

# School Resource & Program Catalogue

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## 1. Process for borrowing resources

Please note these resources can only be borrowed by schools within Leeds, Grenville and Lanark Counties, Ontario, Canada.

### GUIDELINES FOR BORROWING RESOURCES:

Following these instructions will help us to serve you better, and ensure you get the resources you need. Thank you.

1. It is best to book at least **two** weeks before you need them to allow time to locate and deliver the materials.
2. The loan period is **two** weeks. Please take note of return date and return item on time.  
When items are returned late, they are not available for the next borrower.
3. Borrowers are responsible and accountable for lost, damaged or stolen items. You will be invoiced for lost, damaged, or stolen items.
4. If you want to extend your loan period, you must call before your due date.  
It may be possible, provided the resource has not been signed out for the next time period.
5. If you are finished with the resource you can contact your Public Health Nurse assigned to your school, call the Health Unit or return it to a Health Unit site closest to you.
6. If the resource is not returned by the due date, you will receive an e-mail or telephone call, followed by a letter.  
If the resource is not returned promptly after the letter, you will be sent an invoice for the replacement cost.

### To Order Resources Contact:

Following these instructions will help us to serve you better, and ensure you get the resources you need. Thank you.

#### 1. To speak to your school Public Health Nurse

[Don't know who your school PHN is click here](#)

#### 2. To order these Resources click the following link:

[School Resource Catalogue Online Form](#)

## 2. Resources:

### 2.1 Alcohol, Drugs and Substance Abuse

#### Useful Websites:

Title	Location	Description	Grade
Ontario Physical Health Education Association (OPHEA)	<a href="http://www.ophea.net">www.ophea.net</a>	This website is designed for teachers of all grades. It is a searchable database that contains a variety of types of resources for implementing the Ontario Health and Physical Education Curriculum. Available in English and French.	K-12
Take Action	<a href="http://www.ophea.net">www.ophea.net</a>	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.	K-12
Centre for Addiction and Mental Health Curriculum Guide	<a href="http://www.camh.net/education">www.camh.net/education</a>	This resource contains ready-to-use lesson plans for drug education in the classroom. Available in English.	1-10
Braking Point-Risk Reduction Strategies for Youth	<a href="http://www.madd.ca/madd2/en/services/youth_services_school_braking_point.html">http://www.madd.ca/madd2/en/services/youth_services_school_braking_point.html</a>	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.	9-12
Let's Take Action on Alcohol Problems in Schools and on Campus	<a href="http://www.apolnet.ca">www.apolnet.ca</a>	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.	9-12

Take Action in Secondary Schools	<a href="http://www.opheaprograms.net/tasecondary/">http://www.opheaprograms.net/tasecondary/</a> or <a href="#">obtain resource from Health Unit</a>	A Comprehensive school based strategy designed to support schools and engage communities in addressing substance abuse including policy and guideline supports	9-12
iTHINK: A critical thinking and media literacy manual	<a href="http://www.thephakz.ca/tobacco/PDF/iTHINK%20Manual%20Final_Electronic.pdf">http://www.thephakz.ca/tobacco/PDF/iTHINK%20Manual%20Final_Electronic.pdf</a>	This is a comprehensive manual that will help to engage youth in a fun, exciting, and interactive way while developing their critical thinking skills. The iTHINK campaign envisions increasing youth's capacity and ability to critically think about the world around them. The hope is that in the future youth will make more informed, healthy choices for themselves, and in turn, reduce the influence of the media and its marketing strategies. This manual examines the influence the tobacco, alcohol and food industries have on youth.	1-12
ME Mag	<a href="http://www.memag.ca/">http://www.memag.ca/</a>	Developed by the Eastern Ontario Health Unit in consultation with teens across the Cornwall area, this website provides straight-forward, accurate information on general health issues and other topics that relate to youth. Topics include alcohol, drugs, tobacco, sexual health, piercings, tattoos, healthy eating and physical activity.	9-12
Take Action	<a href="http://www.ophea.net">www.ophea.net</a>	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.	K-12

Lungs are for Life	<a href="http://www.lungsareforlife.ca">www.lungsareforlife.ca</a>	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.	K-12
Quit 4 Life	<a href="http://www.Quit4Life.com">www.Quit4Life.com</a>	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.	9-12
Program Training and Consultation Centre (PTCC)	<a href="http://www.ptcc-cfc.on.ca">www.ptcc-cfc.on.ca</a>	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.	9-12

## 2.1 Alcohol, Drugs, Tobacco and Substance Abuse

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
B010	Take Action in Secondary Schools: An educator's guide to substance use prevention	A comprehensive, school-based strategy designed to support schools and encourage communities in addressing safety awareness regarding medicines and harmful substances and the prevention of alcohol, cannabis, and tobacco use. Includes sections on Understanding substance abuse in the school community, education and instruction, policies and guidelines, and communicating about substance use prevention.	Administrators, Healthy School Committee, Educators	Secondary	English	
V032	120,000 Lives a Year: The case against smoking in the movies and the solution	A documentary that explores the role that the film industry plays in recruiting new young smokers. It includes a look at the history, science of smoking in the movies as well as policy solutions. Special features on the disc include tools for public education and advocacy.	All	Secondary, 7, 8	English	
B016	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.	Healthy School Committee, Students, Educators	Secondary	English	

V020	Generation Empowered: Youth speak out on tobacco	When put to the test, the young of today recognize the tobacco industry tactics and are ready to prove that they will not become replacement smokers. This DVD explores many issues related to the tobacco industry including: tobacco's death toll, smoking in the movies, retail power walls, the light and mild controversy, animal testing and tobacco in developing countries. It is interspersed with comments from Kingston area youth and ends with examples of youth advocacy movements to end Big Tobacco.	Healthy School Committee, Students, Educators	Secondary, 7, 8	English	
D002	Abuse Booze and Lose Display	An interesting way to teach about the consequences of alcohol misuse. A series of 9 bottles with well known brands of alcohol with name changes such as Be Wiser, Captain Moron and Southern Discomfort along with stats and consequences	Students, Educators	6, 7, 8, 9, 10, 11, 12	English	
V005	Helping Your Child Make Good Decisions About Alcohol	Resource for parents of teens entering high school.		Secondary		
K015	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. Includes a DVD video.	Teachers	10, 11, 12	English	
K013	The Fourth R - Grade 9	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 8 and 9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Administrators, Healthy School Committee, Students, Educators	9	English	

K014	The Fourth R - Grade 8	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 8 and 9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Administrators, Students, Educators	8	English & French	
B018	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.		Secondary	English	
B020	Under the Influence Educator's Kit on Alcohol Advertising	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.		7, 8, 9, 10	English	
D008	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.		Secondary	English	
K009	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.	Teachers	8, 9	English	
K016	For The Record: The reality video of a grad party	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.	Teachers, Parents	10, 11, 12	English	



