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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

Questions or comments regarding this list can be directed to 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and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.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. www.ahs.ca/csh
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 Developing Healthy School Communities Handbook / Manuel Développement de Communautés Scolaires en Santé . www.wellnessfund.ualberta.ca FRANÇAIS
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. www.everactive.org LESSON PLANS
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. www.jcsh-cces.ca FRANÇAIS
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	www.activeforlife.com/lesson-plans-and-resources/ LESSON PLANS FRANÇAIS

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	www.atmybest.ca LESSON PLANS FRANÇAIS

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	http://www.befitforlife.ca/resources/ LESSON PLANS FRANÇAIS \$\$\$

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	https://education.alberta.ca/media/160222/handbook.pdf LESSON PLANS

Heart Health: A Resource for Senior High Physical Education

Grades 10-12	Theme:	Physical Education	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.
	Organization:	Alberta Education	https://open.alberta.ca/publications/077854754x LESSON PLANS

Classroom Resources

K-12 Physical Education

Grades K-12	Theme:	Physical Education, Physical Literacy, Daily Physical Activity	Ever Active Schools offers a variety of resources to support active school communities. Resources can be used in the classroom or the whole school environment. https://everactive.org/k-12-physical-education/
	Organization:	Ever Active Schools	https://everactive.org/online-store/ <div style="display: flex; justify-content: space-around; margin-top: 5px;"> LESSON PLANS FRANÇAIS \$\$\$ </div>

Physical Education Guide to Implementation

Grades K-12	Theme:	Physical Education	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. https://education.alberta.ca/physical-education/program-supports/everyone/support-documents/ <div style="text-align: center; margin-top: 10px;"> FRANÇAIS </div>
	Organization:	Alberta Education	

SPARK

Grade K-12	Theme:	Physical Education	This website offers a collection of free SPARK sample lesson plans for physical education. http://www.sparkpe.org/physical-education/lesson-plans/ <div style="text-align: center; margin-top: 10px;"> LESSON PLANS </div>
	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. www.centre4activeliving.ca
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. www.befitforlife.ca
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. http://www.ciraontario.com/
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. http://csepguidelines.ca/
Of Interest:	Guidelines, Handbook	

[FRANÇAIS](#)

ParticipACTION

Theme:	Physical Activity	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. www.participaction.com
Of Interest:	Toolkit, Calendar of Events, Webinars, Report Card on Physical Activity	

[FRANÇAIS](#)

Supplementary Information for Teachers

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>www.phecanada.ca</p> <p>FRANÇAIS</p>
Of Interest:	Advocacy Tools, Resources, Programs	

Safe Healthy Active People Everywhere (SHAPE)

Theme:	Active Transportation	<p>SHAPE is a non-profit organization that promotes the Active & 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>www.shapeab.com</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>www.hpec.ab.ca</p>
Of Interest:	Conferences, Workshops, Publications, Grant and Award Opportunities	

Addiction Prevention

Classroom Resources

iMinds

Grades 4-10	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>http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php</p> <p>LESSON PLANS FRANÇAIS</p>
	Organization:	University of Victoria-Centre for Addictions Research of British Columbia	

Lesson Plans - Addiction Prevention

Grades 3-12	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>http://www.albertahealthservices.ca/amh/Page2677.aspx</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>http://www.albertahealthservices.ca/amh/Page7096.aspx</p> <p>LESSON PLANS</p>
	Organization:	Alberta Health Services	

Mouse Party

Grades 10-12	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>http://learn.genetics.utah.edu/content/addiction/mouse/</p>
	Organization:	University of Utah	

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

Grades 7-12	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>http://www.albertahealthservices.ca/amh/Page2680.aspx</p>
	Organization:	Alberta Health Services	

Addiction Prevention

Classroom Resources

Teacher Information Series

Grades 7-12	Theme:	Addiction, Substance Use, Gambling, Drinking and Driving	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. http://www.albertahealthservices.ca/amh/Page2685.aspx
	Organization:	Alberta Health Services	

Supplementary Information for Teachers

Alcohol and Drug Use in Young People

Theme:	Addiction and Substance Use, Prevention, Harm Reduction	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. https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=tp17749
Of Interest:	Facts, Alcohol and Drug Use	

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. http://www.albertahealthservices.ca/amh/Page2678.aspx
Of Interest:	Prevention Strategies	

