

RESOURCES

PROFILE:

Selected Resources on Personal Health and Wellness Education



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About the Resource Center



The Resource Center for CareerTech Advancement is a division of the Oklahoma Department of Career and Technology Education, located in Stillwater, Oklahoma. The staff of the Center research educational materials and best practices to disseminate throughout the state CareerTech system. The Resource Center also provides support in identifying curriculum, assessments, professional development and other instructional delivery resources on request.

www.okcareertech.org

WEBSITES & DOCUMENTS

National Health Education Standards

<https://www.cdc.gov/healthyschools/sher/standards/index.htm>

Standards and performance indicators for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health.

Teens, Health, and Technology: A National Survey

http://cmhd.northwestern.edu/wp-content/uploads/2015/05/1886_I_SOC_ConfReport_TeensHealthTech_051115.pdf

Results of a 2015 survey by Northwestern University.

13 Reasons Why Research

<https://13reasonsresearch.soc.northwestern.edu/>

A study by Northwestern University of more than 5,000 teens, young adults and parents in four regions of the world found that watching the Netflix series “13 Reasons Why” prompted teen and parent conversations about bullying, suicide and mental health.

Health Education Curriculum Analysis Tool

<https://www.cdc.gov/healthyyouth/hecat/index.htm>

The Health Education Curriculum Analysis Tool (HECAT) is “an assessment tool developed by the Centers for Disease Control and Prevention in partnership with health education experts representing state education agencies, school districts, schools, colleges, and national organizations. The HECAT contains guidance, appraisal tools, and resources to conduct a clear, complete, and consistent examination of health education curricula. HECAT results can help schools select or develop appropriate and effective health education curricula, enhance existing curricula, and improve the delivery of health education.”

Green Dot Study

<https://alteristic.org/high-school-program-reduces-interpersonal-violence-independent-study-confirms/>

A five-year, independent study of the effectiveness of the Green Dot Strategy for High Schools. The Green Dot High School Strategy “is based on the premise that the students, teachers, staff, parents, and administrators of any given school do not want students to experience interpersonal violence.” The program harnesses that and equips all members of the school community to: recognize high-risk situations; understand what might keep them from getting involved; identify realistic actions they would take in a situation; and do proactive behaviors to set norms in a school to make it less likely that this violence will happen. The high school program is based on training the student population as well as teachers and administrators to understand those four steps and to feel motivated and equipped to implement them.

KidsHealth Teacher’s Guides, Grades 9 to 12

<https://classroom.kidshealth.org/>

Teacher resources to help students learn how to improve their health, from The Nemours Foundation/KidsHealth. Each topic includes a teacher’s guide—standards, related links, discussion questions, student activities, and reproducible materials—as well as handouts, posters, quizzes, and answer keys. (Note: These resources could form the basis for a personal health and wellness course.)

Topics include:

- | | |
|---------------------------|-----------------|
| — Fitness | — Peer Pressure |
| — Safe and Healthy Summer | — Self-Esteem |
| — Screen Time | — Bike Safety |
| — Sports Safety | — Food Safety |
| — Sportsmanship | — Online Safety |
| — Germs | — Water Safety |

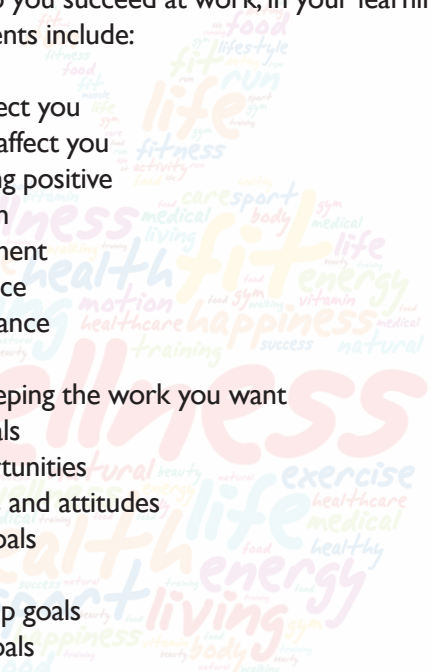
- Breakfast
- Food Labels
- Healthy Snacking
- School Lunch
- Conflict Resolution
- Empathy
- Getting Along
- Healthy Relationships
- Media Literacy and Health

Positivity Works

<https://alis.alberta.ca/tools-and-resources/content/products/positivity-works/>

This free download, from Alberta (Canada) Community and Social Services, walks you through activities to build your positive attitudes and beliefs and help you succeed at work, in your learning and personal life. Contents include:

- How beliefs affect you
- How attitudes affect you
- Benefits of being positive
- Communication
- Stress management
- Change resilience
- Career self-reliance
- Work values
- Getting and keeping the work you want
- Your career goals
- Learning opportunities
- Learning beliefs and attitudes
- Your learning goals
- Respect
- Your relationship goals
- Your positive goals



The Positivity Project

<https://posproject.org/>

A project to empower teachers to master the language and concepts for 24 character strengths and equipping them with resources to drive success in classrooms and schools.