K017	The Ripple Effect: Alcohol, Drugs and Youth	This is a documentary exploring the challenges and consequences of decision making dilemmas, challenges and consequences related to substance use that youth and their families face. The production uses authentic situations and testimonials.	Teachers	Secondary, 7, 8	English	
K026	Drugs/Alcohol Clever Catch Balls	Provides an interactive way for students to learn about drugs and alcohol. "Beach Ball" with 31 questions that gives students a thorough introduction to the topic. An answer sheet accompanies the resource.	Healthy School Committee, Students, Educators	5, 6, 7, 8, 9, 10, 11, 12	English	
V034	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.		Secondary	English	
V036	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.	Teachers	Secondary, 7, 8	English	
V037	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.	Teachers	Secondary, 7, 8	English	
K018	Drugged Driving Kills Project- Why Drive High? Campaign	This is a youth to youth campaign to prevent marijuana impaired driving developed by Ottawa Public Health in 2007.	Healthy School Committee	Secondary	English	
K019	Substance Abuse Prevention in a Bucket	This is a highly interactive game for teachers to use to educate students about various substances such as alcohol and various other drugs. Through games students will learn to develop resistance skills, be encouraged to think creatively and be able to problem solve. This game is also incorporates physical activity and other curriculum components around substance use and prevention.	Educators	4, 5, 6, 7, 8, 9, 10	English	
K024	Alcohol Changes Everything Game	Alcohol abuse can turn any occasion into a negative experience. This game helps players learn about the negative consequences of alcohol abuse and reinforces information already learned about alcohol abuse.	Students, Educators	grade 7-12	English	

D011	Tobacco Body Count	Most people know that smoking is not healthy, but many people do not realize just how deadly tobacco is. This display and the related activities will demonstrate the enormity of the problem. The members of your group will come away understanding that they have the power to avoid being victims of the most preventable cause of death and that they can save other lives, as well.	Teachers	4, 5, 6, 7, 8	English	
K011	Science, Tobacco and You!	This is a tobacco prevention teaching resource that includes a CD-ROM, Teacher's Guide, flashcards and exercise sheets.	Students, Educators	4, 5, 6	English	
K020	Lungs are for Life Grade K-3 Curriculum binder	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.	Teachers	Elementary, Secondary, K	English	
K021	Lungs are for Life Grade 4-8 Curriculum Binder	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.	Teachers	Elementary, Secondary, K	English	
K022	Lungs are for Life Grade 9-10 Curriculum Binder	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.	Teachers	Elementary, Secondary, K	English	
K028	Lungs are for Life - Community Involvement & Teacher - Advisor Program	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.	Teachers	Elementary, Secondary, K	English	
V010	Gruen VonBehrens: "Tobacco from my view" (2010)	At age 13, Gruen Von Behrens tried chewing tobacco for the first time and became addicted. By age 17, tobacco use had given him oral cancer and it was spreading fast. Today, after 34 oral surgeries and hundreds of painful procedures and radiation treatments, Gruen has lost half of his tongue, all of his teeth, and his entire jawbone. Gruen now travels North America, showing his face and telling his story in an effort to persuade teens and children to stay away from all forms of tobacco, to be thankful for life's blessings, and to treat others with respect (16 minutes)	Teachers	Secondary	English	
V038	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.	Teachers	7, 8	English	

K033	The Fourth R - Grade 7	<p>The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 7-9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.</p>	Teachers	7	English	
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## 2.2 Anaphylaxis

### Useful Websites:

Title	Location	Description	Grade
Prevention First - For the protection of pupils with life threatening allergies	<a href="http://www.eworkshop.on.ca/edu/anaphylaxis">www.eworkshop.on.ca/edu/anaphylaxis</a>	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.	K-12
Anaphylaxis Canada	<a href="http://www.anaphylaxis.org">www.anaphylaxis.org</a>	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.	K-12

## 2.2 Anaphylaxis

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
B002	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.		K, 1, 2	English	
B003	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.		K, 1, 2, 3	English	
B019	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.		Elementary, Secondary, K	English	

K004	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.	Teachers	Elementary, Secondary, K	English	
V007	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.		Elementary, Secondary, K	English	

## 2.3 Bullying

### Useful Websites:

Title	Location	Description	Grade
Body Image Unit	<a href="http://www.teachnutrition.org">www.teachnutrition.org</a> <a href="#">Look under teacher resources, classroom activities for Grades 4-6.</a>	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. To order Email: <a href="mailto:info@teachnutrition.org">info@teachnutrition.org</a> Phone: 1-866-392-9929	4-6
Cybercops	<a href="http://www.ophea.net">www.ophea.net</a> <a href="#">Obtain resource from Health Unit or available in your school</a>	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.	7-8
Roots of Empathy	<a href="#">To read about it visit:</a> <a href="http://www.rootsofempathy.org/ProgDesc.html">http://www.rootsofempathy.org/ProgDesc.html</a>	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.	K-8

## 2.3 Bullying

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
V022	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.	Students, Educators	Secondary, 7, 8	English	
K025	Don't Laugh at Me: Creating a Ridicule Free Classroom	Teachers Guide - Grades 6-8. The goal of Don't Laugh at Me is to support teachers in creating a caring, compassionate, and cooperative classroom and school environment. Includes lesson plans, CD and a video.	teachers	grade 6-8	English	2000
K010	Playground Activity Leaders in Schools (P.A.L.S)	P.A.L.S. is a playground leadership program offered by Leeds, Grenville, Lanark Health Unit that encourages all children to participate in activities regardless of their gender, size, or ability.	Teachers	Elementary, K	English	
K033	The Fourth R - Grade 7	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 7-9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Teachers	Grade 7	English	



## 2.4 Hand Hygiene / Head Lice

### Useful Websites:

Title	Location	Description	Grade
Be a Germ Stopper	<a href="http://www.peelregion.ca/health/shp/germ-stop-manual/preschool/clean.htm">Can be accessed on Peel Public Health's Website: http://www.peelregion.ca/health/shp/germ-stop-manual/preschool/clean.htm</a> Fall 2009, each school will have a hard copy.	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.	JK-8
Lather, Rinse, Defeat Germs	<a href="http://www.toronto.ca/health/cdc/clean_hands/">The DVD, games and activities can be accessed on Toronto Public Health's Website: http://www.toronto.ca/health/cdc/clean_hands/</a>	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.	4-6
Hand washing and Using Hand Sanitizer Videos	<a href="http://www.wdgpulichealth.ca/?q=node/326">http://www.wdgpulichealth.ca/?q=node/326</a>	Child, Teen and Adult videos on proper techniques for hand washing and hand sanitizing.	JK-12
Head lice	<a href="http://www.healthunit.org/children/growingup/headlice.htm">www.healthunit.org/children/growingup/headlice.htm</a>	This website provides information on how to deal with head lice: tips and treatment options. Available in English and French.	JK-8
Health Unit Head lice Position Statement	<a href="http://www.healthunit.org/school/position-statement_head-lice.pdf">www.healthunit.org/school/position-statement_head-lice.pdf</a>	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.	JK-8

## 2.4 Hand Hygiene / Head Lice

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
K002	Be a Germ Stopper Kit	This kit includes: the Be a Germ Stopper teacher resource manual with lesson plans and activities for each grade to teach hand hygiene; Lather, Rinse Defeat Germs video (Toronto Public Health); Just Wash 'em Staring Sudsy (CHICA Canada); and a UV disclosing lamp and glitter bug potion to reveal to students hard to reach cracks and crevices in the hands where germs like to hide.	Teachers	Elementary, K	English	