Body Image

Classroom Resources

Being Me

Grades K-7	Theme:	Positive Body Image and Self-esteem	<p>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.</p> <p>Scroll down to 'Being Me'.</p> <p>http://www.actionschoolsbc.ca/resources</p>
	Organization:	Action Schools! BC	

Media Smarts: Body Image and Media Literacy

Grades 3-12	Theme:	Media Literacy Body Image	<p>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.</p> <p>http://mediasmarts.ca/body-image</p> <p>http://habilomedias.ca/image-corporelle</p> <p style="text-align: center;">FRANÇAIS</p>
	Organization:	Media Smarts	

The Student Body - Website

Grades 4-6	Theme:	Body Image	<p>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.</p> <p>http://thestudentbody.aboutkidshealth.ca/</p>
	Organization:	The Hospital for Sick Children	

Supplementary Information for Teachers

Canada's Lower-risk Cannabis Use Guidelines

Theme:	Reduce Health Risks Related to Cannabis Use	These materials focus on science-based recommendations for reducing health risks associated with cannabis use. They are useful for all people who use cannabis. Public Brochure: https://www.cpha.ca/lower-risk-cannabis-use-guidelines-canada
Of Interest	Recommendations for Reducing Risks	https://www.cpha.ca/fr/lignes-directrices-de-reduction-des-risques-lies-lutilisation-du-cannabis-au-canada Infographic: http://crismontario.ca/SiteAssets/research-projects/lower-risk-cannabis-use-guidelines/LRCUG.KT.Infographic.21.June2017.FINAL.pdf http://crismontario.ca/SiteAssets/research-projects/lower-risk-cannabis-use-guidelines/LRCUG.KT.Infographic.French.21.June2017.FINAL.pdf

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Canadian Youth Perceptions on Cannabis: Report at a Glance

Theme:	What teens believe to be true about cannabis	This brief report summarizes research on common misperceptions held by Canadian youth about cannabis and its harms. It includes recommendations for how to address these misperceptions and compare them with accurate information. http://www.ccdus.ca/Resource%20Library/CCSA-Canadian-Youth-Perceptions-on-Cannabis-Report-at-a-Glance-2017-en.pdf
Of Interest:	Misconceptions, Influences of Cannabis Use by Youth	http://www.ccdus.ca/Resource%20Library/CCSA-Canadian-Youth-Perceptions-on-Cannabis-Report-at-a-Glance-2017-fr.pdf

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Cannabis: Important Things to Know

Theme:	Cannabis Information for Teens	Part of the Kids Help Phone website, this webpage on cannabis includes non-judgmental information about cannabis. It includes access to 24-hour bilingual and anonymous phone counselling, live chat, and crisis support.
Of Interest	Phone, Live Chat and Text-based Support for Teens	https://kidshelpphone.ca/article/cannabis-important-things-know https://jeunessejecoute.ca/fr/article/le-cannabis-ce-quil-faut-savoir?_ga=2.145461629.81173917.1533661686-1792041439.1447871638

FRANÇAIS

Supplementary Information for Teachers

Guide to Facilitate Discussion about Youth Cannabis Use in Your Community

Theme:	Addiction and Substance Use, Prevention, Harm	<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. As more research and understanding becomes available on this topic we recommend that you visit www.ccsa.ca regularly for the most up to date information.</p> <p>http://www.cclt.ca/Eng/topics/Marijuana/Discussing-Youth-Cannabis-Use-in-Your-Community/Pages/default.aspx</p> <p>FRANÇAIS</p>
Of Interest:	Cannabis, Youth, Community	

Online Learning for Effects of Cannabis Use During Adolescence

Theme:	Addiction and Substance Use, Prevention, Harm	<p>This online learning module 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 www.ccsa.ca regularly for the most up to date information.</p> <p>Report Summary: http://www.cclt.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf</p> <p>Online learning module: http://www.cclt.ca/Eng/topics/Marijuana/Cannabis-Adolescence-E-learning-Module/Pages/default.aspx</p> <p>FRANÇAIS</p>
Of Interest:	Cannabis and Youth	

DrugSafe

Theme:	Information Hub About Cannabis and Other Substances	<p>This website, maintained by Alberta Health Services, is a reliable source for information about cannabis and other substances.</p> <p>https://www.albertahealthservices.ca/info/page12491.aspx</p>
Of Interest:	Cannabis Quiz for Youth	

