

Health Education

Appendix B: Electronic Tool Box

Alcohol, Tobacco, and Other Drugs-Use, Misuse, and Abuse

1. <http://www.freevibe.com> (National Youth Anti-Drug Media Campaign- drug information, facts, social support for adolescents to stay drug free)
2. <http://www.acde.org> (Information on drug use and abuse by the American Council for Drug Abuse)
3. <http://www.justthinktwice.org> (Drug Enforcement Administration- interactive website with drug information, quizzes and other resources)
4. www.tobaccofreeutah.org (Information about the Tobacco Prevention and Control Program and tobacco-related facts, laws, and data)
5. <http://www.utahphoenixalliance.org> (Information about the Phoenix Alliance, Utah's anti-tobacco youth advocacy team)

Asthma

1. <http://www.health.utah.gov/asthma/> (Resources and information to help schools work with students with asthma, as well as to protect children's health during poor air quality days)

Avalanche Safety

1. www.utahavalanchecenter.org (Free curriculum promoting avalanche safety for junior high school students- includes PowerPoint, Video, and Teacher Guide; information also available about classroom or assembly presentations- all free)

Contact Craig Gordon

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Brain Development and Behavior

1. <http://johnratey.typepad.com/> (Explores the science of exercise and the brain)
2. www.yellowdocuments/doc/281247/fact-sheet-adolescents-brain-development (New information about adolescent brain development)
3. www.nimh.nih.gov/health/publications/teenage-brain-a-work-in-progress-fact-sheet/index.shtml
(Exploring the developing teenage brain)
4. www.mentorfoundation.org/brain (The vulnerability of the teenage brain to substance abuse)
5. <http://captus.samhsa.gov/Western/news/events/documents/brain.ppt> (PowerPoint about adolescent brain development)

Bullying

1. <http://teenadvice.about.com/od/factsheetsforteens/a/10thingsbullies.htm> (Things to know about bullies)
2. <http://stopbullyingnow.hrsa.gov/index.asp?area=others> (Stopping and preventing bullying behavior)
3. www.pbs.org/itsmylife/friends.bullies.indes.html (Strategies to stop and prevent inappropriate advances from others- bullying, cyber-bullying, sexual harassment)

Cancer

1. www.ucan.cc (Information about the Utah Cancer Action Network, and preventing and treating cancer)
2. <http://health.utah.gov/ucan/cancer/Sitespecific/childhood.htm> (Information about childhood cancer)
3. <http://www.utahcancer.org> (Information about the Utah Cancer Control Program, available free screenings, screening recommendations, sun safety and skin cancer)
4. www.cancer.gov/cancertopics/factsheet/risk/obesity (Fact sheet- obesity and cancer)

Curricula (Free)

1. supplements@science.education.nih.gov (Free curricula provided by the National Institute of Health. Individual manuals include: (a) *The Brain: Our Sense of Self*; (b) *Chemicals, the Environment and You*; (c) *Understanding Alcohol: Investigations into Biology and Behavior*; (d) *The Science of Energy Balance: Calorie Intake and Physical Activity*; (e) *The Science of Healthy Behaviors*)

Dating Dangers

1. <http://www.health.utah.gov/vipp> (Information about violence and injury prevention issues, including dating violence <http://www.health.utah.gov/vipp/dating%20violence/overview.htm>)

Diabetes

1. <http://health.utah.gov/diabetes> (Information on the Utah Diabetes Prevention and Control Program and Diabetes in Utah)
2. http://www.ndep.nih.gov/diabetes/youth/youthtips/youthtips_diabetes.htm (Tip Sheets for Teens with Diabetes provide information about diabetes and encourage teens to take action and manage their disease for a long and healthy life)
3. http://www.ndep.nih.gov/diabetes/parents/parents_questions.htm (For parents--When Your Child is diagnosed with Diabetes: Parent's Questions for the Healthcare Team)

Disease Prevention

1. <http://www.igohugo.org> (Alliance for a Healthier Generation – interactive website sponsored by the American Heart Association)
2. <http://aspe.hhs.gov/health/reports/physicalactivity/> (Physical activity is fundamental to disease prevention)
3. <http://www.health.utah.gov/cdc/> (Utah resources and STD/HIV data)

Family Health History

1. <http://health.utah.gov/genomics/> (Information about family health history and access to the *Family Health History Toolkit* <http://health.utah.gov/genomics/familyhistory/toolkit.html>)
2. <http://gslc.genetics.utah.edu> (Electronic family tree provided by the University of Utah and the Utah Department of Health)

Fetal Alcohol Spectrum Disorders (FASD)

1. <http://www.ncadi.samhsa.gov> (“Reach to Teach: Educating Elementary and Middle School Children with FASD”- a no cost booklet to educate teachers about FASD)
2. www.nofas.org (FASD fact sheets, curriculum and other resources)

3. www.cdc.gov/fasd (FASD information from the Centers for Disease Control and Prevention)
4. <http://www.fascenter.samhsa.gov> (Curriculum and PowerPoint illustrating the basics of FASD)

General Health Websites

1. <http://www.nucleusinc.com/medical-animations.php?pageno=1> (Animations of a variety of health ed. topics for teachers)
2. <https://www.welcoa.org> (general health topics and brochures and inexpensive publications)
3. www.vcu.edu/lifesci/sosq (Free videos on DNA, diseases, heredity obesity, mental illness, sleeping, smoking and other topics)
4. <http://www.nlm.nih.gov/medlineplus/tutorials.html> (Interactive health tutorials for teachers on a variety of topics)

