

SCHOOL RESOURCE & PROGRAM CATALOGUE

To use this catalogue, click on one of the Health Topics below.

Each resource contains the specified grade level, language and format.

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ALCOHOL/DRUGS

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Grade	Title	Description	Availability
Kindergarten to Gr.12	Ontario Physical Health Education Association (OPHEA)	This website is designed for teachers of all grades. It is a searchable database that contains a variety of types of resources for implementing Health Curriculum. Available in English and French.	www.ophea.net
Kindergarten to Gr.9	Long Live Kids - Concerned Children's Advertisers	CD 1- with general info, letter, lesson plans re: Eat Smart, Move More and be Media Wise CD 2- a resource for teachers on Media Literacy with sample commercials to support this resource. Sample Commercials with accompanying lesson plans on various topics (bullying, self esteem, physical activity, peer pressure). Available in English and French.	Obtain from the Health Unit or www.cca-kids.ca
Kindergarten to Gr.10	The Ontario Health and Physical Education Curriculum Support	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	Copy available in your school or www.ophea.net
Kindergarten to Gr.12	Take Action	This is a cross-curriculum resource that promotes safety awareness of harmful substances & medicines. Easy to use lesson plans, rubrics and black line masters. Available in English and French.	www.ophea.net
Gr.7 to Gr.10	Under the Influence Educator's Kit	This kit enables youth to gain a basic understanding of alcohol advertising. It includes an alcohol advertising presentation, activities, video list and directory of contents. Meets the Ontario Curriculum. Available in English.	Obtain resource from the Health Unit
Gr.1 to Gr.10	Centre for Addiction and Mental Health Curriculum Guide	This resource contains ready-to-use lesson plans for drug education in the classroom. Available in English.	www.camh.net/education
Gr.8 & Gr.9	Peers and Parties....Plus	This resource assists teachers to instruct students in developing interpersonal life skills, problem solving and conflict mediation skills related to substance use and abuse. Available in English	Obtain resource from the Health Unit
Gr.10 to Gr.12	Acting Responsibly	This is a supplementary unit for Dramatic Arts. It contains tools for teachers to help students create peer led workshops and a theatre performance piece on various aspects of substance use and abuse. Available in English.	Obtain resource from the Health Unit
Gr.9 to Gr.12	Braking Point-Risk Reduction Strategies for Youth	This program is designed to discourage the initiation of alcohol and cannabis use, prevent the progression to more frequent or regular use, and reduce harm. Includes DVD, scenarios, lesson plan, activities. Available in English and French.	http://www.maddyouth.ca/ Obtain resource from the Health Unit

Grade	Title	Description	Availability
Gr.9 to Gr.12	Let's Take Action on Alcohol Problems in Schools and on Campus	This is step-by-step process for the development of school alcohol policies. It offers a range of tips highlighting the challenges and issues that schools may encounter. Available in English and French.	www.apolnet.ca Obtain resource from Health Unit
Gr.7 to Gr.12	The Teen Files: The Truth About Drinking	In this video, teens see first hand the consequences of alcohol use from every perspective - impairment of coordination, vision, reaction time, organ damage and rehabilitation. 30 minutes. Available in English.	Obtain resource from the Health Unit
Gr.7 to Gr.12	The Teen Files: The Truth About Drugs	In this video, teens find out what it would be like to be incarcerated, experience rape counseling, witness deadly effects of huffing, how drugs affect a newborn baby and the realities of rehab. 30 minutes. Available in English.	Obtain resource from the Health Unit
Gr.7 to Gr.12	The Teen Files: Flipped; Drug use and Addiction	In this video teens become exposed to heavy drug users who steal to support their habit, suffer from withdrawal and overdose themselves into the hospital. The experience cause the teens to swear off drug use and reconcile with their families. 20 minutes. Available in English and French.	Obtain resource from the Health Unit
Gr.9 to Gr.12	Not Ready To Go	This video accurately and emotionally documents the tragic consequences of impaired driving. It demonstrates the impact on families and the community following a car crash that killed 5 teens and caused numerous injuries. Available in English.	Obtain resource from the Health Unit
Gr.10 to Gr.12	For The Record	This video replicates events at an after-grad party with an incidence of alcohol poisoning. The accompanying guide facilitates discussion with youth and helps people who work with them, develop safety strategies so that their risks will be reduced and their good times will have a happy ending. This video contains scenes of course language and graphic images. Available in English.	Obtain resource from the Health Unit
Gr.9 to Gr.12	What You Should Know About Binge Drinking	This teen-focused folding display explains binge drinking and discusses the consequences that can affect a person's health, safety, and future. Also includes information on alcohol poisoning and its symptoms. Available in English.	Obtain resource from the Health Unit
Gr. 5 to Gr.12	The Substance Abuse Prevention	(The SAP) Bucket This contains simple, fun, innovative and interactive activities to help complement the Substance Abuse Prevention material in the Ontario curriculum.	Obtain resource from the Health Unit
Gr. 9 to 12	Take Action in Secondary Schools	A Comprehensive school based strategy designed to support schools and engage communities in addressing substance abuse including policy and guideline supports	http://www.opheaprograms.net/tassecondary/ or obtain resource from Health Unit

ANAPHYLAXIS [To the top](#) ↑

Grade	Title	Description	Availability
Kindergarten to Gr.12	Taking Control - Life Threatening Food Allergies and You	This DVD defines anaphylactic shock, why it happens and how it affects the body; provides ideas & tips to create a safer environment for children at risk and helps the viewer communicate effectively with others. Available in English.	Obtain resource from the Health Unit
Kindergarten to Gr.12	The Complete Peanut Allergy Handbook	This book offers information on: the causes of peanut allergies, how to recognize a potential allergy, preventing or dealing with an allergic reaction, teaching your child to handle his condition, how to find the right allergist and discover what treatments are available, how to read product labels, talk to school officials and questions restaurant personnel, the physical and psychological consequences of a peanut allergy, the chances of outgrowing a peanut allergy, resources for further information. Available in English.	Obtain resource from the Health Unit
Kindergarten to Gr.2	Food Allergies	This book is a wonderful tool to teach young readers why some people can eat certain foods and not get sick, while others cannot. Available in English.	Obtain resource from the Health Unit
Kindergarten to Gr.3	A Special Day at School	The story discusses the bus ride to school, handling food trading, and eating in a cafeteria. This heart-warming story captures concerns of young children while giving them a positive outlook on new situations. Available in English.	Obtain resource from the Health Unit
Kindergarten to Gr.12	Anaphylaxis Resource Kit	This kit was developed for Ministry of Education by Anaphylaxis Canada and includes "Anaphylaxis in Schools and Other Settings" . It provides key recommendations on the management and treatment of anaphylaxis in the school environment, Epinephrine auto injector trainers for school staff to practice using the devices and awareness and emergency response procedure posters that can be posted around the school. Available in English.	Copy available in your school or obtain resource from Health Unit
Kindergarten to Gr.12	Prevention First - For the protection of pupils with life threatening allergies	This website has been developed to assist school boards, principals, teachers, staff and others who play an important role in helping to create safer environments for pupils with anaphylaxis. It contains vital information on how to develop strategies to help reduce the risk of exposure to triggers of anaphylaxis and how to respond in the event of an emergency, in compliance with Sabrina's Law. Available in English.	www.eworkshop.on.ca/edu/anaphylaxis
Kindergarten to Gr.12	Anaphylaxis Canada	Provides information and support to people with anaphylaxis, works to improve safety standards for people with anaphylaxis, works with the food industry to improve food labels, with school boards, and others. It also provides consultation and can help to develop policies to keep people with anaphylaxis safe. Available in English.	www.anaphylaxis.org

