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### Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

# Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca)

Questions or comments regarding this list can be directed to [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca). Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

# Comprehensive School Health

## Supplementary Information for Teachers

### Alberta Health Services - The Comprehensive School Health Approach

Theme:	Healthy School Communities	A healthy school community is one that supports the wellness of all its members (students, teachers, staff, and parents) and strives to be a healthy setting for living, learning, and working. This website offers resources and tools that are designed to support teachers, students, school administrators, school jurisdiction staff, health professionals, parents, and community members in building healthy school communities.  <a href="http://www.ahs.ca/csh">www.ahs.ca/csh</a>
Of Interest:	Comprehensive School Health, Resources and Tools	

### Alberta Healthy School Community Wellness Fund

Theme:	Funding	The Wellness Fund provides grant opportunities and school health resources including the <a href="#">Developing Healthy School Communities Handbook / Manuel Développement de Communautés Scolaires en Santé</a> .  <a href="http://www.wellnessfund.ualberta.ca">www.wellnessfund.ualberta.ca</a>  <a href="#">FRANÇAIS</a>
Of Interest:	Grant Opportunities	

### Ever Active Schools

Theme:	Physical Education, Physical Literacy, Daily Physical Activity	Ever Active Schools is a provincial organization designed to assist schools in addressing and creating healthy school communities by providing teacher resources, presentations, professional development and more.  <a href="http://www.everactive.org">www.everactive.org</a>  <a href="#">LESSON PLANS</a>
Of Interest:	Lesson Plans, Videos, Professional Development	

### Joint Consortium for School Health (JCSH)

Theme:	Healthy School Communities	The JCSH, a leader in supporting Comprehensive School Health in Canada, provides information, resources and tools.  <a href="http://www.jcsh-cces.ca">www.jcsh-cces.ca</a>  <a href="#">FRANÇAIS</a>
Of Interest:	Resources, Toolkits, Assessment Tools	

## Classroom Resources

### Active for Life Lesson Plans

Grades K-7	Theme:	Physical Education, Physical Activity, Physical Literacy	Active for Life lesson plans, and accompanying instructional and assessment videos, provide activities, tips and cues to deliver physical literacy instructions to children.
	Organization:	Active for Life	<a href="http://www.activeforlife.com/lesson-plans-and-resources/">www.activeforlife.com/lesson-plans-and-resources/</a> <a href="#">LESSON PLANS</a> <a href="#">FRANÇAIS</a>

### At My Best

Grades K-6	Theme:	Physical Education, Health Education	At My Best is a free, comprehensive, curriculum-supported toolkit to promote and develop children’s overall wellness (physical activity, healthy eating and emotional wellness).
	Organization:	Physical & Health Education Canada	<a href="http://www.atmybest.ca">www.atmybest.ca</a> <a href="#">LESSON PLANS</a> <a href="#">FRANÇAIS</a>

### Be Fit for Life Resources

Grades K-7	Theme:	Physical Education, Physical Literacy, Daily Physical Activity	The Be Fit for Life Network offers a variety of resources to support teachers, coaches, recreation leaders and anyone getting kids moving. The resources and tools provide support in: developing physical literacy skills, empowering student leaders, incorporating yoga in the classroom and much more.
	Organization:	The Be Fit For Life Network	<a href="http://www.befitforlife.ca/resources/">http://www.befitforlife.ca/resources/</a> <a href="#">LESSON PLANS</a> <a href="#">FRANÇAIS</a> <a href="#">\$\$\$</a>

### Daily Physical Activity: A Handbook for Grades 1-9 Schools

Grades 1-9	Theme:	Daily Physical Activity	This resource provides teachers and administrators with information and ideas for developing a daily physical activity (DPA) program. It contains numerous activities that can be organized by the school for small spaces, outdoors, in the gymnasium and ideas for whole school participation.
	Organization:	Alberta Education	<a href="https://education.alberta.ca/media/160222/handbook.pdf">https://education.alberta.ca/media/160222/handbook.pdf</a> <a href="#">LESSON PLANS</a>

### Fundamental Movement Skills (FMS) Resource Series

Grades K-12	Theme:	Physical Literacy Physical Education	These resources aid in teaching fundamental movement and sport skills in an effective, fun and interactive manner through the use of both print handbooks and an online video collection.
	Organization:	Physical & Health Education Canada	<a href="http://www.phcanada.ca/store/books/fms-series-1.html">www.phcanada.ca/store/books/fms-series-1.html</a> <a href="#">LESSON PLANS</a> <a href="#">FRANÇAIS</a> <a href="#">\$\$\$</a>

## Classroom Resources

### Heart Health: A Resource for Senior High Physical Education

<b>Grades 10-12</b>	Theme:	Physical Education	<p>This resource supports implementation of General Outcomes B and D in Grade 10 of the 'Physical Education Kindergarten to Grade 12 Program of Studies'. It provides eight learning opportunities that connect students with their heart-rate data and what these numbers mean for their own health and personal fitness.</p> <p><a href="https://open.alberta.ca/publications/077854754x">https://open.alberta.ca/publications/077854754x</a></p> <p><b>LESSON PLANS</b></p>
	Organization:	Alberta Education	

### Passport for Life

<b>Grades 3-6</b>	Theme:	Physical Literacy, Physical Education, Physical Activity	<p>Passport for Life tools assess four components of physical literacy: active participation, living skills, fitness skills and movement skills. These assessment tools allow teachers to easily enter, manage and review student data online while also providing students and parents with individualized, user-friendly outputs (i.e., the Student Passport).</p> <p><a href="http://www.passportforlife.ca">www.passportforlife.ca</a></p> <p><b>FRANÇAIS</b></p>
	Organization:	Physical & Health Education Canada	

### Physical Education Guide to Implementation

<b>Grades K-12</b>	Theme:	Physical Education	<p>This guide is intended to assist teachers with implementation of the prescribed outcomes in the Program of Studies for Physical Education, Kindergarten to Grade 12, so that Alberta students have the opportunities to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.</p> <p><a href="https://education.alberta.ca/physical-education/program-supports/everyone/support-documents/">https://education.alberta.ca/physical-education/program-supports/everyone/support-documents/</a></p> <p><b>FRANÇAIS</b></p>
	Organization:	Alberta Education	

### Recipe Card Lesson Plans for Physical Education

<b>Grades K-12</b>	Theme:	Physical Education, Physical Literacy, Daily Physical	<p>Each Recipe Card Lesson Plan features 36 lessons organized into 5 units one, for each of the five dimensions in the Alberta K-12 Physical Education Program of Studies (dance, gymnastics, individual activities, alternative environment).</p> <p><a href="http://www.everactive.org/recipe-card-lesson-plans-for-physical-education">www.everactive.org/recipe-card-lesson-plans-for-physical-education</a></p> <p><b>LESSON PLANS</b>   <b>FRANÇAIS</b>   \$\$\$</p>
	Organization:	Ever Active Schools	

### SPARK

<b>Grades K-12</b>	Theme:	Physical Education	<p>This website offers a collection of free SPARK sample lesson plans for physical education.</p> <p><a href="http://www.sparkpe.org/physical-education/lesson-plans/">http://www.sparkpe.org/physical-education/lesson-plans/</a></p> <p><b>LESSON PLANS</b></p>
	Organization:	SPARK	