## 2.5 Healthy Eating

### Useful Websites:

Title	Location	Description	Grade
OPHEA Ontario Physical Health Education Association	<a href="http://www.ophea.org">www.ophea.org</a>	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.	JK-12
Physical Activity Resource Centre	<a href="http://www.ophea.net/parc">www.ophea.net/parc</a>	This resource centre is dedicated to physical activity information and resources. There are sample presentations and workshop opportunities. Available in English and French.	10-12
Heart & Stroke Foundation Website	<a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>	Presentations are available on Heart Health, Stroke, Physical Activity and Stress. Available in English and French.	10-12
Eating Well With Canada's Food Guide A Resource for Educators and Communicators	<a href="http://www.canadasfoodguide.net">www.canadasfoodguide.net</a> or <a href="#">obtain a free copy from the Health Unit</a>	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.	K-12
Mission Nutrition, Kellogg Canada Inc. and Dietitians of Canada, 2000	<a href="http://www.missionnutrition.ca">www.missionnutrition.ca</a> or <a href="#">obtain a free copy from the Health Unit</a>	This teacher resource contains curriculum connections, background information, lesson plans, student activity sheets, home activities and assessment rubrics. Available in English and French.	K-8
Body Image Unit	<a href="http://www.teachnutrition.org">www.teachnutrition.org</a>	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.	4-6

Body Image Coalition of Peel	<a href="http://www.peelregion.ca/health/commhlth/bodyimg/change-s-in-me/download/lesson-six/index.htm">http://www.peelregion.ca/health/commhlth/bodyimg/change-s-in-me/download/lesson-six/index.htm</a>	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.	K-12
Ontario Agri-Food Education	<a href="http://www.oafe.org/">http://www.oafe.org/</a>	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.	K-8
Teach Nutrition	<a href="http://www.teachnutrition.org">www.teachnutrition.org</a>	This site contains curriculum-based units and activities, reviews frequently asked questions about nutrition and offers free nutrition workshops. Available in English and French.	K-8
Food Model Cards	<a href="http://www.teachnutrition.org">www.teachnutrition.org</a>	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.	K-12
Nutrient Values of Some Common Foods	<a href="http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutrition/data/nutrient_value-valeurs_nutritives-eng.php">www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutrition/data/nutrient_value-valeurs_nutritives-eng.php</a>	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.	K-12
Dietitians of Canada	<a href="http://www.dietitians.ca">www.dietitians.ca</a>	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.	K-12

Media Awareness Network	<a href="http://www.mediaawareness.ca">www.mediaawareness.ca</a>	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.	K-12
Super Size Me Discussion Guide	<a href="http://www.osnpvh.on.ca/pdfs/SupersizeMe.pdf">http://www.osnpvh.on.ca/pdfs/SupersizeMe.pdf</a>	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.	Gr.6 to Gr.12
Power to Play!	<a href="http://ontario.teachnutrition.org/teacher-programs/grade-levels/k-3/power-to-play/program-overview.aspx">http://ontario.teachnutrition.org/teacher-programs/grade-levels/k-3/power-to-play/program-overview.aspx</a>	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 can email to request a presentation or obtain program materials or call 905-821-8970 or 1-866-392-9929.	K-3
The Ontario Health and Physical Education Curriculum	<a href="http://www.ophea.net">www.ophea.net</a>	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	K-10

Power4Bones	<a href="http://www.power4bones.com">www.power4bones.com</a> or call <a href="tel:1-866-27BONES">1-866-27BONES</a>	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.	K-10
Ontario Physical and Health Education Association Support: OPHEA, 2000	<a href="http://www.ophea.org">www.ophea.org</a>	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.	K-10
Super Size Me Discussion Guide	<a href="http://osnpph.on.ca/pdfs/SupersizeMe.pdf">http://osnpph.on.ca/pdfs/SupersizeMe.pdf</a>	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.	6-12
Tool for Teachers	<a href="http://www.healthunit.org/school/resources/Tools%20for%20Teachers.pdf">http://www.healthunit.org/school/resources/Tools for Teachers.pdf</a>	No matter what subject you teach, as a teacher, you may have the greatest influence on a child's health, of any other adult outside the home. The question remains, what are the things we do that influence students, either positively or negatively? It is not always clear what we should be saying or doing. This guide, along with the training will allow you to incorporate these concepts into your whole school environment and positively impact the bodyimage and self-esteem of your students.	K-8

<p>A Breastfeeding Information and Activity Kit for Secondary School Teachers</p>	<p><a href="http://www.oph.on.ca/our_voice/workgroups/breastfeeding/BF_Info-ActivityKit-May2009.pdf">http://www.oph.on.ca/our_voice/workgroups/breastfeeding/BF_Info-ActivityKit-May2009.pdf</a></p>	<p>The Ontario Public Health Association (OPHA) Breastfeeding Promotion Workgroup developed an information and activity kit to assist teachers in positively influencing the attitudes and improving the breastfeeding competencies of our society's future parents and professionals. The resource is a flexible and creative approach to achieving curriculum expectations in social sciences and humanities courses.</p>	<p>9-12</p>
<p>Supermarket Savvy Video</p>	<p><a href="http://www.peelregion.ca/health/eating/resources/flash-video/savy-video.htm">http://www.peelregion.ca/health/eating/resources/flash-video/savy-video.htm</a></p>	<p>Experience grocery shopping in a whole new way through this amusing and educational video. Tour a grocery store with a registered dietician to learn about making the healthy choice the easy choice; Canada's food guide, decoding nutrition labels, tips on low-cost food options; food from around the world. Running time 15 minutes. Also available online (see Healthy Eating links section).</p>	<p>5-12</p>
<p>iTHINK: A critical thinking and media literacy manual</p>	<p><a href="http://www.thephakz.ca/tobacco/PDF/iTHINK%20Manual%20Final_Electronic.pdf">http://www.thephakz.ca/tobacco/PDF/iTHINK%20Manual%20Final_Electronic.pdf</a></p>	<p>This is a comprehensive manual that will help to engage youth in a fun, exciting, and interactive way while developing their critical thinking skills. The iTHINK campaign envisions increasing youth's capacity and ability to critically think about the world around them. The hope is that in the future youth will make more informed, healthy choices for themselves, and in turn, reduce the influence of the media and its marketing strategies. This manual examines the influence the tobacco, alcohol and food industries have on youth.</p>	<p>1-12</p>

## 2.5 Healthy Eating

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
B004	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.	Teachers	7, 8	English	
B017	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.	Students, Educators	Secondary, 6, 7, 8	English	
D010	Canadian Rainbow Food Kit	This is a cling on display that encourages students to place each food in the appropriate food group, shop and plan a meal, compare foods and much more.	Teachers	Elementary	English	
K007	Nutrition Tools for Schools (school guide copy)	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 is 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.	Administrators, Healthy School Committee, Educators	Elementary	English	



K012	Nutrition Tools for Schools (public health copy - large binder)	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 is 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.	Administrators, Healthy School Committee, Educators	Elementary	English	2007
V012	Supermarket Savvy	Experience grocery shopping in a whole new way through this amusing and educational video. Tour a grocery store with a registered dietician to learn about making the healthy choice the easy choice; Canada's food guide, decoding nutrition labels, tips on low-cost food options; food from around the world. Running time 15 minutes.	Students, Educators	5, 6, 7, 8, 9, 10, 11, 12	English	
B006	Everyone Jump - Kids changing diabetes	A cross-curricular resource, designed by teachers for teachers, Everyone Jump raises awareness of the importance of regular physical activity and healthy eating in preventing type 2 diabetes.	Teachers	4, 5, 6	English	
V028	The Weight of the World	This video gives an overview of the complexity of the obesity epidemic. Using lively animation and hard-hitting science The Weight of the World reveals that obesity is not an individual problem, but one that requires changes in public policies and attitudes. Narrated by Dr David Suzuki and produced by the National Film Board.	Parents, Students, Educators	Secondary, 7, 8	English	2003

