

Health-Related Curriculum Resources for Educators SECONDARY (GRADES 9-12)

Most of these resources are free, online, classroom-ready. This document will also be posted to the SD62 intranet.

The following resources have been identified, reviewed and vetted (for quality and evidence) to help support your PHE related efforts. If you have suggestions for this list, please see page 3 for contact details.

Resource	Description & Link
BC at the Table (Grades 6-12)	Online videos and teacher packages to guide student inquiry about BC's food system and how we produce, process, distribute and acquire local food, following the story of produce, grains, dairy and salmon. Cross-curricular connections include science, social studies, home economics, culinary arts. BC at the Table Teacher Resources https://bcdairy.ca/bcatthetable/bc-at-the-table-teacher-resources
BC Responsible and Problem Gambling Program (K-12)	Free, engaging classroom presentations and resources. Free teacher training workshops that look at gaming in today's youth culture and explore the consequences of social media, gaming and gambling. 1-888-795-6111 www.bcreponsiblegambling.ca/education
Heart-Mind Online (K-12)	Resources to support social-emotional learning. Examples include: <ul style="list-style-type: none"> - The Emotion Wheel Lesson Plan allows students to explore emotions that are personally relevant and helps them identify interconnections and levels of emotional intensity. - Matthew Morin: Overcoming Adversity lesson plan with video of Matthew sharing his story of overcoming adversity to get in touch with his dream and inner flame. - Hanna Bryant: The Significance of Culture & Language lesson plan with video in which Hanna tells the story of moving to a new community, and discovering connection to her traditional language/culture. - More lessons and videos at heartmindonline.org/resources/for-educators
iMinds (Grades K-12)	Wide range of curriculum linked learning materials and resources to teach substance use literacy, searchable by grade and/or subject. Examples: <ul style="list-style-type: none"> Cycles (Gr 9) - film-based resource encourages teens to talk openly and honestly about why some young people use cannabis. Resources include a 28-min video in English and a version with French sub-titles and a facilitator's guide in English and French. Drugs and Driving (Gr 10-12)- 6-lesson resource designed to promote literacy about the impact of alcohol and other drugs on perception, coordination & other aspects of driving. Why do we feel so bad about feeling good (Gr 11-12) this lesson idea engages students to think more critically about the concepts of pleasure, pain and risk related to drug use. Many more lessons and resources available at www.helpingschools.ca
Kids Boost Immunity (Gr 4-12)	Free, online science, social studies & health lessons and videos developed with teachers about germs/infections, antibiotics, vaccines, global inequity in health & evaluating online information. KidsBoostImmunity (works best with Chrome, Safari or Firefox, not Explorer)

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Media Smarts (K-12)	<p>Hundreds of free digital and media literacy resources educators, parents and youth. Teacher resources include lesson plans searchable by grade and topic and include</p> <ul style="list-style-type: none"> - Bias in News Sources (Gr 9-12) lesson plan in which students learn about bias and prejudice in the news reporting, and the social and political implications. Students evaluate a variety of news sources and also create an intentionally biased news report. - Alcohol Myths (Gr 7-9) lesson plan is based on Dr. Kilbourne’s article ‘Deadly Persuasion: 7 Myths Alcohol Advertisers Want You to Believe.’ - Buy Nothing Day (Gr 7-12) lesson plan in which students define and debate the pros and cons of consumerism and analyze their own purchases. <p>More lessons at mediasmarts.ca/teacher-resources and www.commonsemmedia</p>
Sleep – Getting a Good Night’s Sleep	<p>Evidence-based tips and activities for a better sleep, including a sleep skills diary. www.heretohelp.bc.ca/getting-a-good-nights-sleep</p> <p>See also TEDEd short video and lesson The Benefits of a Good Night's Sleep</p>
SOGI (K-12)	<p>Sexual orientation and gender identity resources including lesson plans, videos and learning modules, presentations and facilitators guide. www.sogieducation.org</p>
Stop Wondering Start Knowing (Grades 8-10)	<p>Classroom-ready mental health video resource. Includes facilitator’s guide and video stories from youth with lived experience with mental health challenges. foundrybc.ca/school-professionals</p>
Stress Lessons - Tools for Resiliency (9-12)	<p>Resources including lesson plans and activities to help teens recognize and understand stress and develop resilience and positive coping skills. www.psychologyfoundation.org (under “Professionals”)</p>
Talk to Me (Gr 9-12)	<p>Sexual Health Manual with 8 downloadable lesson plans on topics including <i>Responsible and Healthy Relationships, Violence Prevention</i> and <i>STIs</i>. peelregion.ca/talk-to-me</p>
Teaching Sexual Health (Gr 4-12)	<p>Comprehensive resources including lesson plans, presentations, quizzes and videos by grade. teachingsexualhealth.ca/teachers Also available in French. WSSookeSchoolTeam@viha.ca is available for free support/mentoring or to borrow Sexual Health Teaching Kits including slide presentation and games.</p>
Teens 101 (Gr 8-12)	<p>Lesson plans and videos to engage students and stimulate dialogue about overcoming challenges and finding hope.</p>
Teen Mental Health (Gr 7-12) and Learn/Teach Mental Health Literacy (Gr 7-12)	<p>Many resources to increase understanding of mental health and mental illness, decrease stigma and enhance help-seeking. teenmentalhealth.org</p> <p>Free, online, self-paced training for educators UBC/LearnMentalHealthLiteracy (8-10 hours) and UBC/TeachMentalHealthLiteracy (6-8 hours)</p>

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Ted Ed Videos and Lessons (Grades 6-12)	Award-winning, short (~5 min.) evidence-based, video-based lessons searchable by subject. Lessons can be customized. Format: Watch (the video), Think (2 or 3 questions), Dig Deeper (additional resources) & Discussion (Guided discussion, view others' Q & A). Examples: <ul style="list-style-type: none"> - An exercise in self-compassion / How sugar affects the brain - What causes bad breath / How does your body know you're full? - How do your hormones work? / How do drugs affect the brain? Many more lessons at ed.ted.com (lessons also available on math, history, art and more)
WE Schools Resources (K-12)	Lesson plans, activities and tools to help students understand and take action on world issues such as human rights and sustainable development. WE/Classroom Resources and WE/Educator resources and WE Well Being at https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/we-well-being-playbook-and-resources/

Find more PHE related resources including resources & apps for youth and families:

- Foundry foundrybc.ca
- Island Health Healthy Schools islandhealth.ca/healthy-schools
- Kelty Mental Health keltymentalhealth.ca
- Open Mind Youth Mental Health Resources openmindbc.ca/teachers
- Social-Emotional Resource Finder www.selresources.com/sel-resources
- TeachBC teachbc.bctf.ca

Looking for more resources or support?

- Contact Cindy CAndrew@sd62.bc.ca (SD62 Healthy Schools Lead) or Melissa MHorner@sd62.bc.ca (Curriculum and Learning Team)
- Contact your local WSSookeSchoolTeam@viha.ca who can:
 - Support health-related grant applications
 - Share evidence-based, curriculum-linked teaching resources
 - Link to programs, services and community agencies
 - Collaborate to support a comprehensive school health approach
 - Assist with developing healthy living practices, environment and policy/guidelines
 - Facilitate food/nutrition/body image professional learning opportunities
 - Assist with finding facilitators for other health-related professional learning.

Do you have ideas or suggestions for this list?

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