

## Health Education

### Appendix B: Electronic Tool Box

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#### 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](http://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](http://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

[craig@utahavalanchecenter.org](mailto:craig@utahavalanchecenter.org)

#### Brain Development and Behavior

1. <http://johnratey.typepad.com/> (Explores the science of exercise and the brain)
2. [www.actforyouth.net5/documents/may02factsheetadolbraindev.pdf](http://www.actforyouth.net5/documents/may02factsheetadolbraindev.pdf) (New information about adolescent brain development)
3. [www.nimh.nih.gov/health/publications/teenage-brain-a-work-in-progress-factsheet/index.shtml](http://www.nimh.nih.gov/health/publications/teenage-brain-a-work-in-progress-factsheet/index.shtml)  
(Exploring the developing teenage brain)
4. [www.mentorfoundation.org/brain](http://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. <http://facs.pppst.com/bullying.html> (Facts on bullying in the United States)

4. [www.pbs.org/itsmylife/friends.bullies.indes.html](http://www.pbs.org/itsmylife/friends.bullies.indes.html) (Strategies to stop and prevent inappropriate advances from others- bullying, cyber-bullying, sexual harassment)
5. <http://facs.pppst.com/bullying.html> (Resources to eliminate bullying behavior)

### **Cancer**

1. [www.ucan.cc](http://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](http://www.cancer.gov/cancertopics/factsheet/risk/obesity) (Fact sheet- obesity and cancer)

### **Curricula (Free)**

1. [supplements@science.education.nih.gov](mailto: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/quiz/index.htm> (Quiz for Teens with Diabetes There is information on the NDEP website about a banner that programs can use to link to the Quiz on their website at <http://www.ndep.nih.gov/partnerships/logos.htm#quizbanner>)
3. [http://www.ndep.nih.gov/diabetes/youth/youthtips/youthtips\\_diabetes.htm](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)
4. [http://www.ndep.nih.gov/diabetes/parents/parents\\_questions.htm](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)

### **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](http://www.nofas.org) (FASD fact sheets, curriculum and other resources)
3. [www.cdc.gov/fasd](http://www.cdc.gov/fasd) (FASD information from the Centers for Disease Control and Prevention)
4. <http://www.dascenter.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. <http://science.nhmccd.edu/BioL/ap1int.htm> (Anatomy and physiology animations and interactive tutorial links)
3. <https://www.welcoa.org> (general health topics and brochures and inexpensive publications)
4. [www.vcu.edu/lifesci/sosq](http://www.vcu.edu/lifesci/sosq) (Free videos on DNA, diseases, heredity obesity, mental illness, sleeping, smoking and other topics)
5. <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.hearthishighway.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](http://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://teendo.ning.com/> (Interactive goal-setting website)
3. <http://www.kellybear.com/TeacherArticles/teacherTip21.html> (Refusal skills for managing peer pressure)
4. <http://school.discoveryeducation.com/lessonplans/programs/sefesteem/> (Decision-making skills)
5. <http://school.discoveryeducation.com/lessonplans/programs/selfesteem> (Strategies to build self-esteem)
6. [www.resiliency.com](http://www.resiliency.com) (tools to build resiliency in a number of life situations)

### Healthy Weight/ Nutrition

1. [www.health.utah.gov/obesity](http://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](http://www.uphw.org) (Utah Partnership for Healthy Weight)
3. [www.checkyourhealth.org](http://www.checkyourhealth.org) (Links to “workouts on the web” and healthy recipes and cooking tips)
4. [www.hearhighway.org/gms](http://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](http://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](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)
3. [www.4parents.gov](http://www.4parents.gov) (The pamphlet, *Parents Speak Up*, and other information to assist parents with the discussion of Human Sexuality.)

### Internet Safety and Dangers

1. [www.netsmartzkids.org](http://www.netsmartzkids.org) (Interactive activities and games teaching safety on the internet to children, teens, parents, and educators)
2. [www.attorneygeneral.utah.gov](http://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/OEL\(\(-0004/default.asp](http://mentalhealth.samhsa.gov/publications/allpubs/OEL((-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](http://www.cdc.gov/NCCDPHP/sgr/adoles.htm) (Physical activity and health for adolescents)
2. [http://www.fitness.gov/council\\_pubs.htm](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](http://www.cdc.gov/nccdphp/sgr/sgr.htm) (Executive summary of the benefits of fitness on overall health)

4. [www.rwjf.org/files/research/activeeducation.pdf](http://www.rwjf.org/files/research/activeeducation.pdf) (Links fitness with enhanced academic performance)
5. <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/](http://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](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](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)