## 2.6 Healthy Growth & development / Sexual Health

### Useful Websites:

Title	Location	Description	Grade
Leeds, Grenville & Lanark District Health Unit Grade 5-8 Sexual Health Teaching Resources	<a href="http://www.healthunit.org/sexual/school/">http://www.healthunit.org/sexual/school/</a>	<b>Classroom resources to help teach expectations for: Grades 5 &amp; 6 including:</b> describing the secondary physical changes at puberty (growth of body hair, changes in body shape), the processes of menstruation and spermatogenesis, hygiene, and how the major parts of the reproductive system and their functions relate to puberty and <b>Grades 7 &amp; 8 including:</b> familiarity with such concepts such as abstinence, reproductive systems as they relate to fertilization, sources of support as related to healthy sexuality issues, transmission, symptoms and treatment of Sexually Transmitted Infections (STI's) and methods to prevent pregnancy.	5-8
Sexuality and You website	<a href="http://www.sexualityandu.ca/">http://www.sexualityandu.ca/</a>	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.	4-12
Canadian Federation for Sexual Health website	<a href="http://www.cfsh.ca">www.cfsh.ca</a>	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.	4-12

Teaching Puberty – You Can Do It! Video	<a href="http://www.toronto.ca/health/sexualhealth/sh_teacher_trainingvideo.htm">www.toronto.ca/health/sexualhealth/sh_teacher_trainingvideo.htm</a> For more information or a copy of the DVD please contact Toronto Health Connection at 1-416-338-7600.	Video created for teachers by Toronto Public Health to assist with teaching puberty. Online version of the video available at the link provided.	4-6
Physical and Health Education Canada website	<a href="http://www.phecanada.ca/members/intouch/2011-09/free-puberty-education-materials-grades-5-8">http://www.phecanada.ca/members/intouch/2011-09/free-puberty-education-materials-grades-5-8</a>	Free puberty education materials, such as booklets. Hygiene products can be ordered and are available to all Canadian schools.	5-8
Ontario Physical Health Education Association (OPHEA)	<a href="http://www.ophea.net">www.ophea.net</a>	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.	K-12
Roots of Empathy	Call the Health Unit to request the program at your school  <u>To read about it visit:</u> <a href="http://www.rootsofempathy.org/ProgDesc.html">http://www.rootsofempathy.org/ProgDesc.html</a>	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.	Kindergarten to Gr.8
Teaching Sexual Health Website	<a href="http://www.teachingsexualhealth.ca">www.teachingsexualhealth.ca</a>	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.	K-8

HIV/AIDS Online School Support Kit	<a href="http://hae.ophea.net/">http://hae.ophea.net/</a>	The Ontario Curriculum includes learning expectations that prepare children and youth for a world in which HIV and AIDS continue to be a reality. The <i>HIV and AIDS Online School Support Kit</i> supports teachers and school administrators in the development of lessons and instructional strategies that will help students fulfill the expectations related to age-appropriate HIV education in the Ontario curriculum. The <i>HIV and AIDS Online School Support Kit</i> brings together evidence-based information, best practice strategies, and a myriad of existing free HIV-related resources and tools to help schools deliver age-appropriate HIV education and create supportive environments for students who are living with, affected by, and vulnerable to HIV and AIDS.	9-12
A Breastfeeding Information and Activity Kit for Secondary School Teachers	<a href="http://www.opha.on.ca/our_voice/workgroups/breastfeeding/BF_Info-ActivityKit-May2009.pdf">http://www.opha.on.ca/our_voice/workgroups/breastfeeding/BF_Info-ActivityKit-May2009.pdf</a>	The Ontario Public Health Association (OPHA) Breastfeeding Promotion Workgroup developed an information and activity kit to assist teachers in positively influencing the attitudes and improving the breastfeeding competencies of our society's future parents and professionals. The resource is a flexible and creative approach to achieving curriculum expectations in social sciences and humanities courses.	9-12
Changes in Me: A resource for educators on puberty and adolescent development.	<a href="http://www.peelregion.ca/health/commhlth/bodyimg/changes-in-me/">http://www.peelregion.ca/health/commhlth/bodyimg/changes-in-me/</a>	Developed by the Region of Peel Public Health, the "Changes In Me" resource is designed to simplify the task of teaching grade 4, 5 and 6 students about puberty. Research on the physical, emotional and social changes associated with puberty has been completed for you. The lessons include detailed plans, student handouts, visual-aids, student-centred activities, evaluation tools, a video, overheads and further resources.	9-12

ME Mag	<a href="http://www.memag.ca/">http://www.memag.ca/</a>	Developed by the Eastern Ontario Health Unit in consultation with teens across the Cornwall area, this website provides straight-forward, accurate information on general health issues and other topics that relate to youth. Topics include alcohol, drugs, tobacco, sexual health, piercings, tattoos, healthy eating and physical activity.	9-12
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## 2.6 Healthy Growth & development / Sexual Health

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
K013	The Fourth R - Grade 9	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 8 and 9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Administrators, Healthy School Committee, Students, Educators	9	English	
K014	The Fourth R - Grade 8	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 8 and 9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Administrators, Students, Educators	8	English & French	

B001	Beyond the Basics: A sourcebook on reproductive health education (Resource)	A teaching resource produced by the Canadian Federation of Sexual Health full of lesson plans to help teach the healthy growth and development curriculum. It consists of the following eight modules: values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication and decision making, contraception and safer sex, STIs and HIV, and resources.	Teachers	Secondary, 4, 5, 6, 7, 8	English	
V015	Teaching Puberty: You can do it!	This DVD is a teacher's guide to changes in you and me developed by Toronto Public Health. It was created for teachers to assist them with teaching puberty. The DVD includes classroom modeling, perspectives on challenging issues, and available resources.	Educators	Elementary	English	
V011	Stop the Violence: Act-Out! Lanark	This DVD was developed by a creative group of local student that have created a drama video demonstrating the reality of violence in their lives. The students portray dating violence, sexual assault, and unhealthy relationships.	Educators	Secondary	English	
K033	The Fourth R - Grade 7	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 7-9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Teachers	Grade 7	English	

V014	Can you feel it? Stress workshop and resource guide	This DVD is an engaging 20 minute video that takes students through a day in the life of today's teen. Alex's story can be used to initiate a discussion about all aspects of stress and how it really affects them.	Teachers, Parents, Students	Secondary, 5, 6, 7, 8	English	
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## 2.7 Injury Prevention & Safety

### Useful Websites:

Title	Location	Description	Grade
OPHEA The Ontario Physical Education Safety Guidelines	<a href="http://www.ophea.net">www.ophea.net</a>	This resource provides the minimum standards for risk management practice for school boards. Available in English and French.	K-12
Ontario Physical Health Education Association (OPHEA)	<a href="http://www.ophea.net">www.ophea.net</a>	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.	K-12
Safety with Radar	<a href="http://www.hc-sc.gc.ca/cps-spc/pubs/cons/activitybook-cahierdexercices/index-eng.php">http://www.hc-sc.gc.ca/cps-spc/pubs/cons/activitybook-cahierdexercices/index-eng.php</a>	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.	K-8
Active and Safe Routes to School	<a href="http://www.saferoutestoschool.ca">www.saferoutestoschool.ca</a>	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.	K-12
The Ontario Health and Physical Education Curriculum	<a href="http://www.ophea.net/hpe/">http://www.ophea.net/hpe/</a>	This resource provides lesson plans, daily physical activity ideas and black line masters. Available in English.	K-10