## Supplementary Information for Teachers

### Alberta Centre for Active Living

Theme:	Physical Activity	The Alberta Centre for Active Living is an advocate for physical activity and a key source of research and education on physical activity. Their website highlights evidence-based information for professionals who promote physical activity in their work. <a href="http://www.centre4activeliving.ca">www.centre4activeliving.ca</a>
Of Interest:	Online Library, Video and Podcasts, Pedometer Toolkits	

### Be Fit for Life Network

Theme:	Physical Activity	The Be Fit For Life Centres are located in college and university campuses across Alberta. They provide teacher workshops, classroom activities and other programs, resources and services to encourage Albertans to be physically active. <a href="http://www.befitforlife.ca">www.befitforlife.ca</a>
Of Interest:	Workshops	

### Canadian Intramural Recreation Association of Ontario (CIRA)

Theme:	Physical Activity	CIRA Ontario is an incorporated, non-profit organization whose mission is to encourage, promote, and develop active living, healthy lifestyles and personal growth through intramural and recreation programs within the education and recreation communities. Their website offers resources related to intramurals, DPA, physical literacy, active play, inclusivity and many more topics. <a href="http://www.ciraontario.com/">http://www.ciraontario.com/</a>
Of Interest:	Intramurals, Physical Literacy, Daily Physical Activity	

### Canadian 24-Hour Movement Guidelines for Children and Youth

Theme:	Physical Activity, Sedentary Behaviour	The Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour and Sleep are the first evidence-based guidelines to address the whole day. For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. <a href="http://www.csep.ca/en/guidelines/canadian-24-hour-movement-guidelines">http://www.csep.ca/en/guidelines/canadian-24-hour-movement-guidelines</a> <b>FRANÇAIS</b>
Of Interest:	Guidelines, Handbook	

### Heart and Stroke Foundation

Theme:	Physical Activity	The Heart & Stroke Foundation provides teachers and parents with tools, resources and publications to inspire heart-healthy habits in kids. <a href="http://www.heartandstroke.ab.ca/site/c.lqIRL1PJtH/b.6396271/k.2C78/Healthy_Kids_Healthy_at_School.htm">www.heartandstroke.ab.ca/site/c.lqIRL1PJtH/b.6396271/k.2C78/Healthy_Kids_Healthy_at_School.htm</a> <b>LESSON PLANS</b>
Of Interest:	Jump Rope for Heart, Cross-Curricular Lesson Plans, Games	

## Supplementary Information for Teachers

### ParticipACTION

Theme:	Physical Activity	<p>ParticipACTION is the national voice of physical activity and sport participation in Canada. As a national not-for-profit organization solely dedicated to inspiring and supporting healthy and active living for Canadians, it works with its partners, which include sport, physical activity, recreation organizations, government and corporate sponsors, to inspire and support Canadians to move more. The Build Your Best Day section of this website offers resources for teachers and parents that are aligned with the 24-hour movement guidelines.</p> <p><a href="http://www.participaction.com">www.participaction.com</a>  <a href="http://buildyourbestday.participaction.com/en-ca/">http://buildyourbestday.participaction.com/en-ca/</a></p> <p><b>FRANÇAIS</b></p>
Of Interest:	Toolkit, Calendar of Events, Webinars, Report Card on Physical Activity	

### Physical & Health Education Canada (PHE Canada)

Theme:	Physical Literacy, Physical Education, Health	<p>PHE Canada is a national professional organization for physical and health educators and advocates for and advances quality physical and health education programs by providing resources, programs and advocacy tools.</p> <p><a href="http://www.phecanada.ca">www.phecanada.ca</a></p> <p><b>FRANÇAIS</b></p>
Of Interest:	Advocacy Tools, Resources, Programs	

### Public Health Agency of Canada - Physical Activity Unit

Theme:	Physical Activity	<p>The Public Health Agency of Canada provides physical activity tips, resources and information to support Canadians in working towards healthier lifestyles.</p> <p><a href="http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php">www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php</a></p> <p><b>FRANÇAIS</b></p>
Of Interest:	Get Active Tip Sheet, Be Active! Quiz, Eat Well and Be Active Educational Toolkit	

### Safe Healthy Active People Everywhere (SHAPE)

Theme:	Active Transportation	<p>SHAPE is a non-profit organization that promotes the Active &amp; Safe Routes to Schools programs throughout Alberta. SHAPE promotes active transportation of students which in turn promotes student health, benefits the environment and reduces traffic congestions in and around schools.</p> <p><a href="http://www.shapeab.com">www.shapeab.com</a></p>
Of Interest:	Calendar of Events, School Travel Planning Toolkit, Safe Routes to School Resources	

### The Health and Physical Education Council (HPEC)

Theme:	Physical Education	<p>HPEC is a specialist council of the Alberta Teachers Association. HPEC, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities.</p> <p><a href="http://www.hpec.ab.ca">www.hpec.ab.ca</a></p>
Of Interest:	Conferences, Workshops, Publications, Grant and Award Opportunities	

# Addiction Prevention

## Classroom Resources

### iMinds

<b>Grades 4-10</b>	Theme:	Addiction and Substance Use, Knowledge and Skill Development	<p>iMinds is a program designed to fit the BC curriculum for students in Grades 4 through 10. It can be adapted to meet various educational needs and is available for use in Canadian schools. iMinds aims to help students develop the knowledge and skills they need to survive and thrive in a world where caffeine, tobacco, alcohol, and other drug use is common.</p> <p><a href="http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php">http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php</a></p> <p><b>LESSON PLANS</b>   <b>FRANÇAIS</b></p>
	Organization:	University of Victoria-Centre for Addictions Research of British Columbia	

### Lesson Plans - Addiction Prevention

<b>Grades 3-12</b>	Theme:	Addiction and Substance Use, Decision Making	<p>These resources help teachers to plan and deliver high-quality lessons supporting the Alberta curriculum for grades 3 to 12, while at the same time delivering effective addiction prevention messages to students.</p> <p><a href="http://www.albertahealthservices.ca/amh/Page2677.aspx">http://www.albertahealthservices.ca/amh/Page2677.aspx</a></p> <p>“Alcohol: A Conversation” is a set of online lesson plans that contain curriculum links for high school Social Studies, CALM, and Biology.</p> <p><a href="http://www.albertahealthservices.ca/amh/Page7096.aspx">http://www.albertahealthservices.ca/amh/Page7096.aspx</a></p> <p><b>LESSON PLANS</b></p>
	Organization:	Alberta Health Services	

### Mouse Party

<b>Grades 10-12</b>	Theme:	Neurotransmitter Response to Substance Use	<p>This is an engaging interactive tool for learning about the neurology of common drugs of abuse (alcohol, cocaine, ecstasy, heroin, LSD, marijuana and methamphetamine). Learning is approached with high quality visual and auditory features. Although it is American, the content is universal and incorporates recent research.</p> <p><a href="http://learn.genetics.utah.edu/content/addiction/mouse/">http://learn.genetics.utah.edu/content/addiction/mouse/</a></p>
	Organization:	University of Utah	