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Grade	Title	Description	Availability
Kindergarten to Gr.9	Long Live Kids - Concerned Children's Advertisers	CD 1- with general info, letter, lesson plans re: Eat Smart, Move More and be Media Wise CD 2- a resource for teachers on Media Literacy with sample commercials to support this resource. Sample Commercials with accompanying lesson plans on various topics (bullying, self esteem, physical activity, peer pressure). Available in English and French.	Obtain from the Health Unit or www.cca-kids.ca
Junior Kindergarten to G. 6	Playground Activity Leaders in Schools (PALS)	A playground leadership program for schools that encourages all children to participate in activities during recess breaks. It decrease conflict and reduce the incidence of playground bullying, while increasing opportunities for physical activity and providing leadership opportunities for students in Grade 3-6.	Contact the Health Unit for information on how your school can begin this program.
Gr.4 to Gr.6	Body Image Unit	This unit covers four cross-curricular activities that promotes student respect and sensitivity toward their peers; introduce students to the concepts of self-esteem and body image; gets students to think about the various factors that affect body shape and size and teaches them how to handle teasing and bullying. Available in English and French.	www.teachnutrition.org Under teacher resources, classroom activities for Grades 4-6. Email: info@teachnutrition.org Phone: 1-866-392-9929
Gr.7 & Gr.8	Cybercops	This resource is an educational, computer-based program that teaches students about the risks and safety issues associated with internet use. It consists of two resources: Mirror Image (grade 7) and Air Dogs (grade 8) and includes parent/teacher guide lesson plans and interactive CD-ROM. Available in English and French.	www.ophea.net Obtain resource from Health Unit or available in your school
Gr.7 to Gr.12	The Teen Files Surviving High School	This video explores the stress that high school kids experience-problems of isolation, extreme dieting, steroid use, depression and suicidal thoughts. 45 minutes. Available in English.	Obtain resource from the Health Unit
Kindergarten to Gr.2	Stop Picking on Me! (2001)	This workshop kit includes a video and activity sheets to help less assertive children learn to deal safely and effectively with bullying. 15 minutes. Available in English.	Obtain resource from the Health Unit
Gr.5 to Gr.9	Handling Your Anger	This video and accompanying material is a hands on program that teaches anger management skills to young adolescents. Available in English.	Obtain resource from the Health Unit
Gr.5 to Gr.9	Gossiping, Taunting, Bullying: It's All Harassment	In this video, teens share their own experience coping with bullying, taunting and teasing. They view and react to dramatic vignettes that show realistic situations of harassment. 24 minutes. Available in English.	Obtain resource from the Health Unit
Kindergarten to Gr.8	Roots of Empathy	This program teaches "emotional literacy" where children learn to reflect on their own feelings and others feelings by studying a neighbourhood baby who regularly visits the classroom. They learn about social inclusion, human development and the uniqueness of individuals, how to challenge cruelty and injustice, and what a loving parent-child relationship looks like. Aggression levels in the classroom have been shown to decrease dramatically over the course of the year.	Call the Health Unit to request the program at your school To read about it visit: http://www.rootsofempathy.org/ProgDesc.html

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Grade	Title	Description	Availability
Junior Kindergarten to Gr.8	Head lice	This website provides information on how to deal with head lice: tips and treatment options. Available in English and French.	www.healthunit.org/children/growi ngup/headlice.htm
Junior Kindergarten to Gr.8	Health Unit Head lice Position Statement	This policy document describes the history and background of the head lice issue related to the Health Unit and what the evidence is, as well as, the Health Units current role in head lice education. Available in English.	www.healthunit.org/school/positio n-statement_head-lice.pdf

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Grade	Title	Description	Availability
Junior Kindergarten to Gr.8	Be a Germ Stopper	Teacher Resource Manual with lesson plans and activities for each grade that emphasize why it is important to stop the spread of Germs. Lessons on what germs are, how they spread, how we can stop the spread.	Can be accessed on Peel Public Health's Website: http://www.peelregion.ca/health/s hp/germ-stop- manual/preschool/clean.htm Fall 2009, each school will have a hard copy.
Gr.4 to Gr.6	Lather, Rinse, Defeat Germs	This kit contains a DVD as well as interactive games and activities. The DVD uses drama and humor to reinforce key messages about how germs are spread and the importance of hand washing and hand sanitizing by following a group of students through a typical day. The interactive games and activities help students learn about the importance of good hand washing in a fun way.	The DVD, games and activities can be accessed on Toronto Public Health's Website: http://www.toronto.ca/health/cdc /clean_hands/ Fall 2009 each school will have a hard copy.
Junior Kindergarten to Gr.12	Hand washing and Using Hand Sanitizer Videos	Child, Teen and Adult videos on proper techniques for hand washing and hand sanitizing.	Can be accessed from Wellington-Dufferin-Guelph Public Health's Website http://www.wdghu.org/page.cfm?i d=481
Kindergarten to Gr.12	Hand Hygiene Demo Kit: Glow Bar II	Use this UV disclosing lamp and lotion to reveal to students hard-to-clean cracks and crevices in the hands where germs like to hide. (UV Disclosing Lamp) and Glitter Bug Potion (UV Disclosing Lotion)	Lend kit from Health Unit. Schools may be responsible for purchase of Glitter Bug Potion.