Gold Medal Schools—Power Up

1. <http://www.hearhighway.org/gms/powerup/index.html> (Provides resources and incentives for middle schools to support healthy eating, physical activity, tobacco-free school, and other health-promoting policies)

Grief

1. <http://www.rippleeffects.com/resist/teens/grief/scenario.html> (Interactive website for teens-offers information on how to deal with grief)
2. www.helpguide.org/mental/grief_loss.html (Healthy ways to accept, manage and adapt to changes in relationships- loss, grief, coping)

Healthy Self-Concept

1. <http://guide.helpingamericasyouth.gov/programtool-factors.cfm> (Introduction to risk and protective factors)
2. <http://www.kellybear.com/TeacherArticles/teacherTip21.html> (Refusal skills for managing peer pressure)
3. <http://school.discoveryeducation.com/lessonplans/programs/sefesteem/> (Decision-making skills)
4. <http://school.discoveryeducation.com/lessonplans/programs/selfesteem> (Strategies to build self-esteem)
5. www.resiliency.com (tools to build resiliency in a number of life situations)

Healthy Weight/ Nutrition

1. www.health.utah.gov/obesity (Information and statistics on obesity, link to *the Utah Blueprint to Promote Healthy Weight among Children, Youth, and Adults*)
2. www.uphw.org (Utah Partnership for Healthy Weight)
3. www.checkyourhealth.org (Links to “workouts on the web” and healthy recipes and cooking tips)
4. www.hearhighway.org/gms (Information about Utah’s Gold Medal Schools Program, promoting healthy eating, physical activity, and tobacco-free environments among elementary and middle schools)
5. www.mypyramid.gov (Charts, puzzles, graphs illustrating proper eating habits)

Human Development/Sexuality

1. <http://school.discoveryeducation.com/lessonplans/programs/sexualharassment/> (Sexual Harassment)
2. http://www.schools.utah.gov/curr/pe_health/law_policy.htm (USOE's parent/teacher guide for teaching human sexuality- also available on health education website)

Internet Safety and Dangers

1. www.netsmartkids.org (Interactive activities and games teaching safety on the internet to children, teens, parents, and educators)
2. www.attorneygeneral.utah.gov (*A Parent's Guide to Internet Safety* (pamphlet and information))
3. <http://www.emints.org/ethemes/resources/S00000652.shtml> (Overview of internet safety)

Mental Illness

1. <http://www.mimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america.shtml> (Statistics on mental disorders in America)
2. <http://nami.org/> (National Alliance on Mental Illness- explains various types of mental disorders)
3. <http://mentalhealth.samhsa.gov/publications/allpubs/OEL99-0004/default.asp> (Anti-Stigma- Do you know the facts?)
4. <http://mayoclinic.com/health/mental-health/MH00076> (Understanding the stigma of mental illness)
5. <http://hsmh.state.ut.us/> (Utah Department of Human Services- mental health services and links)

Physical Fitness

1. www.cdc.gov/NCCDPHP/sgr/adoles.htm (Physical activity and health for adolescents)
2. http://www.fitness.gov/council_pubs.htm (Key facts, figures, and benefits of physical fitness for adolescents)
3. www.cdc.gov/nccdphp/sgr/sgr.htm (Executive summary of the benefits of fitness on overall health)
4. <http://johnratey.typepad.com/> (Explores the science of exercise and the brain)

PowerPoint Presentations (various health education topics)

1. <http://www.pppst.com/themes.html> (Free presentations in PowerPoint format)

Relationships

1. www.pamf.org/teen/abc/ (ABC's of healthy relationships for teens)
2. <http://pamf.org/teens/abc/buildingblocks/eightthings.html>. (Practicing better communication skills)
3. <http://school.discoveryeducation.com/lessonplans/programs.resolvingconflicts> (Practicing effective communication skills)

Safety

1. <http://www.health.utah.gov/vipp/> (Information about bicycle and pedestrian safety, school injuries, and motor vehicle crashes.)
2. http://firstaid.about.com/od/emergencypreparation/ht/07_emergencies.htm (How to recognize a medical emergency)
3. <http://www.ou.edu/oupd/fireprim.htm> (Fire safety information)
4. <http://www.homesafetycouncil.org/programs/programs.aspx> (Home Safety)
5. <http://facs.pppst.com/safety.html> (A number of safety education PowerPoint presentations)

Stress Management

1. <http://www.nytimes.com/learning/teachers/lessons/20020528tuesday.html> (Explores the causes and effects of anger and effective anger management techniques)
2. <http://www.psychologytoday.com/topics/stress.html> (Stress management techniques)
3. http://greentreeyoga.org/downloads/Yoga_Breaks/2_Seated_Break.mp3 (Simple yoga breathing and stretching to manage stress)

Suicide

1. <http://www.health.utah.gov/vipp> (Information about violence and injury prevention issues, including suicide <http://www.health.utah.gov/vipp/suicide/index.html>)
2. <http://www.nytimes.com/learning/teachers/lessons/20020528tuesday.html> (Explores appropriate responses to people who may be suicidal)

Violence in the Media

1. <http://mentalhealth.about.com/cs/familyresources/a/videogameviolence.htm> (Violent video games produce violent behavior)

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