### Peer Leadership: A guide to implementing school-based peer leadership programs

<b>Grades 7-12</b>	Theme:	Peer Leadership	<p>The Peer Leadership Guide is a resource designed to provide junior and senior high school staff with important tools and information to implement a peer leadership program, including templates and activities to facilitate a peer leadership group.</p> <p><a href="http://www.albertahealthservices.ca/amh/Page2680.aspx">http://www.albertahealthservices.ca/amh/Page2680.aspx</a></p>
	Organization:	Alberta Health Services	



# Addiction Prevention

## Classroom Resources

### Teacher Information Series

Grades 7-12	Theme:	Addiction, Substance Use, Gambling, Drinking and Driving	<p>The Teacher Information Series is designed to give teachers factual information to help engage students in talking about substance abuse and gambling and allow them to make informed lifestyle decisions and healthy choices.</p> <p><a href="http://www.albertahealthservices.ca/amh/Page2685.aspx">http://www.albertahealthservices.ca/amh/Page2685.aspx</a></p>
	Organization:	Alberta Health Services	

## Supplementary Information for Teachers

### Alcohol and Drug Use in Young People

Theme:	Addiction and Substance Use, Prevention, Harm Reduction	<p>This webpage provides information on the facts about alcohol and drug use in young people, health risks of alcohol and drug use, and prevention and harm reduction strategies.</p> <p><a href="https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=tp17749">https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=tp17749</a></p>
Of Interest:	Facts, Alcohol and Drug Use	

### Guide to Facilitate Discussion about Youth Cannabis Use in Your Community

Theme:	Addiction and Substance Use, Prevention, Harm Reduction	<p>This guide provides those who work with youth, the resources they need to host public discussion in their communities on the issue of youth cannabis use.</p> <p><b>Please note:</b> As more research and understanding becomes available on this topic we recommend that you visit <a href="http://www.ccsa.ca">www.ccsa.ca</a> regularly for the most up to date information.</p> <p><a href="http://www.cclt.ca/Eng/topics/Marijuana/Discussing-Youth-Cannabis-Use-in-Your-Community/Pages/default.aspx">http://www.cclt.ca/Eng/topics/Marijuana/Discussing-Youth-Cannabis-Use-in-Your-Community/Pages/default.aspx</a></p>
Of Interest:	Cannabis, Youth, Community	

### Online Learning for Effects of Cannabis Use During Adolescence

Theme:	Addiction and Substance Use, Prevention, Harm Reduction	<p>This online learning module, released in 2016, is based on the Canadian Centre on Substance Abuse's comprehensive report on The Effects of Youth Cannabis Use During Adolescence. It brings together the best, most current research and identifies what we know, what we don't know and what is emerging on the issue of youth cannabis use.</p> <p>Please note: As more research and understanding becomes available on this topic we'd recommend to visit <a href="http://www.ccsa.ca">www.ccsa.ca</a> regularly for the most up to date information.</p> <p>Report Summary: <a href="http://www.cclt.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf">http://www.cclt.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf</a></p> <p>Online learning module: <a href="http://www.cclt.ca/Eng/topics/Marijuana/Cannabis-Adolescence-E-learning-Module/Pages/default.aspx">http://www.cclt.ca/Eng/topics/Marijuana/Cannabis-Adolescence-E-learning-Module/Pages/default.aspx</a></p>
Of Interest:	Cannabis and Youth	

## Addiction Prevention

### Supplementary Information for Teachers

#### Prevention Strategies for Teachers

Theme:	Addiction Prevention	This webpage provides information on effective and ineffective strategies that contribute to multi-pronged, long range, and integrated prevention programs within schools.
Of Interest:	Prevention Strategies	<a href="http://www.albertahealthservices.ca/amh/Page2678.aspx">http://www.albertahealthservices.ca/amh/Page2678.aspx</a>

#### Developing Substance Use and Gambling Policies for Alberta Schools

Theme:	Addiction and Substance Use, Prevention, Harm Reduction	This 46-page resource provides guidance to school staff who are involved in developing and implementing a school substance use and gambling policy. It breaks down the content into eight steps and provides useful tools such as a guest speaker checklist, sample school policy template and info on how to identify students at risk.
Of Interest:	Prevention Strategies	<a href="http://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-tch-school-policy-manual.pdf">http://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-tch-school-policy-manual.pdf</a>

## Body Image

### Classroom Resources

#### Being Me

Grades K-7	Theme:	Positive Body Image and Self-esteem	This resource contains lessons and activities designed to support the development of positive body image and self-esteem in Kidergarten - Grade 7 students, along with messaging to help prevent disordered eating.  Scroll down to 'Being Me'.  <a href="http://www.actionschoolsbc.ca/resources">http://www.actionschoolsbc.ca/resources</a>
	Organization:	Action Schools! BC	

#### Media Smarts: Body Image and Media Literacy

Grades 3-12	Theme:	Media Literacy Body Image	These resources provide parents and teachers with information and tools so they can help children and teens develop the critical thinking skills they need for interacting with the media they love.  <a href="http://mediasmarts.ca/body-image">http://mediasmarts.ca/body-image</a> <a href="http://habilomedias.ca/image-corporelle">http://habilomedias.ca/image-corporelle</a>  <b>FRANÇAIS</b>
	Organization:	Media Smarts	

#### The Student Body - Website

Grades 4-6	Theme:	Body Image	An online teacher training module designed to help teachers (and parents) recognize the factors that can trigger unhealthy dieting among children, and ways to prevent it. This is a 6-module course complete with background information for teachers and excellent classroom-based activities that also utilize technology.  <a href="http://thestudentbody.aboutkidshealth.ca/">http://thestudentbody.aboutkidshealth.ca/</a>
	Organization:	The Hospital for Sick Children	

## Food Safety

### Classroom Resources

#### Alberta Food Safety Facts Education Kit

Grades 7-12	Theme:	Food Safety	The Alberta Food Safety Facts Education Kit assists teachers in teaching simple food safety to students in basic food preparation courses. The kit includes PowerPoint presentations, activities, assessments, videos, games and a lesson plan. <a href="http://www.albertahealthservices.ca/info/Page2909.aspx">http://www.albertahealthservices.ca/info/Page2909.aspx</a> <a href="#">LESSON PLANS</a>
	Organization:	Alberta Health Services	

#### Alberta Food Safety Basics Online Course

Grades 7-12	Theme:	Food Safety	This online, interactive course provides basic food safety information for students, volunteers and teachers who prepare food. A certificate, which can be printed or saved, is generated with the successful completion of the course. This certificate is recognized in the food industry across the province. <a href="http://www.ahs.ca/ephed">www.ahs.ca/ephed</a>
	Organization:	Alberta Health Services	

## Injury Prevention

### Classroom Resources

#### Parachute No Regrets

<b>Grades K-8</b>	Theme:	Injury Prevention	This is a peer leadership program that trains staff, advisers and student leaders to raise awareness and implement injury prevention activities and events in their schools. <a href="http://noregrets.parachutecanada.org/">http://noregrets.parachutecanada.org/</a>
	Organization:	Parachute Canada	

#### Parachute Brain Waves - Online Kits

<b>Grades 4-6</b>	Theme:	Concussion Prevention	Brain Waves is a fun half-day neuroscience presentation for students in grades 4 to 6. The kits provide teachers with the information and tools needed to do “Brain Waves” activities. <a href="http://www.parachutecanada.org/programs/topic/C55">www.parachutecanada.org/programs/topic/C55</a>
	Organization:	Parachute Canada	