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Grade	Title	Description	Availability
Junior Kindergarten to Kindergarten	Sesame Street: Healthy Habits for Life	This website contains lesson plans, activities, games, handouts, newsletters and videos Section 1 - Get Moving! focuses on physical activity and how it builds strong, healthy bodies. Section 2 - Food and Drink to Grow On, highlights ways we can make healthy food choices. Section 3 - Every Day Is a Healthy Day builds upon the first two sections. Available in English.	http://www.sesameworkshop.org/initiatives/health
Kindergarten to Gr.12	OPHEA Ontario Physical Health Education Association	This website is designed for teachers of all grades. It is a searchable database that contains a variety of types of resources for implementing Health Curriculum. Available in English and French.	www.ophea.org
Kindergarten to Gr.9	Long Live Kids - Concerned Children's Advertisers	CD 1- with general info, letter, lesson plans re: Eat Smart, Move More and be Media Wise CD 2- a resource for teachers on Media Literacy with sample commercials to support this resource. Sample Commercials with accompanying lesson plans on various topics (bullying, self esteem, physical activity, peer pressure). Available in English and French.	Obtain from the Health Unit or www.cca-kids.ca
Gr.4 to Gr.6	Everyone Jump	This is a type 2 diabetes prevention program that includes activities, singing and dancing to help kids learn the importance of physical activity and healthy eating .Available in English.	Obtain resource from the Health Unit
Gr.10 to Gr.12	Physical Activity Resource Centre	This resource centre is dedicated to physical activity information and resources. There are sample presentations and workshop opportunities. Available in English and French.	www.ophea.net/parc
Gr.10 to Gr.12	Heart & Stroke Foundation Website	Presentations are available on Heart Health, Stroke, Physical Activity and Stress. Available in English and French.	www.heartandstroke.ca
Gr.7 to Gr.12	Go Girls	This 7-10 week program is designed for girls 12-14 years old and is based on a group mentoring model. It addresses physical activity, balanced eating and positive self image as well as a number of other issues girls this age are dealing with. Big Brothers Big Sisters and the Health Unit partner in providing this program.	Availability would depend on the willingness of the school to partner and the availability of trained and screened mentors to implement the program. Available in English.
Kindergarten to Gr.12	Eating Well With Canada's Food Guide A Resource for Educators and Communicators	This booklet outlines the food groups and recommended number of food guide servings. It includes a copy of the six-panel food guide and poster. Available in English and French.	www.canadasfoodguide.net or obtain a free copy from the Health Unit
Kindergarten to Gr.8	Discover Healthy Eating! A Teacher's Resource	A comprehensive, curriculum-matched resource addressing nutrition, body image, eating disorders and oral health. Helps meet the current HPE Curriculum and provides the nutrition background required to teach the healthy eating expectations. Available in English and French.	http://www.peelregion.ca/health/eating/htmlfiles/healthy-eating.htm or obtain a free copy from the Health Unit

Grade	Title	Description	Availability
Kindergarten to Gr.8	Mission Nutrition, Kellogg Canada Inc and Dietitians of Canada, 2000	This teacher resource contains curriculum connections, background information, lesson plans, student activity sheets, home activities and assessment rubrics. Available in English and French.	www.missionnutrition.ca or obtain a free copy from the Health Unit
Gr.7 & Gr.8	Every BODY is a Somebody	This guide provides background information, activities and worksheets to promote positive body image among teen girls. Topics include media, family and friends; self-esteem and body image; healthy eating and active lifestyles; stress management and relationship skills. Available in English and French.	www.bodyimagecoalition.org/everybody2.html Order from Peel Health Phone: 905-791-7800, ext: 2063 Cost: \$29 in Ontario
Gr.4 to Gr.6	Body Image Unit	This unit covers four cross-curricular activities that promotes student respect and sensitivity toward their peers; introduce students to the concepts of self-esteem and body image; gets students to think about the various factors that affect body shape and size and teaches them how to handle teasing and bullying. Available in English and French.	www.teachnutrition.org Under teacher resources, classroom activities for Grades 4-6. Email: info@teachnutrition.org Phone: 1-866-392-9929
Kindergarten to Gr.12	Body Image Coalition of Peel	This website contains information about healthy body image in children and teens and addresses issues including: fostering healthy body image, body image for girls and boys and negative body image. Available in English and French.	http://www.peelregion.ca/health/commhlth/bodyimg/changes-in-me/download/lesson-six/index.htm
Kindergarten to Gr.8	Ontario Agri-Food Education	This website provides a wide variety of resource materials and information that enhances the ability of teachers and learners to understand the value and importance of an agri-food system. All resources link the content and agri-food concepts to the curriculum expectations in the Ontario Curriculum. OAFE also offers nutrition workshops free of charge to educators. Available in English and French.	www.oafe.org/user_files/articles/tookit_oafe.pdf or www.oafe.org for more information
Kindergarten to Gr.8	Teach Nutrition	This site contains curriculum-based units and activities, reviews frequently asked questions about nutrition and offers free nutrition workshops. Available in English and French.	www/teachnutrition.org
Gr.5 to Gr.8	Not gonna kill you	This website is targeted at youth 12-15 encouraging them to eat healthy and be more physically active. Downloadable screensavers, posters, TV ads etc. Available in English and French.	www.notgonnakillyou.ca
Kindergarten to Gr.12	Food Model Cards	This set of food model cards contains 50 coloured photographs of basic foods. Expanded set: A set of 120 coloured food pictures expands on the basic set with an emphasis on multicultural foods. Available in English and French.	www.teachnuturtion.org or call toll-free at 1-866-392-9929

Grade	Title	Description	Availability
Kindergarten to Gr.12	Nutrient Values of Some Common Foods	This booklet is published by Health Canada and lists 19 nutrients for 1000 of the most commonly consumed foods in Canada. This new version emphasizes mixed dishes rather than just individual ingredients. Use this quick and easy reference to help make informed food choices through an understanding of the nutrient content of the foods you eat. Available in English.	www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-eng.php
Kindergarten to Gr.12	Dietitians of Canada	This site provides a wide variety of nutrition information and resources. There is a specific link for Nutrition Month that offers interactive resources on the current nutrition month theme. Available in English.	www.dietitians.ca
Gr.5 toGr.12	Healthy Eating Is In Store for You	This site provides hands-on resources to educate consumers about how to use and interpret nutrition labeling information on food packages. Available in English and French.	www.healthyeatingisinstore.ca
Kindergarten to Gr.12	Media Awareness Network	This website provides information on the importance of teaching media literacy. It offers professional development, lesson plans, media and internet education resources for teachers. Type 'nutrition' in the search box to find a variety of lesson plans and handouts based on nutrition and the media. Available in English and French.	www.mediaawareness.ca
Gr.6 to Gr.12	Super Size Me Discussion Guide	This guide is intended to be used with the "Super Size Me" DVD and is divided into 5 main topic areas: Healthy Eating, Active Living, Body Image, Social Environment and Physical Environment. It encourages students to examine their own eating and activity habits, societal changes in food consumption and activity patterns and the roles and responsibilities of food corporations. Available in English and French.	http://www.osnpph.on.ca/pdfs/SuperSizeMe.pdf or obtain free copy from the Health Unit
Kindergarten to Gr.3	Power to Play!	Includes four grade specific curriculum integrated programs that meet expectations in health and physical education, language, mathematics, the arts, science and technology, and social studies. The program includes DVDs, CDs, teacher's guide and food cards. Available in English and French. Teacher to request workshop to obtain program and materials.	Teacher to request workshop to obtain program and materials email: workshop_request@dfc-plc.ca or call: 905-821-8970 or 1-866-392-9929
Kindergarten to Gr.10	The Ontario Health and Physical Education Curriculum	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	Copy available in your school or www.ophea.net
Gr.1 to Gr.3	Mission Nutrition	This video takes the viewer through the world of food and is designed to generate enthusiasm for healthy eating. Available in English.	Kellogg Canada Inc. and Dietitians of Canada, 2000
Gr.7 & Gr.8	What's Eating You? - Taking a Bite out of Nutrition Myths	This video captures Canadian consumers' thoughts on common nutrition myths such as fad diets, organic foods, sugars and more. Available in English.	1-416-538-6613

Grade	Title	Description	Availability
Gr.6 toGr.12	Body Talk 1 - Teens talk about their bodies, eating disorders and activism	This video focuses on body acceptance issues. Teens of diverse backgrounds discuss the messages they receive from media, family and friends, and the effects of those messages on their body image and self-esteem. Available in English.	http://shopgpn.com/
Gr.3 to Gr.5	Body Talk 2 - It's a New Language - Body Acceptance	This video focuses on body acceptance issues. In this documentary, children of diverse backgrounds and sizes talk about body esteem, puberty, trying to fit in and finding support. Available in English.	http://shopgpn.com/
Gr.1 to Gr.8	Oral Health Education, Teacher's Resource Guide	This teaching Guide supports learning expectations specific to the oral health portions of the Healthy Living strand of the Ontario Curriculum, Health and Physical Education. Available in English.	Obtain resource from the Health Unit
Gr.5	Power4Bones	This is a FREE, award-winning program that teaches children about bone health using an incredible variety of coordinated teaching methods, including web-based challenges, educational comics, coded secret messages, classroom announcements, a public service announcement activity, classroom trivia game and much more. Sections divided into: Teachers, Parents, Kids. Available in English.	www.power4bones.com or call 1-866-27BONES 1-866-272-6637
Kindergarten to Gr.8	Nutrition Tools for Schools	The purpose of this toolkit is to support a process, facilitated by public health staff, to build capacity to create a healthy school nutrition environment within participating schools. The toolkit it not intended for widespread distribution to schools as a stand-alone resource but, rather, is for use by a school working closely with public health professionals. Available in English.	Obtain resource from the Health Unit
Kindergarten to Gr. 10	Ontario Physical and Health Education Association Curriculum Support: Ophea, 2000	A series of grade-by-grade curriculum support resources. The activities selected for the grades meet a range of learning styles. Some of the teaching messages are conveyed through physical activities done to music, while others involve art, food pictures or worksheets.	www.ophea.org or contact your school board
Gr. 7 & Gr. 8	Every BODY is a Somebody	Provides background information, activities and worksheets to promote positive body image among teen girls. Topics include media, family and friends; self-esteem and body image; healthy eating and active lifestyles; stress management and relationship skills. Bilingual.	Order from Peel Health Website: www.bodyimagecoalition.org/everybody2.html

INJURY/SAFETY

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Grade	Title	Description	Availability
Kindergarten to Gr.12	OPHEA The Ontario Physical Education Safety Guidelines	This resource provides the minimum standards for risk management practice for school boards. Available in English and French.	http://ophea.net/Ophea/Ophea.net/safety.cfm
Kindergarten to Gr.12	Ontario Physical Health Education Association (OPHEA)	This website is designed for teachers of all grades. It is a searchable database that contains a variety of types of resources for implementing Health Curriculum. Available in English and French.	www.ophea.org
Kindergarten to Gr.8	Risk Watch (Unintentional Injuries)	This curriculum resource covers the following topic areas: motor vehicle safety, fire and burn, choking, suffocation and strangulation, poisoning, falls & playground injury, firearms injury, bike and pedestrian safety and water and ice safety. It includes activities, resources and lesson plans designed to help children and youth learn how to better recognize and deal with risks in their everyday lives. Available in English and French.	Copy available in your school or obtain resource from Health Unit
Kindergarten to Gr.8	Safety with Radar	This book contains activities and safety tips on playground safety, home safety, fire safety, trampolines, bike safety, toy safety, and common hazard symbols found on product labels.	www.hc-sc.gc.ca/cps-spc/alt_formats/hecs-secs/pdf/pubs/cons/activitybook-cahierdexercices/activity_book-cahier_exercises_e.pdf
Kindergarten to Gr.12	Active and Safe Routes to School	This website provides resources, tools, information and links for schools and communities to create their own unique active and safe routes to school programs. All resources are linked to the Ontario curriculum. Available in English and French.	www.saferoutestoschool.ca
Kindergarten to Gr.10	The Ontario Health and Physical Education Curriculum	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	Copy available in your school or www.ophea.net
Kindergarten to Gr.3	Think First For Kids	This resource covers the following topic areas: bike safety, home safety, choking, suffocation and strangulation, water safety, motor vehicle safety and pedestrian safety. It provides information to help children develop decision-making skills and respond appropriately in personal safety situations. Available in English.	www.thinkfirst.ca
Kindergarten to Gr.4	Stay Safe	This resource is designed to help children recognize the hazard symbols on household chemical products. Available in English and French.	www.healthcanada.ca/staysafe or obtain free copy from the Health Unit

Grade	Title	Description	Availability
Kindergarten to Gr.12	Road Safety Resource	This resource contains lesson plans addressing a variety of topics ranging from pedestrian, passenger, bicycle, rollerblade and skateboard safety to technology, distractions, risky behaviors and impaired driving in higher grade-levels.	Obtain resource from Health Unit or http://www.ontarioroadsafety.ca/
Gr.10. to Gr.12	idrive	This video helps young drivers to recognize factors that contribute to unsafe driving and develop strategies to avoid them. Available in English.	Obtain resource from the Health Unit
Gr.4 to Gr.6	Don't Use Your Brains for Brakes!	This video reviews helmet safety for a variety of sports. 7 mins. Available in English.	Obtain resource from the Health Unit
Gr.7 to Gr.9	Stupid Line	This video contains PSAs and TV commercials that illustrate that managing risk is a choice. It introduces the concept of the stupid line which is the line of choice we each have, that separates the smart risk from the stupid risk. Available in English.	Obtain resource from the Health Unit

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Grade	Title	Description	Availability
Kindergarten to Gr.9	Long Live Kids - Concerned Children's Advertisers	CD 1- with general info, letter, lesson plans re: Eat Smart, Move More and be Media Wise CD 2- a resource for teachers on Media Literacy with sample commercials to support this resource. Sample Commercials with accompanying lesson plans on various topics (bullying, self esteem, physical activity, peer pressure). Available in English and French.	Obtain from the Health Unit or www.cca-kids.ca
Gr.7 & Gr.8	Every BODY is a Somebody	This guide provides background information, activities and worksheets to promote positive body image among teen girls. Topics include media, family and friends; self-esteem and body image; healthy eating and active lifestyles; stress management and relationship skills. Available in English and French.	www.bodyimagecoalition.org/everybody2.html Order from Peel Health Phone: 905-791-7800, ext: 2063 Cost: \$29 in Ontario
Gr.4 to Gr.6	The Student Body	This teacher training module is designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it. It addresses six areas of concern: Media and Peer Pressure, Healthy Eating, Active Living, Teasing, Adult Role Models, School Climate. These six learning modules utilize animated vignettes, videos and background information for teachers (and parents) so they can experience some of the positive and negative factors affecting body image and unhealthy eating habits. Available in English and French.	www.research.aboutkidshealth.ca/thestudentbody/home.asp