Let's Talk: A Guide to Resolving Workplace Conflict

<https://alis.alberta.ca/tools-and-resources/content/products/lets-talk-a-guide-to-resolving-workplace-conflicts/>

This 32-page guide presents conflict resolution methods that are helpful for employees and employers of large, medium and small organizations.

Understanding Conflict and Conflict Management”

<http://fc.civil.tamu.edu/publications/brochures/>

An overview from Texas A&M University.

Fighting Fair to Resolve Conflict

<https://cmhc.utexas.edu/fightingfair.html#1>

Guidance from the University of Texas at Austin.

Working with Differences in Communities

<https://catalog.extension.oregonstate.edu/manual13>

This 356-page book is free from the Oregon State University Extension Service: “Ideal for personal-growth study groups, for staff in business or agency human-resource departments, and for organizations that work on diversity issues. A gentle yet challenging look at ways to change the world by changing one’s own intercultural relationships. Discusses differences in communication styles, sense of time and space, and power dynamics. Illustrated throughout; references.”

MyPlate Plans for 15- to 19-Year-Olds

<https://www.ag.ndsu.edu/publications/food-nutrition/myplate-plans-for-15-to-19-year-olds>

A chart from North Dakota State University Extension Service, designed to provide an estimate of daily food needs.

ChooseMyPlate.gov Teens website

<https://www.choosemyplate.gov/teens>

Tip sheets, body mass index calculator, and more.

Nutrition.gov Tweens and Teens resources

<https://www.nutrition.gov/subject/life-stages/teens/tweens-and-teens>

Resources and links from the Nutrition.gov website.

Responding to Distressed People

<https://www.ag.ndsu.edu/publications/kids-family/responding-to-distressed-people>

This flow chart outlines the process of responding to distressed people.

Walk in Our Shoes

<http://walkinourshoes.org/for-grownups>

Resources about mental health, including activities that familiarize students with mental health and wellness, from a prevention and early intervention initiative of the California Mental Health Services Authority.

Community Tool Box

<https://ctb.ku.edu/en/toolkits>

Includes Toolkit 9, “Enhancing Cultural Competence,” from the Center for Community Health and Development at the University of Kansas.

Empathy in the Workplace: A Tool for Effective Leadership

<http://www.ccl.org/wp-content/uploads/2015/04/EmpathyInTheWorkplace.pdf>

A white paper from the Center for Creative Leadership.

Disability Etiquette

<https://www.unitedspinal.org/disability-etiquette/>

This booklet from United Spinal Association offers tips on interacting with people with disabilities. (Free to download, print copies available to purchase.)

A Toolkit for Promoting Empathy in Schools

<https://startempathy.org/resources/toolkit/>

Start Empathy, an initiative of Ashoka, is a community of individuals and institutions dedicated to “building a future in which every child masters empathy.” The Toolkit is described as follows:

The toolkit contains the combined wisdom of dozens of teachers, organizations, and people who live this everyday: tips and tools, lesson plans and examples, and, most importantly, insights that can help inform everything from how you design your classroom to your daily interactions with students and colleagues. Some exercises can be done in as little as two minutes, while others can take the form of months-long class projects, applied to a range of subjects. Others simply offer a strategy you can adapt to your existing lesson plans, and tips that are proven to improve teacher and student performance alike. Some you may be familiar with, and others may be new.

Be Fearless Be Kind

<https://befearlessbekind.hasbro.com/>

A philanthropic initiative from Hasbro designed to inspire and empower kids to have the compassion, empathy and courage to stand up for others and be inclusive throughout their lives. Website includes a free toolkit to download, as well as related resources and links.

Making Caring Common Project

<https://mcc.gse.harvard.edu/>

Making Caring Common (MCC) helps educators, parents, and communities raise children who are caring, responsible to their communities, and committed to justice. MCC uses research and the expertise and insights of both practitioners and parents to develop effective strategies for promoting in children kindness and a commitment to the greater good, to influence the national conversation about raising and educating caring, ethical children, and to develop partnerships that enhance our work and elevate our common message. The MCC website includes related research reports, as well as resources about bullying prevention, social and emotional learning, teens and gender bias, and more.