#### Safety Superheroes

<b>Grades 3-6</b>	Theme:	Fall Prevention	The Safety Superheroes Program is designed to promote an intergenerational approach to fall prevention. Use the Safety Superheroes activities at home, in your classroom or in the community. These resources and activities are free to use, and can be shared with everyone. <a href="http://safetysuperheroes.com/safety-superhero-challenge-2/">http://safetysuperheroes.com/safety-superhero-challenge-2/</a>
	Organization:	Fraser Health & Vancouver Coastal Health	

#### Way to Be! Living Respectfully

<b>Grades 1-6</b>	Theme:	Injury Prevention	Way to Be! Living Respectfully is an education program created by and for Alberta teachers to help address traffic safety in school zones. This program meets a variety of Alberta curriculum objectives for many subjects and grades. <a href="http://www.waytobe.ca/">http://www.waytobe.ca/</a>  <b>LESSON PLANS</b>
	Organization:	Way to Be! Living Respectfully (in partnership with the Alberta Traffic Safety Fund, SHAPE, AMA School Safety Patrol,	

## Injury Prevention

### Supplementary Information for Teachers

#### Alberta Health Services - Injury Prevention and Safety Website

Theme:	Injury Prevention	This website provides key information and resources on the leading causes of injury in Alberta. It provides specific information and resources on motor vehicle injury, falls-related injury, suicide prevention, as well as other areas of injury prevention. <a href="http://www.albertahealthservices.ca/injprev/page11930.aspx">http://www.albertahealthservices.ca/injprev/page11930.aspx</a>
Of Interest:	Smart Risk Approach, Risk Management for Youth	

#### Concussion Toolkit

Theme:	Concussion Prevention	This is a web-based sports-injury prevention toolkit from Parachute Canada that focuses on preventing concussion in hockey, football, rugby, soccer, baseball, ringette and lacrosse through the provision of necessary information to parents, coaches, health professionals and youth. The toolkit details the roles of parents, athletes, educators, health professionals, coaches and officials in preventing and managing concussions. <a href="http://www.parachutecanada.org/resources">http://www.parachutecanada.org/resources</a>
Of Interest:	Sport and Recreation Safety	

#### Checkpoints Parent/Teen Driving Agreement

Theme:	Motor Vehicle Safety	The Parent/Teen Driving Agreement outlines contractual obligations that learner-licensed teenagers have to their parents, with respect to their driving behaviours. The Agreement is most effective if delivered at the time of graduated driving licensure. It may be delivered and briefly explained by any professional in any setting. It may be given to teenagers to take home to their parents or to parents directly. <a href="http://www.albertahealthservices.ca/injprev/page4868.aspx">http://www.albertahealthservices.ca/injprev/page4868.aspx</a>
Of Interest:	Resource for Parents	

#### Community Helpers

Theme:	Suicide Prevention	This is a peer helping program aimed at identifying youth and adults that are 'natural helpers' in the school. Once identified, they can access training to gain additional skills, knowledge, information and resources to help them provide better support to their friends, peers and colleagues. For more information about the Community Helpers Program please email: <a href="mailto:Injury.Prevention@albertahealthservices.ca">Injury.Prevention@albertahealthservices.ca</a>
Of Interest:	Peer Program	

#### Concussion Awareness and Training Tool

Theme:	Concussion	This website provides a toolkit that includes videos, resources and an on-line course for parents, players and coaches. Topics covered include how to recognize, what to do, and how to recover from a concussion. <a href="http://www.catonline.com">www.catonline.com</a>
Of Interest:	Sports and Recreation Safety	

## Injury Prevention

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### Supplementary Information for Teachers

#### Parachute Canada - Website

Theme:	Injury Prevention	Parachute is a national, charitable organization, which unites the former organizations of Safe Communities Canada, Safe Kids Canada, SMARTRISK and ThinkFirst Canada into one strong leader in injury prevention.  <a href="http://www.parachutecanada.org/">www.parachutecanada.org/</a>  <b>FRANÇAIS</b>
Of Interest:	Programs and Activities Targeting Risk Taking Behaviours	

#### Safe Roads Alberta - Website

Theme:	Motor Vehicle Safety	This website provides information and resources on motor vehicle safety, including distracted driving, impaired driving, occupant restraints and child passenger safety.  <a href="https://saferoads.com/drivers">https://saferoads.com/drivers</a>
Of Interest:	Handouts and Activities Related to Youth Passenger and Driver	

## Mental Health and Mental Illness

### Classroom Resources

#### Can We Talk?

<b>Grades 7-12</b>	Theme:	Mental Health and Mental Illness	<p>This website offers information for school professionals on the difference between mental health and mental illness, common mental illnesses, and how to support students and colleagues. Can We Talk? is a joint effort between the Alberta Teachers' Association and the Canadian Mental Health Association.</p> <p><a href="http://canwetalk.ca/">http://canwetalk.ca/</a></p> <p><b>LESSON PLANS</b></p>
	Organization:	Alberta Teachers Association, Canadian Mental Health Association	

#### Healthy Mind - Healthy Body Series

<b>Grades 1-12</b>	Theme:	Mental Health (grades 3-6) Mental Health	<p>This is a series of curriculum resource guides with lesson plans on the brain, health, mental illness and mental health. The second edition list includes: "My Health and My Brain" (grades 1-3); "Did You Know, Daddy, I Feel Sad Sometimes" (grades 4-6); and, "I'm in Control" (grades 7-12). Note: Some security settings may block this website.</p> <p><a href="http://www.brainsbeyondborders.ca/">www.brainsbeyondborders.ca/</a></p> <p><b>LESSON PLANS</b>   <b>FRANÇAIS</b>   <b>\$\$\$</b></p>
	Organization:	Brains Beyond Borders (Dr. Bianca Lauria-Horner)	

#### Heart-Mind Online

<b>Grades 4-9</b>	Theme:	Mental Health	<p>The Heart-Mind Online Resources come from UBC's Heart Mind Dalai Lama Centre for Peace and Education. The collection of resources builds capacity in individuals and communities to support the Heart-Mind well-being of children, and promotes their positive social and emotional development. This website offers a variety of resources and lesson plans.</p> <p><a href="http://www.heartmindonline.org/resources/for-educators">http://www.heartmindonline.org/resources/for-educators</a></p> <p><b>LESSON PLANS</b></p>
	Organization:	Alberta Health Services (AHS), Edmonton Public Schools, Edmonton Catholic Schools, Canadian Mental Health Association, The Hope Foundation	

#### Kids Have Stress Too - School Age Programs

<b>Grades K-9</b>	Theme:	Mental Health	<p>This is a series of school-age programs developed by educators, psychologists and stress experts across Canada. There are lesson plans developed for preschool and Kindergarten; grades 1-3; grades 4-6; and grades 7-9.</p> <p><a href="https://psychologyfoundation.org">https://psychologyfoundation.org</a></p> <p><b>LESSON PLANS</b>   <b>FRANÇAIS</b></p>
	Organization:	The Psychology Foundation of Canada	