Grade	Title	Description	Availability
Kindergarten to Gr.12	Media Awareness Network	This website provides information on the importance of teaching media literacy. It offers professional development, lesson plans, media and internet education resources for teachers. Type 'nutrition' in the search box to find a variety of lesson plans and handouts based on nutrition and the media. Available in English and French.	www.mediaawareness.ca
Gr.7 & Gr.8	Cybercops	This resource is an educational, computer-based program that teaches students about the risks and safety issues associated with internet use. It consists of two resources: Mirror Image (grade 7) and Air Dogs (grade 8) and includes parent/teacher guide lesson plans and interactive CD-ROM. Available in English and French.	www.ophea.net Obtain resource from Health Unit or available in your school
Kindergarten to Gr.12	Growing Up Online	This documentary explores the complicated new lines being drawn between the real and virtual worlds for today's children and teens, and for their parents, who often find themselves on the other side of a new digital divide. Available in English.	Obtain resource from the Health Unit
Gr.4 to Gr.6	Behind Closed Doors	Joan Lunden hosts this film clip which illustrates how the fashion industry uses manipulation and computer technology to alter the clothing, bodies and photographs of models to create a perfect image. Available in English.	Remuda Ranch Foundation 1-800-445-1900, ext 4292
Gr.4 to Gr.6	Beyond The Looking Glass	This video and leader's guide looks at the impact of advertising and the social expectations of body image, as well as the conflict between a projected ideal model figure and the reality of adolescence. 30 mins. Available in English.	McIntyre Media Ltd. 1-800-565-3036
Gr.8	Slim Hopes: Advertising and the Obsession with Thinness	This video uses examples of over 120 ads from magazines and TV and shows how advertisers play to the fears and insecurities of young women and can contribute to life-threatening eating disorders. Teacher should preview in advance. Available in English.	Kinetic Inc, Toronto 1-416-538-6613 1-800-263-6910 www.kineticvideo.com
Gr.6 to Gr.12	Body Talk 1 - Teens talk about their bodies, eating disorders and activism	This video focuses on body acceptance issues. Teens of diverse backgrounds discuss the messages they receive from media, family and friends, and the effects of those messages on their body image and self-esteem. Available in English.	http://shopgpn.com/
Gr.3 to Gr.5	Body Talk 2 - It's a New Language - Body Acceptance	This video focuses on body acceptance issues. In this documentary, children of diverse backgrounds and sizes talk about body esteem, puberty, trying to fit in and finding support. Available in English.	http://shopgpn.com/

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Grade	Title	Description	Availability
Junior Kindergarten to G. 7	Mind Masters and Mini MindMasters	MindMasters is a research-based program that teaches simple, concrete techniques to help children manage stress and frustration, relax fully and develop positive perspective living skills. Can be used in a classroom setting or with individual children.	http://www.child-youth-health.net/en/child-youth-health/Mind_Masters_p280.html or call the Health Unit to borrow resource
Junior Kindergarten to G. 12	When Something's Wrong	Want more information on specific mental disorders? The Canadian Psychiatric Research Foundation has developed this easy to use reference guide for Teachers. Sections on specific mental disorders for quick reference. Available in English and French.	http://www.cprf.ca/publication/handbook_pdf.html Download and print a copy, read it online, or order a hard copy.
Junior Kindergarten to G. 8	Children's Mental Health Fact Sheets	Fact sheets on many of the most common mental health disorders and tips for dealing with difficult behaviours found in children. Available in English.	http://www.macmh.org/publications/ecgfactsheets/ecgfact_sheets.php
Gr.7 to Gr.12	Stress and Anxiety in Teenagers	This interactive website geared to teenagers addresses stress and anxiety. Covers topics such as sleep, challenging negative thoughts, relaxation exercises, and when to get help.	http://www.stressandxietyinteenagers.co.uk/
Junior Kindergarten to G. 8	Roots of Empathy	This program teaches "emotional literacy" where children learn to reflect on their own feelings and others feelings by studying a neighbourhood baby who regularly visits the classroom. They learn about social inclusion, human development and the uniqueness of individuals, how to challenge cruelty and injustice, and what a loving parent-child relationship looks like. Aggression levels in the classroom have been shown to decrease dramatically over the course of the year.	Call the Health Unit to request the program at your school To read about it visit: http://www.rootsofempathy.org/ProgramDesc.html

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Grade	Title	Description	Availability
Gr.1 to Gr.8	Oral Health Education, Teacher's Resource Guide	This teaching Guide supports learning expectations specific to the oral health portions of the Healthy Living strand of the Ontario Curriculum, Health and Physical Education. Available in English.	Obtain resource from the Health Unit

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Grade	Title	Description	Availability
Junior Kindergarten & Kindergarten	Sesame Street: Healthy Habits for Life	This website contains lesson plans, activities, games, handouts, newsletters and videos Section 1 - Get Moving! focuses on physical activity and how it builds strong, healthy bodies. Section 2 - Food and Drink to Grow On, highlights ways we can make healthy food choices. Section 3 - Every Day Is a Healthy Day builds upon the first two sections. Available in English.	http://www.sesameworkshop.org/initiatives/health
Kindergarten to Gr.8	Daily Physical Activity (DPA) OPHEA Resources	This website provides supportive information and resources to assist teachers and schools to implement the required number of minutes of daily physical activity in the classroom. Available in English and French.	www.ophea.net/dpa
Kindergarten to Gr.12	OPHEA The Ontario Physical Education Safety Guidelines	This resource provides the minimum standards for risk management practice for school boards. Available in English and French.	http://ophea.net/Ophea/Ophea.net/safety.cfm
Junior Kindergarten to G. 6	Playground Activity Leaders in Schools (PALS)	A playground leadership program for schools that encourages all children to participate in activities during recess breaks. It decrease conflict and reduce the incidence of playground bullying, while increasing opportunities for physical activity and providing leadership opportunities for students in Grade 3-6.	Contact the Health Unit for information on how your school can begin this program.
Kindergarten to Gr.12	Ontario Physical Health Education Association (OPHEA)	This website is designed for teachers of all grades. It is a searchable database that contains a variety of types of resources for implementing Health Curriculum. Available in English and French.	www.ophea.org
Kindergarten to Gr.12	Alberta Centre of Active Living	This website contains research, resource materials as well as effective ways of improving physical activity levels for children/youth and adults. There is also a list serve for regular updates. Available in English.	www.centre4activeliving.ca
Junior Kindergarten to G. 3	Jigga Jump	This program designed for children JK-3 has entertaining music and accompanying movements lead by children's entertainer's Judy and David. Available in English.	www.judyanddavid.com/jiggajump/ or obtain resource from the Health Unit
Kindergarten to Gr.12	JIFF Jump into Fun and Fitness program	This is a jump rope program that teaches children and youth to jump rope regardless of age and ability. It provides model lessons for each class based on age and skill level. Available in English.	www.jump-aerobics.com
Kindergarten to Gr.12	Physical Activity Children and Youth Display	This display supports Health Canada's Physical Activity Guidelines for Children and Youth with multiple pieces for use on small or large display boards. Available in English.	www.cca-kids.ca
Kindergarten to Gr.8	Activ8	This Physical Activity Challenge program emphasizes personal development and has modifiable physical activity challenges for each grade. Available in English.	www.ophea.net or Obtain resource from the Health Unit

Grade	Title	Description	Availability
Kindergarten to Gr.8	Exercise in Disguise	This resource was created by the Waterloo Catholic District School Board to assist teachers to implement DPA. Available in English.	http://www.wcdsb.edu.on.ca
Kindergarten to Gr.9	Long Live Kids - Concerned Children's Advertisers	CD 1- with general info, letter, lesson plans re: Eat Smart, Move More and be Media Wise CD 2- a resource for teachers on Media Literacy with sample commercials to support this resource. Sample Commercials with accompanying lesson plans on various topics (bullying, self esteem, physical activity, peer pressure). Available in English and French.	Obtain from the Health Unit or www.cca-kids.ca
Kindergarten to Gr.8	Hooked on DPA	This resource was created by the Peel board of education and includes over 50 limited and large space activities for grades 1-8. They include warm up, cool down, stretches and moderate to vigorous activities. Available in English.	www.excelway.ca/secure/eng/
Kindergarten to Gr.12	CIRA Ontario	This site provides many books or resources that you can order to help plan fun and inexpensive games with your student (books on how to play numerous games with tennis balls, pool noodles and rubber chickens). Available in English.	www.mohawkcollege.ca/external/cira/template/resources
Gr.4 to Gr.6	Everyone Jump	This is a type 2 diabetes prevention program that includes activities, singing and dancing to help kids learn the importance of physical activity and healthy eating. Available in English.	Obtain resource from the Health Unit
Gr.10 to Gr.12	Physical Activity Resource Centre	This resource centre is dedicated to physical activity information and resources. There are sample presentations and workshop opportunities. Available in English and French.	www.ophea.net/parc
Gr.10 to Gr.12	Heart and Stroke Foundation Website	Presentations are available on Heart Health, Stroke, Physical Activity and Stress. Available in English and French.	www.heartandstroke.ca
Gr.7 to Gr.12	Go Girls	This 7-10 week program is designed for girls 12-14 years old and is based on a group mentoring model. It addresses physical activity, balanced eating and positive self image as well as a number of other issues girls this age are dealing with. Big Brothers Big Sisters and the Health Unit partner in providing this program.	Availability would depend on the willingness of the school to partner and the availability of trained and screened mentors to implement the program. Available in English.
Gr.7 to Gr.12	How to Start a Walking Club	A resource that describes the steps you need to take to establish a walking group. Sample posters you could use, Sample survey to help determine the details of when where and how the group will function. Available in English.	Obtain free copy from Health Unit at: http://www.healthunit.org/physact/winteractive/walking%20group%20flyer.pdf
Kindergarten to Gr.8	DPA How To Manual	A manual that guides all school partners to implement daily physical activity in their school. Includes tips, sample resources and rubrics. Can be used with DPA Every Day, Every Student, Every Body DVD. Available in English.	Obtain resource from Health Unit

Grade	Title	Description	Availability
Kindergarten to Gr.8	DPA Every Day, Every Student, Every Body	This video explains DPA and the importance of it. Can be used with DPA How To Manual.	Obtain resource from Health Unit. Available in English
Kindergarten to Gr.8	Pause To Play	This resource package contains multiple resources to implement the "Pause to Play" challenge such as: log sheets, promise forms, fact sheets, parent info, tips for teachers, curriculum support materials. Participating schools have an opportunity to win a bag of fitness equipment. Available in English.	http://www.healthunit.org/physact/pauseplay/pause_to_play.htm#School
Kindergarten to Gr.12	Participaction	This website contains information, e-newsletters, media and tv spots on physical activity, inactivity and obesity. Available in English and French.	www.participaction.com
Gr.5 to Gr.8	Not gonna kill you	This website is targeted at youth 12-15 encouraging them to eat healthy and be more physically active. Downloadable screensavers, posters, TV ads etc. Available in English and French.	www.notgonnakillyou.ca
Gr.6 to Gr.12	Super Size Me Discussion Guide	This guide is intended to be used with the "Super Size Me" DVD and is divided into 5 main topic areas: Healthy Eating, Active Living, Body Image, Social Environment and Physical Environment. It encourages students to examine their own eating and activity habits, societal changes in food consumption and activity patterns and the roles and responsibilities of food corporations. Available in English and French.	www.osnp-ph.on.ca/position.html or obtain free copy from the Health Unit
Kindergarten to Gr.3	Power to Play!	Includes four grade specific curriculum integrated programs that meet expectations in health and physical education, language, mathematics, the arts, science and technology, and social studies. The program includes DVDs, CDs, teacher's guide and food cards. Available in English and French Teacher to request workshop to obtain program and materials.	Teacher to request workshop to obtain program and materials email: workshop_request@dfc-plc.ca or call: 905-821-8970 or 1-866-392-9929
Kindergarten to Gr.10	The Ontario Health and Physical Education Curriculum Support	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	Copy available in your school or www.ophea.net
Gr.5	Power4Bones	This is a FREE, award-winning program that teaches children about bone health using an incredible variety of coordinated teaching methods, including web-based challenges, educational comics, coded secret messages, classroom announcements, a public service announcement activity, classroom trivia game and much more. Sections divided into: Teachers, Parents, Kids. Available in English.	www.power4bones.com or call 1-866-27BONES 1-866-272-6637

Grade	Title	Description	Availability
Junior Kindergarten to Gr. 12	PlaySport: Teaching Kids Games by Playing Games	PlaySport is an educational website with all kinds of great activities designed to teach kids games by playing games! PlaySport allows you to search for activities based on the equipment you have, the skills you want to teach, the complexity of the game or the space you have available. The English site offers Instructional Videos on: Introduction to Games, Invasion Games, Net/Wall Games, Striking/Fielding Games, and Target games. Activities are fun and adaptable to every skill level. Available in English and French.	To search and create activities visit www.PlaySport.net
Kindergarten to Gr. 8	Teaching Yoga for Life	A Manual with clear step-by-step instruction and illustration of 52 yoga poses and inclusive sample lessons.	Contact Health Unit to obtain resource

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Grade	Title	Description	Availability
Junior Kindergarten & Kindergarten	Sesame Street: Healthy Habits for Life	This website contains lesson plans, activities, games, handouts, newsletters and videos Section 1 - Get Moving! focuses on physical activity and how it builds strong, healthy bodies. Section 2 - Food and Drink to Grow On, highlights ways we can make healthy food choices. Section 3 - Every Day Is a Healthy Day builds upon the first two sections. Available in English.	http://www.sesameworkshop.org/initiatives/health
Kindergarten to Gr.12	Ontario Physical Health Education Association (OPHEA)	This website is designed for teachers of all grades. It is a searchable database that contains a variety of types of resources for implementing Health Curriculum. Available in English and French.	www.ophea.org
Kindergarten to Gr.12	Alberta Centre of Active Living	This website contains research, resource materials as well as effective ways of improving physical activity levels for children/youth and adults. There is also a list serve for regular updates. Available in English.	www.centre4activeliving.ca
Junior Kindergarten to G. 3	Jigga Jump	This program designed for children JK-3 has entertaining music and accompanying movements lead by children's entertainer's Judy and David. Available in English.	www.judyanddavid.com/jiggajump/ or obtain resource from the Health Unit
Kindergarten to Gr.8	Activ8	This Physical Activity Challenge program emphasizes personal development and has modifiable physical activity challenges for each grade. Available in English.	www.ophea.net or Obtain resource from the Health Unit

Grade	Title	Description	Availability
Kindergarten to Gr.9	Long Live Kids - Concerned Children's Advertisers	CD 1- with general info, letter, lesson plans re: Eat Smart, Move More and be Media Wise CD 2- a resource for teachers on Media Literacy with sample commercials to support this resource. Sample Commercials with accompanying lesson plans on various topics (bullying, self esteem, physical activity, peer pressure). Available in English and French.	Obtain from the Health Unit or www.cca-kids.ca
Gr.10 to Gr.12	Physical Activity Resource Centre	This resource centre is dedicated to physical activity information and resources. There are sample presentations and workshop opportunities. Available in English and French.	www.ophea.net/parc
Gr.7 to Gr.12	Go Girls	This 7-10 week program is designed for girls 12-14 years old and is based on a group mentoring model. It addresses physical activity, balanced eating and positive self image as well as a number of other issues girls this age are dealing with. Big Brothers Big Sisters and the Health Unit partner in providing this program.	Availability would depend on the willingness of the school to partner and the availability of trained and screened mentors to implement the program. Available in English.
Gr.7 & Gr.8	Every BODY is a Somebody	This guide provides background information, activities and worksheets to promote positive body image among teen girls. Topics include media, family and friends; self-esteem and body image; healthy eating and active lifestyles; stress management and relationship skills. Available in English and French.	www.bodyimagecoalition.org/everybody2.html Order from Peel Health Phone: 905-791-7800, ext: 2063 Cost: \$29 in Ontario
Gr.4 to Gr.6	Body Image Unit	This unit covers four cross-curricular activities that promotes student respect and sensitivity toward their peers; introduce students to the concepts of self-esteem and body image; gets students to think about the various factors that affect body shape and size and teaches them how to handle teasing and bullying. Available in English and French.	www.teachnutrition.org Under teacher resources, classroom activities for Grades 4-6. Email: info@teachnutrition.org Phone: 1-866-392-9929
Kindergarten to Gr.12	Body Image Coalition of Peel	This website contains information about healthy body image in children and teens and addresses issues including: fostering healthy body image, body image for girls and boys and negative body image. Available in English and French.	http://www.peelregion.ca/health/commhlth/bodyimg/changes-in-me/download/lesson-six/index.htm
Gr.4 to Gr.6	The Student Body	This teacher training module is designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it. It addresses six areas of concern: Media and Peer Pressure, Healthy Eating, Active Living, Teasing, Adult Role Models, School Climate. These six learning modules utilize animated vignettes, videos and background information for teachers (and parents) so they can experience some of the positive and negative factors affecting body image and unhealthy eating habits. Available in English and French.	www.research.aboutkidshealth.ca/theStudentBody/home.asp

Grade	Title	Description	Availability
Kindergarten to Gr.12	National Eating Disorder Information Centre	This site provides information and resources on eating disorders and weight preoccupation. Click on 'guide for family & friends' or 'questions & answers' to learn how to detect and help an individual with an eating disorder. Available in English.	www.nedic.ca
Gr.6 to Gr.12	Super Size Me Discussion Guide	This guide is intended to be used with the "Super Size Me" DVD and is divided into 5 main topic areas: Healthy Eating, Active Living, Body Image, Social Environment and Physical Environment. It encourages students to examine their own eating and activity habits, societal changes in food consumption and activity patterns and the roles and responsibilities of food corporations. Available in English and French.	www.osnpnh.on.ca/position.html or obtain free copy from the Health Unit
Gr.7 to Gr.12	The Teen Files: Surviving High School	This video explores the stress that high school kids experience- problems of isolation, extreme dieting, steroid use, depression and suicidal thoughts. 45 minutes. Available in English.	Obtain resource from the Health Unit
Gr.4 to Gr.6	Behind Closed Doors	Joan Lunden hosts this film clip which illustrates how the fashion industry uses manipulation and computer technology to alter the clothing, bodies and photographs of models to create a perfect image. Available in English.	Remuda Ranch Foundation 1-800-445-1900, ext 4292
Gr.4 to Gr.6	Beyond The Looking Glass	This video and leader's guide looks at the impact of advertising and the social expectations of body image, as well as the conflict between a projected ideal model figure and the reality of adolescence. 30 mins. Available in English.	McIntyre Media Ltd. 1-800-565-3036
Gr.8	Get Real	This video discusses body image, peer pressure, dieting, coping skills and self-esteem. 24 mins. Available in English.	Available to purchase from McNabb & Connelly - 1-905-278-0566
Gr.8	Slim Hopes: Advertising and the Obsession with Thinness	This video uses examples of over 120 ads from magazines and TV and shows how advertisers play to the fears and insecurities of young women and can contribute to life-threatening eating disorders. Teacher should preview in advance. Available in English.	Kinetic Inc, Toronto 1-416-538-6613 1-800-263-6910 www.kineticvideo.com
Gr.6 to Gr.12	Body Talk 1 - Teens talk about their bodies, eating disorders and activism	This video focuses on body acceptance issues. Teens of diverse backgrounds discuss the messages they receive from media, family and friends, and the effects of those messages on their body image and self-esteem. Available in English.	http://shopgpn.com/
Gr.3 to Gr.5	Body Talk 2 - It's a New Language - Body Acceptance	This video focuses on body acceptance issues. In this documentary, children of diverse backgrounds and sizes talk about body esteem, puberty, trying to fit in and finding support. Available in English.	http://shopgpn.com/

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Grade	Title	Description	Availability
Gr. 5 to Gr. 8	Leeds, Grenville and Lanark District Health Unit Website	This website provides resources such as diagrams, worksheets, Powerpoint presentations, and quizzes to assist with teaching the growth and development curriculum for grades 5-8.	http://www.healthunit.org/sexual/school/default.htm
Gr.4 to Gr.12	Sexuality and U website	Information on relationships, contraception, STI's and many other topic areas surrounding healthy sexuality for adults, teens, parents, teachers, and health professionals. Teaching tools for the classroom also available online.	http://www.sexualityandu.ca/home_e.aspx
Gr.4 to Gr.12	Canadian Federation for Sexual Health website	Click on "Your Sexual Health" tab for anatomy diagrams, information on safer sex, and tips for talking about sex to students. Sexual health education and training resources also available to buy online.	www.cfsh.ca
Gr.4 to Gr.6	Teaching Puberty – You Can Do It! Video	Video created for teachers by Toronto Public Health to assist with teaching puberty. Online version of the video available at the link provided.	www.toronto.ca/health/sexualhealth/sh_teacher_trainingvideo.htm For more information or a copy of the DVD please contact Toronto Health Connection at 1-416-338-7600.
Gr.5 to Gr.8	Physical and Health Education Canada website	Free puberty education materials, such as booklets. Hygiene products can be ordered and are available to all Canadian schools.	http://www.phecanada.ca/eng/pgs/schools/index.cfm
Kindergarten to Gr.12	Ontario Physical Health Education Association (OPHEA)	This website is designed for teachers of all grades. It is a searchable database that contains a variety of types of resources for implementing Health Curriculum. Available in English and French.	www.ophea.org
Kindergarten to Gr.10	The Ontario Health and Physical Education Curriculum Support	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	Copy available in your school or www.ophea.net

Kindergarten to Gr.8	Roots of Empathy	This program teaches "emotional literacy" where children learn to reflect on their own feelings and others feelings by studying a neighbourhood baby who regularly visits the classroom. They learn about social inclusion, human development and the uniqueness of individuals, how to challenge cruelty and injustice, and what a loving parent-child relationship looks like. Aggression levels in the classroom have been shown to decrease dramatically over the course of the year.	Call the Health Unit to request the program at your school To read about it visit: http://www.rootsofempathy.org/ProgramDesc.html
Gr.4 to Gr.12	Teaching Sexual Health Website	This website was created by Alberta Health Services to help parents and educators talk to youth about sexual health. It includes lesson plans for teaching puberty, sexual health, decision making and relationship & communication skills. It has instructional resources such as handouts, power point overheads, and SMART board activities.	www.teachingsexualhealth.ca

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Grade	Title	Description	Availability
Gr.7 to Gr.12	UV Radiation Safety Display	A graphic and attention grabbing display that illustrates many reasons to protect your skin from UV damage. Available in English.	Obtain resource from the Health Unit
Gr.7 to Gr.12	Skin Cancer 101	A basic presentation that explains skin cancer, the causes, how to prevent it and why this matters to youth. Available in English. In-service available to groups of peer leaders.	Obtain resource from Health Unit.
Kindergarten to Gr.3	Living With Sunshine	This is a primary teaching resource on sun protection. It includes lessons and a variety of activities that can be integrated into language arts, math, science and art programs. Available in English.	Obtain free copy from the Health Unit
Gr.2 to Gr.4	Rayguards Be Sun Smart!	This resource contains word searches, puzzles, mazes and colouring, all featuring the Rayguard dog, and sun safety messages. Available in English.	Obtain free copy from the Health Unit or the Canadian Cancer Society at: 1-888-939-3333
Gr.2 to Gr.4	Sunsense Fortune Teller	This interactive "cruncher" provides children with a fun way to learn sun safety messages. Available in English.	Obtain free copy from the Health Unit or the Canadian Cancer Society at: 1-888-939-3333
Gr. 7 to Gr.12	Dying For A Tan	This documentary style video from Australia examines youth who have been diagnosed with skin cancer as a result of UV exposure. Available in English.	Obtain resource from the Health Unit
Gr.7 to Gr.12	SunSense	This interactive display provides students with sun safety knowledge through true/false questions. Available in English.	Obtain resource from the Health Unit

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Grade	Title	Description	Availability
Kindergarten to Gr.10	OPHEA Curriculum Support	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	Copy available in your school or www.ophea.net
Kindergarten to Gr.12	Take Action	This is a cross-curriculum resource that promotes safety awareness of harmful substances & medicines. It contains easy to use lesson plans, rubrics and black line masters. Available in English and French.	www.ophea.net
Kindergarten to Gr.12	Lungs are for Life	This school based resource is designed to develop the skills needed to prevent smoking and the use of drugs. It includes teaching modules, posters and brochures. Available in English and French.	www.lungsareforlife.ca
Gr.9 Gr.10. Gr.11 Gr.12	Quit 4 Life	This 10-week four step group program is designed to be delivered by an adult facilitator to assist teens who want to quit smoking. Available in English and French.	www.Quit4Life.com or obtain free copy from the Health Unit
Gr.9 to Gr.12	The Power of Many	Facilitator's Guide: Provides step by step instruction on how to conduct an advocacy campaign, information on the tobacco industry, the health and social consequences of tobacco use and the legislative process. Booklet: Designed for high school students. It inspires and provides tools for students to become advocates for tobacco control policy change. It describes 9 steps students can take to promote change. Available in English.	Obtain resource from the Health Unit
Gr.7 to Gr.12	The Teen Files: Smoking-Truth or Dare?	This DVD graphically demonstrates to teens who use tobacco exactly what this deadly habit is going to do to them. 29 minutes. Available in English.	Obtain resource from the Health Unit
Gr.7 to Gr.12	Barb Tarbox- A life cut short by tobacco	This video contains emotional material regarding Barb Tarbox's experience with terminal cancer caused by smoking. Available in English.	Obtain resource from the Health Unit
Gr.4 to Gr.6	Science, Tobacco and You!	This is a tobacco prevention teaching resource that includes a CD-ROM, Teacher's Guide, flashcards and exercise sheets. Available in English and French.	www.gosmokefree.ca 1-866-318-1116 or obtain free copy from the Health Unit
Gr.9 to Gr.12	Program Training and Consultation Centre (PTCC)	This online catalogue was established to offer improved access to current tobacco control program resource materials. It includes resource materials for smoking prevention, smoking cessation and protection from second-hand smoke. Available in English and French.	www.ptcc-cfc.on.ca
Gr. 3 to Gr. 6	Dr. Crazy	This DVD and Teacher's Guide features Dr. Crazy, a mad scientist who puts all of his energy into trying to trick children into buying tobacco products. The DVD introduces the concept of how the tobacco industry manipulates people to use their products, describes the dangerous substances that are used in tobacco products and discusses their harmful effects. A teacher's guide is also available.	Obtain resources from the Health Unit.