Think First For Kids	<a href="http://www.thinkfirst.ca">www.thinkfirst.ca</a>	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.	K-3
Stay Safe	<a href="http://www.hc-sc.gc.ca/cps-spc/pubs/indust/stay_safe-soyer_en_securite/index-eng.php">http://www.hc-sc.gc.ca/cps-spc/pubs/indust/stay_safe-soyer_en_securite/index-eng.php</a>	This resource is designed to help children recognize the hazard symbols on household chemical products. Available in English and French.	K-4
Road Safety Resource	<a href="http://www.ontarioroadsafety.ca/">http://www.ontarioroadsafety.ca/</a>	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.	K-12

## 2.7 Injury Prevention & Safety

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
V011	Stop the Violence: Act-Out! Lanark	This DVD was developed by a creative group of local student that have created a drama video demonstrating the reality of violence in their lives. The students portray dating violence, sexual assault, and unhealthy relationships.	Educators	Secondary	English	
B011	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Pre K & K Binder	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	K, JK	English	2005
B012	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 1 & 2 Binder	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	1, 2	English	2005

B013	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 3 & 4 Binder	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	3, 4	English	2005
B014	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 5 & 6 Binder	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	5, 6	English	2005
B015	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 7 & 8 Binder	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	7, 8	English	2005
K023	Managing Asthma in our Schools	This is a kit for educator and students developed by OPHEA with the goal of helping schools to create an asthma friendly school. The kit includes a DVD, classroom planning materials.	Students, Educators	Elementary, K	English	
V001	Stay Safe	This DVD is an activity based awareness program suitable for 5-9 year old children. Its purpose is to provide educators with information and learning that are easy to use in your program and at home.	Educators	Elementary, K, 1, 2, 3, 4	English	

V002	The Adventures of stay safe Koko and company: Great way to learn how to play it safe	This DVD is for children aged 3-5 years old who will fall in love with stay safe Koko, super injury prevention hero who, thanks to a magical zoom tool, shows best buddies Bobby Beware and Safetia how to have fun and play safe in and around the home. 20 minutes long.		K	English	
V023	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Pre K & K CD room	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	K, JK	English	2005
V024	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 1 & 2 CD room	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	1, 2	English	2005
V025	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 3 & 4 CD room	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	3, 4	English	2005

V026	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 5 & 6 CD room	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	5, 6	English	2005
V027	Risk Watch: An Injury Prevention Program from the National Fire Prevention Association - Grade 7 & 8 CD room	This curriculum resource covers the following topic areas: motor vehicle safety, fires and burns, 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. You can order the resource as a CD room or in a binder. Available in English and French.	Teachers, Students	7, 8	English	2005
V030	Don't Use Your Brains for Brakes!	This video reviews helmet safety for a variety of sports. 7 minutes.	Teachers	4, 5, 6	English	
V033	idrive: Road stories	This video helps young drivers to recognize factors that contribute to unsafe driving and develop strategies to avoid them. DVD		10, 11, 12	English	
V035	Managing Asthma in our Schools	This is a kit for educator and students developed by OPHEA with the goal of helping schools to create an asthma friendly school. The kit includes a DVD, classroom planning materials.	Students, Educators	Elementary, K	English	
V031	Stupid Line - Smart Risk Commercials	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.	Students, Educators	7, 8, 9	English	

## 2.8 Media Awareness

### Useful Websites:

Title	Location	Description	Grade
The Student Body	<a href="http://www.research.aboutkidshealth.ca/thestudentbody/home.asp">www.research.aboutkidshealth.ca/thestudentbody/home.asp</a>	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.	4-6
Tool for Teachers	<a href="http://www.healthunit.org/school/resources/Tools%20for%20Teachers.pdf">http://www.healthunit.org/school/resources/Tools for Teachers.pdf</a>	No matter what subject you teach, as a teacher, you may have the greatest influence on a child's health, of any other adult outside the home. The question remains, what are the things we do that influence students, either positively or negatively? It is not always clear what we should be saying or doing. This guide, along with the training will allow you to incorporate these concepts into your whole school environment and positively impact the bodyimage and self-esteem of your students.	K-8
iTHINK: A critical thinking and media literacy manual	<a href="http://www.thephakz.ca/tobacco/PDF/iTHINK%20Manual%20Final_Electronic.pdf">http://www.thephakz.ca/tobacco/PDF/iTHINK%20Manual%20Final_Electronic.pdf</a>	This is a comprehensive manual that will help to engage youth in a fun, exciting, and interactive way while developing their critical thinking skills. The iTHINK campaign envisions increasing youth's capacity and ability to critically think about the world around them. The hope is that in the future youth will make more informed, healthy choices for themselves, and in turn, reduce the influence of the media and its marketing strategies. This manual examines the influence the tobacco, alcohol and food industries have on youth.	1-12

Connect[ED]	<a href="http://www.reallifeonline.ca/home.aspx?lang=en-US">http://www.reallifeonline.ca/home.aspx?lang=en-US</a>	Connect[ED] is a new resource that addresses Internet safety for students in Grades 4-6. It is designed to help students develop safe and healthy online behaviours, such as netiquette, security, personal privacy and relationships (e.g., recognizing and managing cyberbullying), in the same way they would in real life situations. It helps children apply real life behaviour to life online. Available in English and French.	Grade 4-6
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## 2.9 Mental Health / Developmental Assets

### Useful Websites:

Title	Location	Description	Grade
Mind Masters and Mini MindMasters	<a href="http://www.child-youth-health.net/en/child-youth-health/Mind_Masters_p280.html">http://www.child-youth-health.net/en/child-youth-health/Mind_Masters_p280.html</a>	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.	JK-7
When Something's Wrong	<a href="http://www.cprf.ca/publication/handbook_pdf.html">http://www.cprf.ca/publication/handbook_pdf.html</a>	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.	JK-12
Children's Mental Health Fact Sheets	<a href="http://www.macmh.org/publications/ecgfactsheets/ecgfactsheets.php">http://www.macmh.org/publications/ecgfactsheets/ecgfactsheets.php</a>	Fact sheets on many of the most common mental health disorders and tips for dealing with difficult behaviours found in children. Available in English.	JK-8

Stress and Anxiety in Teenagers	<a href="http://www.stressandanxietyinteens.co.uk/">http://www.stressandanxietyinteens.co.uk/</a>	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.	Gr.7 to Gr.12
Decompress your Stress Relaxation CD	<a href="http://www.sdhu.com/content/resources/folder.asp?folder=24182&amp;parent=13&amp;lang=0">http://www.sdhu.com/content/resources/folder.asp?folder=24182&amp;parent=13&amp;lang=0</a>	This resource was created by youth for youth to help students cope with their stress in a healthy way. The youth volunteers not only wrote, recorded and produced twelve exercises in both French and English, they also created the artwork and selected the music for the CD. Copies of the CD are also available by calling our School Health Promotion line at 705.522.9200, ext. 393.	Gr. 5 to Gr. 12
Roots of Empathy	<a href="http://www.rootsofempathy.org/ProgDesc.html">http://www.rootsofempathy.org/ProgDesc.html</a>	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 in your school.	JK-8