## Mental Health and Mental Illness

### Classroom Resources

#### Mental Health and High School Curriculum Guide

<b>Grades 10-12</b>	Theme:	Mental Health Mental Illness	<p>This guide, developed in partnership with the Canadian Mental Health Association, focuses on training teachers to be comfortable with their own knowledge of mental health and mental disorders. By using the activities in the curriculum guide, teachers and students will explore the language of mental health and mental illness and learn about the causes, symptoms and approaches for dealing with different mental illnesses such as mood, anxiety, eating and psychotic disorders.</p> <p><a href="http://teenmentalhealth.org/for-educators/mental-health-high-school-curriculum/">http://teenmentalhealth.org/for-educators/mental-health-high-school-curriculum/</a></p> <p style="text-align: center;"> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">LESSON PLANS</span> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px; margin-left: 10px;">FRANÇAIS</span> <span style="background-color: #4caf50; color: white; padding: 2px 5px; border-radius: 5px; margin-left: 10px;">\$\$\$</span> </p>
	Organization:	Teen Mental Health (Dr. Stan Kutcher)	

#### Mental Health Kits

<b>Grades 4-9</b>	Theme:	Mental Health	<p>Both the Elementary Mental Health Kit and Junior High Mental Health Kit are collaborative projects between AHS Public Health, AHS Addictions and Mental Health, Edmonton Public Schools, Edmonton Catholic School District, Canadian Mental Health Association - Edmonton Region, and the Hope Foundation. These are curriculum-based teaching resources to teach students in Grades 4-6 and Grades 7-9 about mental wellness. The Junior High Mental Health Kit is available in French.</p> <p>Elementary: <a href="http://www.albertahealthservices.ca/info/Page13368.aspx">http://www.albertahealthservices.ca/info/Page13368.aspx</a>            Junior High: <a href="http://www.albertahealthservices.ca/info/Page13367.aspx">http://www.albertahealthservices.ca/info/Page13367.aspx</a></p> <p style="text-align: center;"><span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">FRANÇAIS</span></p>
	Organization:	Alberta Health Services (AHS), Edmonton Public Schools, Edmonton Catholic Schools, Canadian Mental Health Association, The Hope	

#### Talking About Mental Illness: Teacher Resource

<b>Grades 10-12</b>	Theme:	Awareness of Mental Illness	<p>This guide assists teachers in implementing the “Talking About Mental Illness” program in their classroom. This is an evaluated program that improves students’ knowledge and attitudes about mental health and mental illness. It is designed to reduce stigma and increase help seeking.</p> <p><a href="http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/tami_teachersresource.aspx">http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/tami_teachersresource.aspx</a></p>
	Organization:	Centre of Addiction and Mental Health, Canadian Mental	

#### Teen Mentoring Toolkit

<b>Grades 7-12</b>	Theme:	Welcoming, Caring, Respectful and	<p>The Teen Mentoring Toolkit is a resource designed for schools and community organizations choosing to engage students in creating a welcoming, caring, respectful and safe community through positive mentoring relationships. This toolkit identifies key areas for consideration as well as evidence-based practices, strategies and tools for planning, implementing and evaluating a quality teen mentoring program.</p> <p><a href="http://albertamentors.ca/peer-mentoring/introduction/">http://albertamentors.ca/peer-mentoring/introduction/</a></p>
	Organization:	Alberta Mentoring Partnership	

## Mental Health and Mental Illness

### Supplementary Information for Teachers

#### Anxiety BC

Theme:	Anxiety	The educator section of this webpage is designed to assist teachers in becoming more knowledgeable about how anxiety presents in students within the academic setting. The youth section of the webpage offers self help resources for youth. <a href="http://www.anxietybc.com/">www.anxietybc.com/</a>
Of Interest:	Signs of Anxiety, Self Help for Students	

#### Blue Wave - BC's Canadian Mental Health Association

Theme:	Anxiety, Depression,	This website is designed to help youth identify mental illness and support them in getting help. <a href="http://www.ok2bblue.com/">www.ok2bblue.com/</a>
Of Interest:	Self Help for Students	

#### CASEL Guide: Effective Social and Emotional Learning Programs

Theme:	Mental Health Promotion	The CASEL Guides offer evidence based reviews of a number of social and emotional learning programs. The reviews help schools decide what might be best suited for their school. There is both an elementary school edition and a middle school/high school edition available. The website has additional information on how to implement a universal implementation approach to social and emotional learning. <a href="http://www.casel.org/guide">www.casel.org/guide</a>
Of Interest:	Evidence-based Evaluations of Social and Emotional Learning Programs	

#### Children Mental Health Ontario

Theme:	Mental Illness	This webpage contains resources about the most common mental health problems present in today's classrooms, including anxiety and mood disorders, AD/HD, and behavioural disorders. You will find tips on early identification and intervention, practical suggestions on accommodating and responding to kids with mental health problems, and ways to combat stigma in the classroom. <a href="http://www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php">www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php</a>
Of Interest:	Strategies to Improve Classroom Behaviours	

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#### Depression & Anxiety - Youth/Parent Brochure Series

Theme:	Mental Illness Identification, Mental Health Self Help	The brochure series is intended to provide additional information and encourage help seeking if a teacher/counsellor/nurse suspects a teen has depression and/or anxiety. Topics include: sleep, relaxation, creativity, nutrition, bibliotherapy, physical activity, depression/anxiety and substance use. These resources may be viewed on line (via email) and ordered at: <a href="https://dol.datacm.com">https://dol.datacm.com</a>
Of Interest:	Depression and Anxiety	

Login ID: mentalhealthresources

Password: mh2016

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## Mental Health and Mental Illness

### Supplementary Information for Teachers

#### Healthy Minds. Bright Futures. - The Alberta Teachers' Association

Theme:	Mental Illness Awareness Campaigns	This website contains mental illness/mental health campaign information. The Creating Compassionate Classrooms reference booklet on recognizing mental illness is available on this site.
Of Interest:	Reference Booklet	<a href="https://www.teachers.ab.ca/News%20Room/IssuesandCampaigns/Pages/HealthymindsBrightfutures.aspx">https://www.teachers.ab.ca/News%20Room/IssuesandCampaigns/Pages/HealthymindsBrightfutures.aspx</a>
<a href="#">FRANÇAIS</a>		

#### Kids Help Phone - Canadian

Theme:	Mental Illness and Mental Health Information	Kid's Help Phone is a free, national, confidential, anonymous, 24 hour telephone, and counselling service. Call 1(800) 668-6868 (toll free)
Of Interest:	Crisis Line Self Help for Students	<a href="http://www.kidshelpphone.ca/">www.kidshelpphone.ca/</a>
<a href="#">FRANÇAIS</a>		

#### Mental Health First Aid Course

Theme:	Mental Health Crisis	This is a 14-hour course designed for adults who interact with youth. The program covers mental health problems as well as crisis situations. The program is designed to help you recognize symptoms, provide initial help and guide towards professional help.
Of Interest:	Mental Health First Aid	<a href="http://www.mentalhealthfirstaid.ca/en/course-info/courses">http://www.mentalhealthfirstaid.ca/en/course-info/courses</a>
<a href="#">\$\$\$</a>		

#### Mental Health Help Line - Alberta Health Services

Theme:	Access to Mental Health Professionals	The Mental Health Help Line provides confidential or anonymous service, crisis intervention, and referrals to other agencies within Alberta. Call 1(877) 303-2642 (toll free)
Of Interest:	Self Help for Students	<a href="http://www.albertahealthservices.ca/amh/amh.aspx">http://www.albertahealthservices.ca/amh/amh.aspx</a>