Pot and Driving

Theme:	Cannabis-impaired Driving Among Youth	<p>This website outlines creative strategies to help adults to address cannabis-impaired driving with youth, including both drivers and passengers. It includes a range of materials developed by the Canadian Public Health Association and informed by youth focus groups.</p> <p>https://www.cpha.ca/pot-driving</p> <p>https://www.cpha.ca/fr/pot-au-volant</p> <p>FRANÇAIS</p>
Of Interest:	Discussion Guide for Adults	

Cannabis

Supplementary Information for Teachers

The Cannabis Talk Kit

Theme:	Healthy Conversations About Cannabis	This practical discussion guide sets the stage for open and non-judgmental conversations about cannabis. It is designed for parents, but useful for all adults who work with youth. https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf
Of Interest	Starting the Conversation, What to Say and Why	https://www.jeunessesansdroguecanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-FR-05.pdf FRANÇAIS

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. http://www.albertahealthservices.ca/info/Page2909.aspx LESSON PLANS
	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. www.ahs.ca/ephed
	Organization:	Alberta Health Services	

Injury Prevention

Classroom Resources

Parachute No Regrets

Grades K-8	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. http://noregrets.parachutecanada.org/
	Organization:	Parachute Canada	

Parachute Brain Waves - Online Kits

Grades 4-6	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. www.parachutecanada.org/programs/topic/C55
	Organization:	Parachute Canada	

Safety Superheroes

Grades 3-6	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. http://safetysuperheroes.com/safety-superhero-challenge-2/
	Organization:	Fraser Health & Vancouver Coastal Health	

Way to Be! Living Respectfully

Grades 1-6	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. http://www.waytobe.ca/ LESSON PLANS
	Organization:	Way to Be! Living Respectfully (in partnership with the Alberta Traffic Safety Fund, SHAPE, AMA School Safety Patrol,	

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.
Of Interest:	Trampoline Safety, Playground Safety, School Bus Safety, Sport and Recreation Safety, Concussion	<p>http://www.albertahealthservices.ca/injprev/page11930.aspx</p> <p>The following link offers best practice resources for concussions.</p> <p>https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-best-practice-concussion-resources-and-tools.pdf</p>

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.
Of Interest:	Sport and Recreation Safety	<p>http://www.parachutecanada.org/resources</p>

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.
Of Interest:	Resource for Parents	<p>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.</p> <p>http://www.albertahealthservices.ca/injprev/page4868.aspx</p>

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:
Of Interest:	Peer Program	<p>https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1073813</p>

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.
Of Interest:	Sports and Recreation Safety	<p>www.cattonline.com</p>

Injury Prevention

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. www.parachutecanada.org/ FRANÇAIS
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. https://saferoads.com/drivers
Of Interest:	Handouts and Activities Related to Youth Passenger and Driver	

Mental Health and Mental Illness

Classroom Resources

Can We Talk?

Grades 7-12	Theme:	Mental Illness, Stigma and Stress	<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, the Canadian Mental Health Association and Global Television.</p> <p>http://canwetalk.ca/</p> <p>Creating a Compassionate Classroom:</p> <p>http://canwetalk.ca/wp-content/uploads/2016/03/Can-we-talk-booklet.pdf</p> <p>LESSON PLANS FRANÇAIS</p>
	Organization:	Alberta Teachers Association, Canadian Mental Health Association, Global Television	

Healthy Mind - Healthy Body Series

Grades 1-12	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>www.brainsbeyondborders.ca/</p> <p>LESSON PLANS FRANÇAIS \$\$\$</p>
	Organization:	Brains Beyond Borders (Dr. Bianca Lauria-Horner)	

Heart-Mind Online

Grades 4-9	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>http://www.heartmindonline.org/resources/for-educators</p> <p>LESSON PLANS</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

Grades K-9	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>https://psychologyfoundation.org</p> <p>LESSON PLANS FRANÇAIS</p>
	Organization:	The Psychology Foundation of Canada	

Mental Health and Mental Illness

Classroom Resources

Mental Health and High School Curriculum Guide

Grades 10-12	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>http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/</p> <p>LESSON PLANS FRANÇAIS \$\$\$</p>
	Organization:	Teen Mental Health (Dr. Stan Kutcher)	