## 2.9 Mental Health / Developmental Assets

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
D005	Parenting Teens Display	Display for parent teacher night or other parent events.	Teachers, Parents	7, 8, 9, 10, 11, 12	English	
K025	Don't Laugh at Me: Creating a Ridicule Free Classroom	Teachers Guide - Grades 6-8. The goal of Don't Laugh at Me is to support teachers in creating a caring, compassionate, and cooperative classroom and school environment. Includes lesson plans, CD and a video.	teachers	grade 6-8	English	2000
D003	Developmental Assets Posters	The 40 Developmental Assets listed on colorful posters. English and Spanish.			English	
K029	Can you feel it? Stress workshop and resource guide	This DVD is an engaging 20 minute video that takes students through a day in the life of today's teen. Alex's story can be used to initiate a discussion about all aspects of stress and how it really affects them.	Teachers, Parents, Students	Secondary, 5, 6, 7, 8	English	
B005	I can fix it! A Tale from the Iris the Dragon Series	This is a children's book dealing with Asperger's Syndrome and stigma. It recounts the story of a child with Asperger Syndrome, the teasing and bullying she experiences from her classmates, and the resilience she displays in overcoming obstacles.	Teachers, Parents	Elementary, K	English	
K005	Handling your Anger	Program is designed as a workshop to teach anger management skills to middle school students.	Teachers	5, 6, 7, 8, 9	English	

K008	Imagine....A School Without Bullying: A School Climate Approach to Bullying Prevention	This resource is a framework to assist schools in developing and implementing a detailed action plan in order to create a school climate and culture that strengthens the physical, social, and psychological safety in schools and reduces the incidences of bullying.	Teachers, Administrators	Elementary	English	
V008	Ideas for parents	Developed by the Search Institute 52 weekly newsletters with tips and strategies for raising healthy kids based on the 40 developmental assets. All newsletter inserts are in customizable puff files on a CD-ROM.	Teachers, Administrators, Parents	Elementary, Secondary	English	
V039	Ideas for educators	Developed by the Search Institute 42 ready to use newsletters for school success based on the 40 developmental assets. Each newsletter contains tips and strategies designed to inspire educators with fresh ideas for working with students. All newsletter inserts are in customizable puff files on a CD-ROM.	Teachers, Administrators	Elementary, Secondary	English	
B022 1 BR	Ideas for Educators	Developed by the Search Institute 42 ready to use newsletters for school success based on the 40 developmental assets. Each newsletter contains tips and strategies designed to inspire educators with fresh ideas for working with students. The newsletters come bound in a booklet. There is a CD ROM version with customizable pdf's that is also available to borrow.	Teachers, Administrators	K-12	English	2009
B021	Growing Up Resilient: Ways to build resilience in children and youth	Resilience is a much-talked-about topic these days. The view that resilience is an important aspect of mental well-being has been gaining attention among health professionals and researchers. Tatyana Barankin and Nazilla Khanlou draw from the latest research and theoretical developments on resilience in children and youth and present it in a way that is relevant for a diverse audience, including parents, educators, health care providers, daycare workers, coaches, social service providers, policy makers and others.	Teachers, Administrators	K-12	English	2007

## 2.10 Oral Health

### Useful Websites:

Title	Location	Description	Grade
Association of Public Health Dentistry (OAPHD) Teacher's Resource Area	<a href="http://www.oaphd.on.ca/index.php/learn-more/for-teachers">http://www.oaphd.on.ca/index.php/learn-more/for-teachers</a>	Oral health education resources that cover expectations from the Ontario Health and Physical Education curriculum. Each curriculum includes lesson plans and activities, in both English and French. Topics include: healthy foods for healthy bodies and teeth, oral care, functions of teeth, the tooth decay process, tobacco use, mouth guards and dental emergencies, and potential outcomes of not receiving oral care.	1-8

## 2.11 Physical Activity

### Useful Websites:

Title	Location	Description	Grade
The Ontario Health and Physical Education Curriculum Support	<a href="http://www.ophea.net/hpe/">http://www.ophea.net/hpe/</a>	OPHEA is currently providing essential supports for educators to implement the H&PE Curriculum including training, consultation and resources to educators in all of Ontario's 72 school boards Available in English.	K-10
Pause to Play Challenge	<a href="http://www.healthunit.org/physact/pause_play/pause_to_play.htm">www.healthunit.org/physact/pause_play/pause_to_play.htm</a>	This website includes resources for schools to use to challenge students to reduce their screen time and increase physical activity levels and healthy balanced eating.	K-8
Jigga Jump	<a href="http://www.judyanddavid.com/jiggajump/">www.judyanddavid.com/jiggajump/</a> or obtain resource from the Health Unit	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.	JK-3

CIRA Ontario	<a href="http://www.ciraontario.com/hr/page/resources">http://www.ciraontario.com/hr/page/resources</a>	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.	K-12
Physical Activity Resource Centre	<a href="http://www.ophea.net/parc">www.ophea.net/parc</a>	This resource centre is dedicated to physical activity information and resources. There are sample programs, presentations and workshop opportunities as well as a list of organizations. Available in English and French.	10-12
Heart and Stroke Foundation Website	<a href="http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.6386375/k.2D84/Healthy_Kids_Healthy_at_School.htm">http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.6386375/k.2D84/Healthy_Kids_Healthy_at_School.htm</a>	Presentations are available on Heart Health, Stroke, Physical Activity and Stress. Available in English and French.	10-12
Go Girls	<a href="#">Availability would depend on the willingness of the school to partner and the availability of trained and screened mentors to implement the program. Contact BBBS to enquire about this program</a> <a href="http://www.bigbrothersbigsisters.ca/en/Home/Programs/GoGirls.aspx">http://www.bigbrothersbigsisters.ca/en/Home/Programs/GoGirls.aspx</a>	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. Available in English.	7-8
Game On	<a href="#">Availability would depend on the willingness of the school to partner and the availability of trained and screened mentors to implement the program. Contact BBBS to enquire about this program</a> <a href="http://www.bigbrothersbigsisters.ca/en/Home/Programs/gameon.aspx">http://www.bigbrothersbigsisters.ca/en/Home/Programs/gameon.aspx</a>	This 7-10 week program is designed for boys 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 boys this age are dealing with. Big Brothers Big Sisters and the Health Unit partner in providing this program. Available in English.	7-8

Power to Play!	<a href="http://ontario.teachnutrition.org/teacher-programs/grade-levels/k-3/power-to-play/program-overview.aspx">http://ontario.teachnutrition.org/teacher-programs/grade-levels/k-3/power-to-play/program-overview.aspx</a>	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 can email to request a presentation or obtain program materials or call 905-821-8970 or 1-866-392-9929.	JK-3
PlaySport: Teaching Kids Games by Playing Games	<a href="http://www.PlaySport.net">To search and create activities visit www.PlaySport.net</a>	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.	JK-12
Participaction	<a href="http://www.participaction.com">www.participaction.com</a>	This website contains information, articles, media and TV spots on physical activity, inactivity and great resources for families to get active such as the activity tracker and ideas. Available in English and French.	K-12
Tool for Teachers	<a href="http://www.healthunit.org/school/resources/Tools%20for%20Teachers.pdf">http://www.healthunit.org/school/resources/Tools for Teachers.pdf</a>	No matter what subject you teach, as a teacher, you may have the greatest influence on a child's health, of any other adult outside the home. The question remains, what are the things we do that influence students, either positively or negatively? It is not always clear what we should be saying or doing. This guide, along with the training will allow you to incorporate these concepts into your whole school environment and positively impact the bodyimage and self-esteem of your students.	K-8