#### Mental Health Matters

Theme:	Mental Health	These resources promote literacy on different aspects of mental health concepts and skills that teachers can use to support student mental health.
Of Interest:	Mental Health Literacy Campaign	<a href="https://education.alberta.ca/mental-health/what-is-mental-health/">https://education.alberta.ca/mental-health/what-is-mental-health/</a>
<a href="#">FRANÇAIS</a>		

## Mental Health and Mental Illness

### Supplementary Information for Teachers

#### Mind Your Mind

Theme:	Mental Illness and Mental Wellness	This is an award winning, non-profit mental health program that engages youth, young adults and the professionals who serve them to co-develop reliable and relevant resources. It is designed to reduce stigma and increase access and use of community, professional, and peer-based resources. <a href="http://www.mindyourmind.ca/">www.mindyourmind.ca/</a>
Of Interest:	Website for Youth (14-24)	

#### Mental Health Online Resources for Educators (MORE)

Theme:	Mental Illness and Mental Health	MORE modules on child and adolescent mental health issues are developed for teachers and other school staff working in Kindergarten to Grade 12. Each module is entirely online and are designed in short, manageable time blocks that participants can fit into their busy schedules. <a href="http://www.albertahealthservices.ca/info/Page9167.aspx">http://www.albertahealthservices.ca/info/Page9167.aspx</a>
Of Interest:	Online Education Resources	

#### Mind Organization

Theme:	Mental Health and Mental Illness	This website from the United Kingdom offers general information and booklets on several mental health and mental illness topics. <a href="http://www.mind.org.uk/information-support/a-z-mental-health/">http://www.mind.org.uk/information-support/a-z-mental-health/</a>
Of Interest:	Information for Students and Teachers	

#### MoodGYM Training Program - Australian National University (For Youth)

Theme:	Cognitive Behaviour Therapy (CBT)	MoodGYM is an innovative, interactive web program designed to prevent depression. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment. It is not a substitute for diagnosis and treatment from a qualified professional. Login required. <a href="https://moodgym.anu.edu.au/welcome">https://moodgym.anu.edu.au/welcome</a>
Of Interest:	Youth Aged 13+	

#### Need Help Now

Theme:	Cyber Bullying	This website is designed to support youth who are experiencing online exploitation and bullying. <a href="http://www.needhelpnow.ca">www.needhelpnow.ca</a> <b>FRANÇAIS</b>
Of Interest:	Self Help for Students	

#### Online Continuing Professional Development Course - Alberta Health Services

Theme:	Addiction and Mental Health	These web-based courses are free for Alberta professionals who work with children and teens in the areas of addiction and mental health. <a href="http://www.albertahealthservices.ca/info/Page4723.aspx">http://www.albertahealthservices.ca/info/Page4723.aspx</a>
Of Interest:	Online Professional Development	

## Mental Health and Mental Illness

### Supplementary Information for Teachers

#### Supporting Positive Behaviours in Alberta Schools - Alberta Government

Theme:	Mental Health	These documents provides an integrated school-wide approach with classroom management, and individual student support strategies that are aimed to improve behaviour outcomes in schools. Enter search terms: supporting positive behaviours. Login required. <a href="http://www.learnalberta.ca/">www.learnalberta.ca/</a> <b>FRANÇAIS</b>
Of Interest:	Environmental strategies that support mental health	

#### Teaching Students with Mental Health Disorders - BC Ministry of Education

Theme:	Depresssion	This guide is meant to help teachers understand depression in children and youth as well as develop strategies for supporting students with depression. <a href="http://www.bced.gov.bc.ca/specialed/docs/depression_resource.pdf">www.bced.gov.bc.ca/specialed/docs/depression_resource.pdf</a>
Of Interest:	Helping Students Who Have Depression	

#### The ABCs of Mental Health - Website

Theme:	Mental Illness	The ABCs of Mental Health provides two, web-based resources - one for teachers and one for parents to help answer questions about the behaviour of children and adolescents. The resources include ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take. <a href="http://www.hincksdellcrest.org/abc/welcome">http://www.hincksdellcrest.org/abc/welcome</a> <b>FRANÇAIS</b>
Of Interest:	Identifies Unusual / Innapropriate Behaviour for a Particular Age or Developmental Stage.	

#### Welcoming, Caring, Respectful and Safe Learning Environments

Theme:	Mental Health	This webpage provides resources to support welcoming, caring, respectful and safe learning environments as part of the Education Act. <a href="https://education.alberta.ca/safe-and-caring-schools/">https://education.alberta.ca/safe-and-caring-schools/</a>
Of Interest:	Creating Social Environments that Promote Mental Health	

#### When Something's Wrong: Strategies For Teachers - Canadian Psychiatric Research Foundation

Theme:	Mental Illness Identification	This handbook is used to give teachers strategies to cope and assist with a student who has behaviour difficulties. It is not a diagnostic tool. <a href="http://www.kidsmentalhealth.ca/documents/res-cprf-teachers-2007.pdf">www.kidsmentalhealth.ca/documents/res-cprf-teachers-2007.pdf</a>
Of Interest:	Strategies, Improve Classroom Behaviours	

#### Workplace Mental Health Promotion

Theme:	Mental Health Mental Illness	This website offers high-quality, research-based, practical tools to improve the health of individuals and organizations. The focus of this resource is on creating mentally healthy workplaces that promote positive mental health and mental well-being for all employees. <a href="http://wmhp.cmhaontario.ca/">wmhp.cmhaontario.ca/</a>
Of Interest:	Mental Health in the Workplace	

## Classroom Resources

### Curriculum Based Lesson Plans

<b>Grades K-9</b>	Theme:	School Nutrition	These lesson plans meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page2918.aspx">http://www.albertahealthservices.ca/nutrition/Page2918.aspx</a> <a href="#">LESSON PLANS</a>

### Nutrition Activities in Any Classroom: For Junior and Senior High - A Teacher's Guide

<b>Grades 7-12</b>	Theme:	School Nutrition	This teacher's guide contains activity descriptions, key messages and station materials to offer interactive nutrition education to junior high and high school students.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page15073.aspx">http://www.albertahealthservices.ca/nutrition/Page15073.aspx</a> <a href="#">LESSON PLANS</a> <a href="#">FRANÇAIS</a>

### School Nutrition Education Resource List

<b>Grades K-12</b>	Theme:	School Nutrition	The School Nutrition Education Resource List provides school teachers with helpful information and materials to teach children and youth about nutrition and healthy food choices.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-resource-list.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-resource-list.pdf</a> Ressources éducatives scolaires sur la nutrition publiées en français <a href="http://www.albertahealthservices.ca/nutrition/Page7083.aspx">http://www.albertahealthservices.ca/nutrition/Page7083.aspx</a> <a href="#">FRANÇAIS</a>

### Sugar Shocker Education Kit for Children and Youth

<b>Grades K-12</b>	Theme:	School Nutrition	The Sugar Shocker Education Kit teaches children and youth how to make healthy drink choices.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a> <a href="#">LESSON PLANS</a>

### The Cooking Club Manual

<b>Grades 3-8</b>	Theme:	School Nutrition	The Cooking Club Manual aims to teach children aged 8-12 food preparation and cooking skills, healthy eating and food safety so that they can confidently choose and make nutritious foods.
	Organization:	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a> <a href="#">LESSON PLANS</a>