Teaching Tolerance

<https://www.tolerance.org/>

A project of the Southern Poverty Law Center, Teaching Tolerance provides free resources to educators—teachers, administrators, counselors and other practitioners—who work with children from kindergarten through high school. The website includes classroom resources, including lessons and teaching strategies, as well as social justice standards, Teaching Tolerance magazine, best practices, and special interest publications such as the following:

- Responding to Hate and Violence at School
- Civil Rights Activity Book

- Speak Up At School
- Civil Discourse in the Classroom
- Beyond the Golden Rule
- Critical Practices for Anti-Bias Education

NAIA Champions of Character

http://www.naia.org/ChampionsOfCharacter.dbml?DB_OEM_ID=27900

The vision of National Association of Intercollegiate Athletics (NAIA) Champions of Character™ program is “to change the culture of sport. Its mission is to provide training to instill the values that build character so students, coaches and parents know, do and value the right thing on and off the field.” For each of five Core Values described on the website, teachers can access free activities that relate to the core value.

Peer Pressure “Bag of Tricks”

<https://www.thecoolspot.gov/Documents/PeerPressureBagofTricks.pdf>

From thecoolspot.gov website, students will role play various scenarios, analyze the different types of pressures, then discuss what made the pressures difficult to resist in each scenario. Lastly, students discuss how the person being pressured might feel and ways they might have resisted the pressure.

WebMD “Teens and Peer Pressure” article

<https://teens.webmd.com/peer-pressure#l>

An online article from WebMD.

Idaho Coalition Against Sexual & Domestic Violence

<https://idvsa.org/focus/healthy-relationships/>

Website includes resources for capacity building, lesson plans and curricula, and materials for youth and parents/caregivers.n.

Greater Good Science Center—Educator Resources

https://ggsc.berkeley.edu/who_we_serve/educators/educator_resources

Website includes two free curriculum titles: *Nurturing Gratitude from the Inside Out—30 Activities for Grades K-8* and *Thanks! A Strengths-Based Gratitude Curriculum for Tweens and Teens*.

Conflict Resolution Education: A Guide to Implementing Programs in Schools, Youth-Serving Organizations, and Community and Juvenile Justice Settings

<https://www.ncjrs.gov/pdffiles/conflic.pdf>

Although this guide from the U.S. Department of Justice and the U.S. Department of Education appeared in 1996, it provides a useful framework for making informed decisions to implement conflict resolution education programs and select resources to support program development. Chapter I, “Understanding Conflict Resolution,” defines conflict as a natural condition and examines the origins of conflict, responses to conflict, and the outcomes of those responses. It presents the essential principles, foundation abilities, and problem-solving processes of conflict resolution; discusses the elements of a successful conflict resolution program; and introduces four approaches to implementing conflict resolution education. Each of the next four chapters discusses one of these four approaches and presents examples of programs that use the approach.

Children's Safety Network Publications

<https://www.childrensafetynetwork.org/publications>

The Children's Safety Network (CSN) is a project of the Education Development Center, Inc (EDC). The Center works to understand the causes of intentional and unintentional injuries and to develop prevention strategies. CSN is funded by the Health Resources and Services Administration's Maternal and Child Health Bureau, U.S. Department of Health and Human Services. Publications on the CSN website include infographics and titles such as:

- *Teen Dating Abuse: 2018 Resource Guide*
- *Teen Driving Safety: 2017 Resource Guide*
- *Youth Suicide and Self-Harm Prevention: 2017 Resource Guide*
- *Bullying Prevention: 2015 Resource Guide*
- *Evidence-Based Strategies and Readings in Five Injury Topics*

The Travelers Companies—Teen Driving

<https://www.travelers.com/resources/auto/teen-driving>

Resources for teen driver safety from The Travelers Indemnity Company.

Traffic Safety Culture Index

<http://aaafoundation.org/2017-traffic-safety-culture-index/>

An annual survey, identifying driver's attitudes and behaviors related to traffic safety. Road safety topics covered include speeding, red light running, seat belt use, distracted, drowsy and drunk driving. From the AAA Foundation for Traffic Safety.

National Teen Driver Safety Week

<https://www.cdc.gov/features/teendrivers/index.html>

Resources from the Centers for Disease Control and Prevention (CDC).

NOTES:

