growing Up Series consists of three short films designed to help children acquire information, positive attitude and self-esteem that they will need to withstand the uncertainties of puberty. A Teachers Guide and Parent Guide is included.</p> <p>Available: Wetaskiwin 780-361-4362</p>
✓			<p>The New and Improved Me: Understanding Body Changes – VHS</p> <p>Audience: Grade 5</p> <p>Available: Wetaskiwin 780-361-4362</p>
E	JH	HS	Sexual Health – Pregnancy
		✓	<p>Fetal Development: A Nine Month Journey – DVD</p> <p>Audience: Grade 9-12</p> <p>Fiber optic images from inside the womb blend with ultrasound images, schematic drawings and animation to describe each stage of fetal development. .</p> <p>Available: Red Deer 403-346-8336</p>
	✓		<p>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>Available: Red Deer 403-346-8336</p>
	✓	✓	<p>Teen Pregnancy: Reel Stories, Real Life - DVD</p> <p>Audience: Grades 7- 12</p> <p>This video does a really good job of showing teenage girls know why abstaining from unprotected sex is a good idea. It explains the tremendous responsibility placed on single teenage moms and the toll those responsibilities take on their lives.</p> <p>Available: Red Deer 403-346-8336</p>
	✓	✓	<p>Toothpaste - DVD</p> <p>Toothpaste deals with dating, pregnancy prevention, communication, self-esteem, friendship and commitment. Target gr. 9</p> <p>Available: Red Deer 403-346-8336</p>

E	JH	HS	Sexual Health – Sexually Transmitted Infections
		✓	<p>Volume 3: Sexually Transmitted Infection – DVD</p> <p>With an emphasis on prevention, this program shows teens how and “it won’t happen to me” attitude can be dangerous today. Topics Include:</p> <ul style="list-style-type: none"> • How STIs are transmitted...consequences and prevalence of STIs • How to talk about STIs with your partner • General symptoms...curable and incurable STIs...HIV/AIDS • Testing...prevention through abstinence and safer sex <p>Available: Red Deer 403-346-8336</p>
E	JH	HS	Sexual Health – Social Media
	✓	✓	<p>Sexting, Sex Plus Text Equals Trouble –DVD</p> <p>Peer hosts and true-to-life vignettes show teens the dangers of sexting: the act of posting and sending sexually explicit or sexually suggestive messages, photographs, and videos most often using cell phones.</p> <p>Available: Red Deer 403-346-8336 Vermilion 780-853-5270</p>

Additional Resources and Supports

E	JH	HS	Additional Resources and Supports
✓	✓	✓	<p>Wolf Creek School Division, Health In Action www.wolfcreek.ab.ca/HIA</p> <p>Over 200 lesson plans for Kindergarten through Grade 12 linking healthy eating, active living, and positive school environments to core subjects (Math, Science, Social Studies and Language Arts).</p>

AHS School Health Contacts

School Division	Name	Contact Information
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