## Supplementary Information for Teachers

### A Guide to Growing School Gardens in Alberta

Theme:	Healthy Food Environments in Schools	This guide provides support for starting and maintaining a school garden, including the involvement of students and community members. It also supports learning opportunities that can be integrated across the curriculum. <a href="http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/aet15480/\$FILE/get_growing_manual_revised_2015_post.pdf">http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/aet15480/\$FILE/get_growing_manual_revised_2015_post.pdf</a>
Of Interest:	Background / Guidance for School Gardening	

### Community Gardens Handbook

Theme:	Healthy Food Environments in Schools	This handbook contains information, key steps, tools and tips for community groups to start and maintain a community garden. As well, it offers background information that may support school gardening. <a href="http://www.albertahealthservices.ca/nutrition/Page11409.aspx">http://www.albertahealthservices.ca/nutrition/Page11409.aspx</a>
Of Interest:	Background / Guidance for Community Gardens	

### Creating Healthy Eating Environments in Schools

Theme:	Healthy Eating in School Environments	These tools and resources support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth. <a href="http://www.albertahealthservices.ca/nutrition/Page2915.aspx">http://www.albertahealthservices.ca/nutrition/Page2915.aspx</a> Additional manuals and toolkits to support healthy eating environments <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a> Ressources éducatives scolaires sur la nutrition publiées en français <a href="http://www.albertahealthservices.ca/nutrition/Page7083.aspx">http://www.albertahealthservices.ca/nutrition/Page7083.aspx</a> <b>FRANÇAIS</b>
Of Interest:	Background, Evidence, Tools, Healthy Fundraising, Special Lunches	

### Healthy Eating At School

Theme:	Healthy Eating, School Nutrition	These resources support healthy food environments that teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle. <a href="http://www.albertahealthservices.ca/nutrition/Page2925.aspx">http://www.albertahealthservices.ca/nutrition/Page2925.aspx</a> Ressources éducatives scolaires sur la nutrition publiées en français <a href="http://www.albertahealthservices.ca/nutrition/Page7083.aspx">http://www.albertahealthservices.ca/nutrition/Page7083.aspx</a> <b>LESSON PLANS</b> <b>FRANÇAIS</b>
Of Interest:	Resources and Tools for Schools and Recreation Facilities	

### Healthy Eating Starts Here: Steps to a Healthier You

Theme:	Healthy Eating	This website provides key healthy eating messages based on the Alberta Nutrition Guidelines for Adults, the Alberta Nutrition Guidelines for Children and Youth and other provincial and national guidelines. <a href="http://www.albertahealthservices.ca/nutrition/Page12600.aspx">http://www.albertahealthservices.ca/nutrition/Page12600.aspx</a>
Of Interest:	Changes to Healthy Eating Behaviours in Settings Where People Live, Work, Learn or Play	

## Supplementary Information for Teachers

### Healthy Vending Toolkit

Theme:	Healthy Eating	This toolkit guides you through a step-by-step process to take action on healthy vending in your school, recreation centre, or workplace. It contains evidence-based strategies and tools to create a successful healthy vending program. <a href="http://www.albertahealthservices.ca/nutrition/Page13884.aspx">http://www.albertahealthservices.ca/nutrition/Page13884.aspx</a>
Of Interest:	Healthy Vending Machines	

### Nutrition Bites

Theme:	Healthy Eating	Nutrition Bites are ready-to-insert nutrition topics for school and other newsletters to keep communities informed about nutrition. <a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">http://www.albertahealthservices.ca/nutrition/Page6457.aspx</a>
Of Interest:	Newsletter Insert Promoting Healthy Eating	

### Nutrition Guidelines and Resources for Healthy Eating

Theme:	Healthy Eating	This website provides links to other provincial and national websites with additional healthy eating tools and resources. <a href="http://www.albertahealthservices.ca/nutrition/Page2929.aspx">http://www.albertahealthservices.ca/nutrition/Page2929.aspx</a>
Of Interest:	Provincial and National Guidelines and Resources	

### School Breakfast Program Toolkit

Theme:	Healthy Eating	The toolkit is a practical guide to help school communities to start or improve a school breakfast program. It includes information on how to identify the need and planning for a program; types of breakfast programs; sources of funding; food safety and food donation considerations; menu planning and healthy eating information. <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a>
Of Interest:	School Breakfast Program	

### Sport Nutrition for Youth: A Handbook for Coaches

Theme:	Healthy Eating for Recreational Athletes and Active Youth	This handbook provides sports nutrition recommendations, teaching tools and learning activities for school and community coaches to guide recreational athletes and active youth aged 12 to 18 years. Some information may be relevant to other school courses offered to this age group. <a href="http://www.albertahealthservices.ca/nutrition/Page9597.aspx">http://www.albertahealthservices.ca/nutrition/Page9597.aspx</a>
Of Interest:	Background Evidence, Recommendations, Tools, Learning Activities	



## Oral Health

### Classroom Resources

#### Oral Health Education Teacher Resources

<b>Grades K-5</b>	Theme:	Oral Health	<p>This website offers school newsletter tips, K-3 lesson plans on oral health, as well as interactive student resources. The Making Choices grade 5 lesson plans with “Teeth for a Lifetime” Power Point presentation targets reducing risk and promoting wellness. Students will develop personal skills to improve oral health by making well-informed, healthy choices and developing behaviors that contribute to the well-being of themselves and others.</p> <p><a href="http://www.albertahealthservices.ca/services/Page13173.aspx">http://www.albertahealthservices.ca/services/Page13173.aspx</a></p> <p style="text-align: center;"><b>LESSON PLANS</b></p>
	Organization:	Alberta Health Services	

### Supplementary Information for Teachers

#### Alberta Child Health Benefit Plan

Theme:	Free Dental Visits	<p>The Alberta Child Health Benefit Plan pays for health services, such as eyeglasses, prescription drugs and dental care, that are not available through standard Alberta Health Care Insurance. The health plan is for children up to age 18, and up to age 20 if they live at home and are attending high school up to grade 12. The Alberta Child Health Benefit Plan is for families with limited incomes.</p> <p><a href="http://humanservices.alberta.ca/financial-support/2076.html">http://humanservices.alberta.ca/financial-support/2076.html</a></p>
Of Interest:	Information for Families with Limited Incomes	

#### Alberta Health Services - Oral Health

Theme:	Oral Health	<p>The oral health webpage navigates users to AHS oral health services and oral health information for the general public and professionals.</p> <p><a href="http://www.ahs.ca/oralhealth">www.ahs.ca/oralhealth</a></p>
Of Interest:	Information for Families and Professionals	

#### Geena’s Tremendous Tooth Adventure

Theme:	Oral Health	<p>This short animated video highlights the importance of taking care of our teeth and how to take care of them especially as new adult teeth grow in.</p> <p><a href="http://www.youtube.com/watch?v=C8bFKV4BL6o">www.youtube.com/watch?v=C8bFKV4BL6o</a></p>
Of Interest:	Dental Carries, Dental Hygiene, Elementary School Students	

## Reproductive Health

**Please Note:** The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services. Teachers should always review content to determine appropriateness for their student population. Some school jurisdictions may use alternate resources for this topic area. If you are uncertain about the suitability of resources within your school, check with your administration.