Mental Health Kits

Grades 4-9	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: http://www.albertahealthservices.ca/info/Page13368.aspx Junior High: http://www.albertahealthservices.ca/info/Page13367.aspx</p> <p>FRANÇAIS</p>
	Organization:	Alberta Health Services (AHS), Edmonton Public Schools, Edmonton Catholic Schools, Canadian Mental Health Association, The Hope	

Talking About Mental Illness: Teacher Resource

Grades 10-12	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>http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/tami_teachersresource.aspx</p>
	Organization:	Centre for Addiction and Mental Health, Canadian Mental	

Teen Mentoring Toolkit

Grades 7-12	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>http://albertamentors.ca/peer-mentoring/introduction/</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. www.anxietybc.com/
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. http://www.bluewavebc.ca/
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. www.casel.org/guide
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. www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php
Of Interest:	Strategies to Improve Classroom Behaviours	

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Depression & Anxiety - Youth/Parent

Theme:	Mental Illness Identification, Mental Health Self Help	These resources 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, physical activity, depression/anxiety and substance use. These resources may be viewed on line (via email) and ordered at: https://dol.datacm.com
Of Interest:	Depression and Anxiety	

Login ID: mentalhealthresources

Password: mh2016

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Mental Health and Mental Illness

Supplementary Information for Teachers

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	

www.kidshelpphone.ca/

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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	

<https://www.mhfa.ca/en/course-types>

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Mental Health Help Line - Alberta Health Services

Theme:	Access to Mental Health Professionals	Health Link, Alberta Health Services, provides confidential or anonymous service, crisis intervention, and referrals to other agencies within Alberta. Call 811 (toll free)
Of Interest:	Self Help for Students	

<http://www.albertahealthservices.ca/amh/amh.aspx>

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	

<https://education.alberta.ca/mental-health/what-is-mental-health/>

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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.
Of Interest:	Website for Youth (14-24)	

www.mindyourmind.ca/

Mental Health and Mental Illness

Supplementary Information for Teachers

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.
Of Interest:	Online Education Resources	http://www.hmhc.ca/more.html

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.
Of Interest:	Information for Students and Teachers	http://www.mind.org.uk/information-support/a-z-mental-health/

Need Help Now

Theme:	Cyber Bullying	This website is designed to support youth who are experiencing online exploitation and bullying. It includes content addressing how to help stop the spread and exploitation of sexual pictures, videos and information.
Of Interest:	Self Help for Students	www.needhelpnow.ca FRANÇAIS

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.
Of Interest:	Online Professional Development	http://www.albertahealthservices.ca/info/Page4723.aspx

Recipe for Stress

Theme:	Stress and Mental Health	This webpage offers information on the effects of stress on physical and mental health. It also includes stress management strategies.
Of Interest:	Understanding the Effects of Stress	http://humanstress.ca/stress/understand-your-stress/sources-of-stress/ FRANÇAIS

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.
Of Interest:	Environmental strategies that support mental health	www.learnalberta.ca/ FRANÇAIS

Mental Health and Mental Illness

Supplementary Information for Teachers

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. http://www.hincksdellcrest.org/abc/welcome FRANÇAIS
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. https://education.alberta.ca/safe-and-caring-schools/
Of Interest:	Creating Social Environments that	

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

Theme:	Mental Illness	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. www.kidsmentalhealth.ca/documents/res-cprf-teachers-2007.pdf
Of Interest:	Strategies, Improve Classroom Behaviours	

Classroom Resources

Curriculum Based Lesson Plans

Grades K-9	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	http://www.albertahealthservices.ca/nutrition/Page2918.aspx LESSON PLANS

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

Grades 7-12	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	http://www.albertahealthservices.ca/nutrition/Page15073.aspx LESSON PLANS FRANÇAIS

School Nutrition Education Resource List

Grades K-12	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	www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-resource-list.pdf Ressources éducatives scolaires sur la nutrition publiées en français http://www.albertahealthservices.ca/nutrition/Page7083.aspx FRANÇAIS

Sugar Shocker Education Kit for Children and Youth

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

The Cooking Club Manual

Grades 3-8	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	http://www.albertahealthservices.ca/nutrition/Page9597.aspx LESSON PLANS

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. http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/aet15480/\$FILE/get_growing_manual_revised_2015_post.pdf
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. http://www.albertahealthservices.ca/nutrition/Page11409.aspx
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. http://www.albertahealthservices.ca/nutrition/Page2915.aspx Additional manuals and toolkits to support healthy eating environments http://www.albertahealthservices.ca/nutrition/Page9597.aspx Ressources éducatives scolaires sur la nutrition publiées en français http://www.albertahealthservices.ca/nutrition/Page7083.aspx FRANÇAIS
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. http://www.albertahealthservices.ca/nutrition/Page2925.aspx Ressources éducatives scolaires sur la nutrition publiées en français http://www.albertahealthservices.ca/nutrition/Page7083.aspx LESSON PLANS FRANÇAIS
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. http://www.albertahealthservices.ca/nutrition/Page12600.aspx
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. http://www.albertahealthservices.ca/nutrition/Page13884.aspx
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. http://www.albertahealthservices.ca/nutrition/Page6457.aspx
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. http://www.albertahealthservices.ca/nutrition/Page2929.aspx
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. http://www.albertahealthservices.ca/nutrition/Page9597.aspx
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. http://www.albertahealthservices.ca/nutrition/Page9597.aspx
Of Interest:	Background Evidence, Recommendations, Tools, Learning Activities	

Oral Health

Classroom Resources

Oral Health Education Teacher Resources

Grades K-5	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>http://www.albertahealthservices.ca/services/Page13173.aspx</p> <p style="text-align: center;">LESSON PLANS</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>http://humanservices.alberta.ca/financial-support/2076.html</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>www.ahs.ca/oralhealth</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>www.youtube.com/watch?v=C8bFKV4BL6o</p>
Of Interest:	Dental Carries, Dental Hygiene, Elementary School Students	

Sexual and 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	<p>This online resource for sexual health teachers and educators in Alberta provides comprehensive, evidence-based sexual health education and delivery methods. Resources include lesson plans, activities, interactive tools, Kahoot quizzes, videos and FAQs. Materials are available in English and French, and for differing abilities. Topics include puberty, relationships, reproduction & pregnancy, STIs, sexual & gender diversity, consent, and sexual decision making.</p> <p>The Teacher Portal is an Alberta Education authorized resource. A Parent Portal is also available. Free online workshops for Alberta teachers and educators are also offered.</p> <p>www.teachingsexualhealth.ca/</p> <p>LESSON PLANS FRANÇAIS</p>
	Organization:	Alberta Health Services, Alberta Health, Alberta Education	

Sun Safety

Classroom Resources

Go Safe Education - eLearning Classes and Teacher Resource

Grades 5-12	Theme:	Sun Safety Education and Awareness	<p>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.</p> <p>http://www.canadianskincancerfoundation.com/sun-safety-elearning-classes.html</p> <p>Teacher resources: http://www.canadianskincancerfoundation.com/resources.html</p>
	Organization:	Canadian Skin Cancer Foundation	

SunSmart - Early Childhood and Primary Schools

Grades K-12	Theme:	Sun Safety Education and Awareness	<p>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.</p> <p>http://www.sunsmart.com.au/communities/early-childhood-primary-schools</p>
	Organization:	Cancer Council Victoria / Victorian Health Promotion Foundation	

Supplementary Information for Teachers

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

Theme:	Sun Safety	<p>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.</p> <p>http://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf</p>
Of Interest:	Guidelines and Recommendations	

Guidelines for School Programs to Prevent Skin Cancer

Theme:	Sun Safety Research	<p>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.</p> <p>http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5104a1.htm</p>
Of Interest:	Guidelines and Recommendations	

Limit UV Rays - Sun Safety

Theme:	Sun Safety	<p>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.</p> <p>http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/sun-safety/</p>
Of Interest:	UV Rays, Skin Cancer Prevention	

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	http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/indoor-tanning/

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	https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uh1310&#uh1311

Tobacco Reduction

Classroom Resources

Be Smart Tobacco

Grades K-3	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	https://www.albertaquits.ca/files/AB/files/library/HL005A_K3_Activity_Book_OnlineVersion1.pdf To order printed copies visit: https://www.albertaquits.ca/helping-others-quit/healthcare-providers/tools-and-resources/order-online.php

The Academy for Tobacco Prevention and Shadows of the Academy

Grades 4-6	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	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. https://www.albertaquits.ca/helping-others-quit/teachers-and-school LESSON PLANS

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	www.ash.ca

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	www.cancer.ca

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	www.ab.lung.ca