<p>Daily Physical Activity in Schools: Resource Guide Grade 1-3</p>	<p><a href="http://www.edu.gov.on.ca/eng/teachers/dpa1-3.pdf">http://www.edu.gov.on.ca/eng/teachers/dpa1-3.pdf</a></p>	<p>The Ministry of Education supports and promotes the participation of students in daily physical activity, and is committed to supporting a healthy school environment. This resource guide is intended to assist teachers of students in Grades 1 to 3 in implementing the policy on daily physical activity outlined in Policy/Program Memorandum No. 138, "Daily Physical Activity in Elementary Schools, Grades 1–8", October 6, 2005. This policy requires that all students in Grades 1 to 8, including students with special needs, be provided with opportunities to participate in a minimum of twenty minutes of sustained moderate to vigorous physical activity each school day during instructional time. The goal of daily physical activity is to enable all elementary students to improve or maintain their physical fitness and their overall health and wellness, and to enhance their learning opportunities.</p>	<p>1-3</p>
<p>Daily Physical Activity in Schools: Resource Guide Grade 4-6</p>	<p><a href="http://www.edu.gov.on.ca/eng/teachers/dpa4-6.pdf">http://www.edu.gov.on.ca/eng/teachers/dpa4-6.pdf</a></p>	<p>This resource guide is intended to assist teachers of students in Grades 4-6 in implementing the policy on daily physical activity. This policy requires that all students in Grades 1 to 8, including students with special needs, be provided with opportunities to participate in a minimum of twenty minutes of sustained moderate to vigorous physical activity each school day during instructional time.</p>	<p>4-6</p>
<p>Daily Physical Activity in Schools: Resource Guide Grade 7-8</p>	<p><a href="http://www.edu.gov.on.ca/eng/teachers/dpa7-8.pdf">http://www.edu.gov.on.ca/eng/teachers/dpa7-8.pdf</a></p>	<p>This resource guide is intended to assist teachers of students in Grades 7-8 in implementing the policy on daily physical activity. This policy requires that all students in Grades 1 to 8, including students with special needs, be provided with opportunities to participate in a minimum of twenty minutes of sustained moderate to vigorous physical activity each school day during instructional time.</p>	<p>7-8</p>

Everyone Jump - Kids changing diabetes	<a href="http://www.everyonejump.ca">www.everyonejump.ca</a>	A cross-curricular resource, designed by teachers for teachers, Everyone Jump raises awareness of the importance of regular physical activity and healthy eating in preventing type 2 diabetes. Available to order online at <a href="http://www.everyonejump.ca">www.everyonejump.ca</a>	4, 5, 6	
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## 2.11 Physical Activity

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
B017	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.	Students, Educators	Secondary, 6, 7, 8	English	
K001	Jiggi Jump	This program designed for children JK-3 has entertaining music and accompanying movements lead by children's entertainer's Judy and David.	Teachers	K, JK, 1, 2, 3	English	
B006	Everyone Jump - Kids changing diabetes	A cross-curricular resource, designed by teachers for teachers, Everyone Jump raises awareness of the importance of regular physical activity and healthy eating in preventing type 2 diabetes. Available to order online at <a href="http://www.everyonejump.ca">www.everyonejump.ca</a>	Teachers	4, 5, 6	English	

V028	The Weight of the World	This video gives an overview of the complexity of the obesity epidemic. Using lively animation and hard-hitting science The Weight of the World reveals that obesity is not an individual problem, but one that requires changes in public policies and attitudes. Narrated by Dr David Suzuki and produced by the National Film Board.	Parents, Students, Educators	Secondary, 7, 8	English	2003
D012	Good for Life	This interactive display provides an opportunity to learn how to eat healthy and be physically active for life. This game includes various games play various games such as: spin the wheel& follow the path, match balls to sports, 4 food groups puzzle, and finding various foods & activities on the display.	Teachers	Elementary	English	
K006	Active and Safe Routes to School (Program)	A community action resource kit designed to assist school communities in encouraging safe and active travel to and from school. Developed by Green Communities Canada.	Teachers, Administrators, Healthy School Committee	Secondary	English	
K010	Playground Activity Leaders in Schools (P.A.L.S)	P.A.L.S. is a playground leadership program offered by Leeds, Grenville, Lanark Health Unit that encourages all children to participate in activities regardless of their gender, size, or ability.	Teachers	Elementary, K	English	
V013	Dancing for DPA: The OPHEA Way!	A DVD that demonstrates over 50 essential dance movements broken down into step-by-step instructions. There are four different dance routines combining sequences of the dance movements. Also included are demonstrations of over 50 different fitness activities designed specifically for limited space such as a class room setting.	Teachers		English	
V021	DPA Every Day, Every Student, Every Body	This video explains Daily Physical Activity and the importance of it.	Students, Educators	Elementary	English	
K027	Have a Ball	A toolkit for Physical activity and the early years that contains information/research, resources, ideas, fact sheets, games, a cod containing a physical activity program and a beach ball.	Teachers	Grade K-3	English	



V040	Exercise in Disguise	Exercise In Disguise 1& 2: Dynamic Resources for Safe Daily Vigorous Physical Activity. The activities are safe, easy and fun. Exercise In Disguise 1 provides a variety of games and activities designed for use in alternate spaces such as classrooms, hallways and playgrounds with minimal equipment requirements. Exercise In Disguise 2, building on Exercise In Disguise 1, integrates daily vigorous activity into all curriculum areas, offers activities for all divisions and includes great assessment strategies.	Teachers	K-8	English	
D014	Pedometer Kit	This kit contains a class set (39) of pedometers. Can be used to get studetns thinking about small ways to increase non-sedentary activities. Instructions for use are included.	Teachers	K-12	English	
K030	Primary Daily Physical Activity (DPA) Kit	This kit is filled with physical activity ideas- and much more- for educators, coaches, camp leaders and community recreation providers. It has everything you need to make incorporating physical activity into each day easier and fun such as: 90 Primary DPA Activity Cards, 50 Fitness Activities, and an Activity Card Supplements DVD. Teachers can borrow a hard copy from the Health Unit or order their own copy at <a href="http://www.ophea.net">www.ophea.net</a>	Teachers	K-3	English	2012
K031	Junior Daily Physical Activity (DPA) Kit	This kit is filled with physical activity ideas- and much more- for educators, coaches, camp leaders and community recreation providers. It has everything you need to make incorporating physical activity into each day easier and fun such as: 90 Junior DPA Activity Cards, 50 Fitness Activities, and an Activity Card Supplements DVD. Teachers can borrow a hard copy from the Health Unit or order their own copy at <a href="http://www.ophea.net">www.ophea.net</a>	Teachers	4,5,6	English	2012

K032	Intermediate Daily Physical Activity (DPA) Kit	This kit is filled with physical activity ideas- and much more- for educators, coaches, camp leaders and community recreation providers. It has everything you need to make incorporating physical activity into each day easier and fun such as: 90 Intermediate DPA Activity Cards, 50 Fitness Activities, and an Activity Card Supplements DVD. Teachers can borrow a hard copy from the Health Unit or order their own copy at <a href="http://www.ophea.net">www.ophea.net</a>	Teachers	7,8	English	2012
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## 2.12 Self Esteem / Body Image / Peer Pressure / Relationships

### Useful Websites:

Title	Location	Description	Grade
Ontario Physical Health Education Association (OPHEA)	<a href="http://www.ophea.net/">http://www.ophea.net/</a>	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.	K-12
Jigga Jump	<a href="http://www.judyanddavid.com/jiggajump/">www.judyanddavid.com/jiggajump/</a> or obtain resource from the Health Unit	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.	JK-3
Physical Activity Resource Centre	<a href="http://www.ophea.net/parc">www.ophea.net/parc</a>	This resource centre is dedicated to physical activity information and resources. There are sample programs, presentations and workshop opportunities as well as a list of organizations. Available in English and French.	10-12

Body Image Unit	<a href="http://www.teachnutrition.org">www.teachnutrition.org</a> Under teacher resources, classroom activities for Grades 4-6.	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.	4-6
Go Girls	<a href="#">Availability would depend on the willingness of the school to partner and the availability of trained and screened mentors to implement the program. Contact BBBS to enquire about this program</a> <a href="http://www.bigbrothersbigsisters.ca/en/Home/Programs/GoGirls.aspx">http://www.bigbrothersbigsisters.ca/en/Home/Programs/GoGirls.aspx</a>	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. Available in English.	7-8
Game On	<a href="#">Availability would depend on the willingness of the school to partner and the availability of trained and screened mentors to implement the program. Contact BBBS to enquire about this program</a> <a href="http://www.bigbrothersbigsisters.ca/en/Home/Programs/gameon.aspx">http://www.bigbrothersbigsisters.ca/en/Home/Programs/gameon.aspx</a>	This 7-10 week program is designed for boys 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 boys this age are dealing with. Big Brothers Big Sisters and the Health Unit partner in providing this program.	7-8

The Student Body	<a href="http://www.research.aboutkidshealth.ca/thestudentbody/home.asp">www.research.aboutkidshealth.ca/thestudentbody/home.asp</a>	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.	4-6
National Eating Disorder Information Centre	<a href="http://www.nedic.ca">www.nedic.ca</a>	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.	K-12
Super Size Me Discussion Guide	<a href="http://osnpph.on.ca/pdfs/SuperSizeMe.pdf">http://osnpph.on.ca/pdfs/SuperSizeMe.pdf</a>	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.	6-12
Tool for Teachers	<a href="http://www.healthunit.org/school/resources/Tools_for_Teachers.pdf">http://www.healthunit.org/school/resources/Tools_for_Teachers.pdf</a>	No matter what subject you teach, as a teacher, you may have the greatest influence on a child's health, of any other adult outside the home. The question remains, what are the things we do that influence students, either positively or negatively? It is not always clear what we should be saying or doing. This guide, along with the training will allow you to incorporate these concepts into your whole school environment and positively impact the bodyimage and self-esteem of your students.	K-8

ME Mag	<a href="http://www.memag.ca/">http://www.memag.ca/</a>	Developed by the Eastern Ontario Health Unit in consultation with teens across the Cornwall area, this website provides straight-forward, accurate information on general health issues and other topics that relate to youth. Topics include alcohol, drugs, tobacco, sexual health, piercings, tattoos, healthy eating and physical activity.	9-12
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## 2.12 Self Esteem / Body Image / Peer Pressure / Relationships

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
K013	The Fourth R - Grade 9	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 8 and 9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Administrators, Healthy School Committee, Students, Educators	9	English	

K014	The Fourth R - Grade 8	The Fourth R is a comprehensive school-based program designed to build skills and reduce harm among adolescents. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence), high risk sexual behaviour and substance use among adolescents. Through this program, students are better equipped with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. The curriculum consists of lesson plans that meet the Ontario Ministry of Education's learning expectations for the grade 8 and 9 health curriculum. Students are engaged through active learning, peer mentoring, and role modeling of appropriate behaviours. This teaching resource contains curriculum linked lesson plans, videos and posters.	Administrators, Students, Educators	8	English & French	
V022	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.	Students, Educators	Secondary, 7, 8	English	
B004	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.	Teachers	7, 8		
B017	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.	Students, Educators	Secondary, 6, 7, 8	English	
K001	Jiggi Jump	This program designed for children JK-3 has entertaining music and accompanying movements lead by children's entertainer's Judy and David.	Teachers	K, JK, 1, 2, 3	English	

V041	Date Rape and Abusive Relationships Video	In this disturbing portrait of unhealthy relationships we meet high school students Mario and Debbie. Mario takes pride in "seducing" as many girls as possible, until he spends a day helping the DA gather evidence in a date rape case. Debbie has just escaped an abusive relationship and is afraid of finding herself in another, but a day chaperoning Gina, whose boyfriend is constantly harassing her strengthens Debbie's confidence. (21 minutes)	Teachers	Grade 9-12	English	2002
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## 2.13 Skin Cancer / Sun Safety

### Resources to Borrow:

(see borrowing details - Section 1)

Catalogue Number	Title	Description	Of Interest To	Grade	Language	Production Date
D009	Artificial Tanning Display	A floor stand display depicting a graphic image of teen girl's face with the impacts of artificial tanning. - 3'(W)x6'(H)x2'(D) in size.	Teachers, Students, Community members	Secondary	English	2011
D006	Sun Sense	This interactive display provides students/adults with sun safety knowledge through true/false questions. Different question sets for different audiences.		7, 8	English	
D007	UV Radiation Safety Display	A graphic and attention grabbing display that illustrates many reasons to protect your skin from UV damage.		Secondary, 7, 8	English	
V003	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.	Teachers	Secondary, 7, 8	English	

## 2.14 Youth Engagement

### Useful Websites:

Title	Location	Description	Grade
Get Plugged In	<a href="http://www.getpluggedin.ca">www.getpluggedin.ca</a>	Get Plugged In is a free, bilingual youth engagement website designed for youth aged 14-19 to support them in becoming more involved in their school and community. The website provides youth the tools they need to identify their interests and match it to different opportunities to get involved. The website also includes a separate section for adults who work with youth in schools or communities or parents to help them understand the important of youth involvement in schools and communities and how they can support them. This resource is available online at <a href="http://www.getpluggedin.ca">www.getpluggedin.ca</a>	Grade 9-12
YouThrive	<a href="http://www.youthrive.ca">www.youthrive.ca</a>	YouThrive is a practical resource that was developed in a partnership involving Canadian Mental Health Association, Ontario (CMHA Ontario), Centre for Addiction and Mental Health (CAMH), Ontario Lung Association (OLA) and Ophea. It is for leaders in communities and schools across Ontario who work with youth aged 12 to 19. It is designed for people who want to create communities in which young people can thrive and develop capacity to realize their own abilities, make a contribution to society and learn how to take control of their own lives. It shows how using a health promotion approach supports positive mental health and prevents risk-taking behaviour among young people.	Grade 9-12

### 3. Disclaimer

Links from this site to other sites are presented as a convenience to The Leeds, Grenville and Lanark District Health Unit World Wide Web users. The Leeds, Grenville and Lanark District Health Unit does not endorse nor accept any responsibility for the content found at these sites.

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