### Classroom Resources

#### Teachingsexualhealth.ca

Grades 4-12	Theme:	Comprehensive Sexual Health Education	This online resource for sexual health teachers and educators in Alberta provides evidence-based sexual health education and delivery methods, lesson plans, activities, and comprehensive sexual health resources. The Teacher Portal is an Alberta Education authorized resource. A Parent Portal is also available. <a href="http://www.teachingsexualhealth.ca/">www.teachingsexualhealth.ca/</a> <a href="#">LESSON PLANS</a> <a href="#">FRANÇAIS</a>
	Organization:	Alberta Health Services, Alberta Health, Alberta Education	

## Sun Safety

### Classroom Resources

#### Go Safe Education - eLearning Classes and Teacher Resource

<b>Grades 5-12</b>	Theme:	Sun Safety Education and Awareness	The Canadian Skin Cancer Foundation's mission is the elimination of skin cancer. This starts with education and awareness. The eLearning classes can be taken independently or as a complimentary resource to the Go Safe in-class presentations.
	Organization:	Canadian Skin Cancer Foundation	<a href="http://www.canadianskincancerfoundation.com/sun-safety-elearning-classes.html">http://www.canadianskincancerfoundation.com/sun-safety-elearning-classes.html</a> Teacher resources: <a href="http://www.canadianskincancerfoundation.com/resources.html">http://www.canadianskincancerfoundation.com/resources.html</a>

#### SunSmart - Early Childhood and Primary Schools

<b>Grades K-12</b>	Theme:	Sun Safety Education and Awareness	SunSmart recommends that all early childhood education and care services and schools implement a SunSmart policy to ensure a healthy UV exposure balance. Website resources include videos, curriculum resources, information sheets, online games, posters, a sample sun policy for schools, option to order hard copies of resources.
	Organization:	Cancer Council Victoria / Victorian Health Promotion Foundation	<a href="http://www.sunsmart.com.au/communities/early-childhood-primary-schools">http://www.sunsmart.com.au/communities/early-childhood-primary-schools</a>

### Supplementary Information for Teachers

#### How Can I Protect My Children from the Sun? - Sun Safety at Schools: What You Can Do

Theme:	Sun Safety	The brochure Sun Safety at Schools: What You Can Do explains how school administrators and staff, parents, and community health care service providers can promote sun safety.
Of Interest:	Guidelines and Recommendations	<a href="http://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf">http://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf</a>

#### Guidelines for School Programs to Prevent Skin Cancer

Theme:	Sun Safety Research	This report reviews scientific literature regarding the rates, trends, causes, and prevention of skin cancer and presents guidelines for schools to implement a comprehensive approach to preventing skin cancer.
Of Interest:	Guidelines and Recommendations	<a href="http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5104a1.htm">http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5104a1.htm</a>

#### Limit UV Rays - Sun Safety

Theme:	Sun Safety	Taking measures to protect you and your family from the sun year-round will help to prevent the dangerous long-term effects of UVR exposure, such as skin cancer, as well as the short-term effects, such as a sunburn.
Of Interest:	UV Rays, Skin Cancer Prevention	<a href="http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/sun-safety/">http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/sun-safety/</a>

## Supplementary Information for Teachers

### Limit UV Rays - Indoor Tanning

Theme:	Indoor Tanning Education and Awareness	Indoor tanning is an entirely preventable risk factor for melanoma and non-melanoma skin cancers which, together, account for nearly the same number of new cancer cases as lung, breast, colorectal and prostate cancers, combined.
Of Interest:	Tanning Beds	<a href="http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/indoor-tanning/">http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/indoor-tanning/</a>

### Skin Cancer: Protecting Your Skin

Theme:	Sun Safety Awareness	Excessive exposure to the sun and its ultraviolet (UV) rays can cause skin cancer. This site addresses how you can reduce your risk for skin cancer by protecting your skin, and that of your family members, from UV radiation.
Of Interest:	UV Ray Protection	<a href="https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uh1310&amp;#uh1311">https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uh1310&amp;#uh1311</a>

### Sun and UV

Theme:	Sun Safety and Awareness	The Canadian Cancer Society believes that working with government and legislators to bring about healthy public policies is a vital part of the fight against cancer. The site provides health information and resources on being safe in the sun, making your own shade and indoor tanning.
Of Interest:	UV Rays	<a href="http://www.cancer.ca/en/prevention-and-screening/live-well/sun-and-uv/?region=ab">http://www.cancer.ca/en/prevention-and-screening/live-well/sun-and-uv/?region=ab</a>

# Tobacco Reduction

## Classroom Resources

### Be Smart Tobacco

<b>Grades K-3</b>	Theme:	Tobacco Education	This booklet offers a story and activities related to the dangers of smoking. It also explains traditional tobacco use in Indigenous communities.
	Organization:	Alberta Health Services	<p><a href="https://www.albertaquits.ca/files/AB/files/library/HL005A_K3_Activity_Book_OnlineVersion1.pdf">https://www.albertaquits.ca/files/AB/files/library/HL005A_K3_Activity_Book_OnlineVersion1.pdf</a></p> <p>To order printed copies visit: <a href="https://www.albertaquits.ca/helping-others-quit/healthcare-providers/tools-and-resources/order-online.php">https://www.albertaquits.ca/helping-others-quit/healthcare-providers/tools-and-resources/order-online.php</a></p>

### The Academy for Tobacco Prevention and Shadows of the Academy

<b>Grades 4-6</b>	Theme:	Tobacco Education	The Academy for Tobacco Prevention is a school-based teacher resource for students in grades 4-6. Interactive online lessons will provide students with factual information, help them understand the risks seen with tobacco use, teach kids ways to recognize negative social influences, and develop strategies to learn how to resist pressure to use tobacco.
	Organization:	Alberta Health Services	<p>Shadows of the Academy is a fun and engaging card game (5th lesson in the resource) that creates a learning environment where students can use effective ways to communicate and cooperate, build confidence in recognizing and resisting negative peer pressure, and using positive social skills to reach a common goal.</p> <p><a href="https://www.albertaquits.ca/helping-others-quit/teachers-and-school">https://www.albertaquits.ca/helping-others-quit/teachers-and-school</a></p> <p><b>LESSON PLANS</b></p>

## Supplementary Information for Teachers

### Action on Smoking and Health (ASH)

Theme:	Tobacco Control	As a registered not-for-profit organization, ASH provides strategies on public awareness, health advocacy, tobacco control, community mobilization, and counter marketing with the goal of reducing tobacco prevalence in Alberta.
Of Interest:	Tobacco Information	
		<a href="http://www.ash.ca">www.ash.ca</a>

### Canadian Cancer Society

Theme:	Cancer Prevention	The Canadian Cancer Society believes that working with government and legislators to bring about healthy public policies is a vital part of the fight against cancer. The site provides health information and resources on smoking prevention and cessation.
Of Interest:	Tobacco Information and Cancer Prevention	
		<a href="http://www.cancer.ca">www.cancer.ca</a>

### The Lung Association of Alberta and N.W.T.

Theme:	Health Information	Dedicated to improving the lung health of Albertans, this site provides information, tools and resources on smoking and tobacco use.
Of Interest:	Tobacco Information	
		<a href="http://www.ab.lung.ca">www.ab.lung.ca</a>