

2009 HIGH SCHOOL HEALTH RESOURCES

GROWTH AND DEVELOPMENT

Sexually Transmitted Diseases	V	(Gr. 9-10)
Abstinence: Choosing to Wait	V	(Gr. 9-12)
Aids: One Teenager's Story	V	(Gr. 9-12)
Sexual Responsibility	V	(Gr. 9-12)
Sexually Transmitted Infections	V	(Gr. 9-12)
Teens Talk About Alcohol, Sex and Violence	V	(Gr. 9-12)
The Truth About Sex	V	(Gr. 9-12)

SUBSTANCE USE AND ABUSE

Take 4 – Critics Choice	V	(Gr. 9)
I Drive	DVD	(Gr. 10)
Alcohol: Facts, Myths and Decisions	V	(Gr. 9-10)
Drugs and Teens: The Hidden Problem	V	(Gr. 9-10)
Family, Friends and Feelings	V	(Gr. 9-10)
MTV Talks Tobacco	V	(Gr. 9-10)
“SLAM” (Tobacco)	V	(Gr. 9-10)
Smoking: Truth or Dare	V	(Gr. 9-10)
Teens, Drugs and Peer Pressure	V	(Gr. 9-10)
The Surprise Party	V, TR	(Gr. 9-10)
The Truth About Drinking	V	(Gr. 9-10)
The Truth About Drugs	V	(Gr. 9-10)
The Power of Many	TR	(Gr. 9-11)
Barb Tarbox: A Life Cut Short by Tobacco	V	(Gr. 9-12)
Centre for Addiction and Mental Health Curriculum Guide	B	(Gr. 9-12)
David with FAS	V	(Gr. 9-12)
Drunk Driving: It'll Cost You Big Time	V	(Gr. 9-12)
FASD Binder	TR, V	(Gr. 9-12)
Health in Perspective	TR	(Gr. 9-12)
I Don't Have a Problem: The Path to Addiction	V	(Gr. 9-12)
Lungs Are For Life	TR	(Gr. 9-12)
Heather Crowe's Legacy	DVD NEW	(Gr. 9-12)
Stupid.ca	DVD NEW	(Gr. 9-12)
Take Action in Secondary Schools	TR NEW	(Gr. 9-12)

PERSONAL SAFETY & INJURY PREVENTION

I Drive	DVD	(Gr.11-12)
Not Ready to Go	V, DVD	(Gr.11-12)

HEALTHY EATING

Behind Closed Doors	V	(Gr. 9-10)
The Weight of the World	DVD	(Gr. 9-10)
Super Size Me – Educational Tool	DVD	(Gr. 9-12)
Eating Well With Canada's Food Guide: A Resource for Educators and Communicators	TR NEW	(Gr. 9-12)

PHYSICAL ACTIVITY

50 Games with 50 Tennis Balls	B	(Gr. 9-12)
101 Games to Play in a New Way	B	(Gr. 9-12)
ATIV8	TR	(Gr. 9-12)
Another Games Book	B	(Gr. 9-12)
Bang For Your Buck	B	(Gr. 9-12)
Best New Games	B	(Gr. 9-12)
Dances Even I Would Do	B	(Gr. 9-12)
Great Gator Games	B	(Gr. 9-12)
Great Ideas - Games and Activities for Youth by Youth	B	(Gr. 9-12)
High School Intramurals	B	(Gr. 9-12)
Kinball	V, G	(Gr. 9-12)
Mass Appeal – Activities for Groups of 50 or More	B	(Gr. 9-12)
Not Just Another Games Book	B	(Gr. 9-12)
Oodles of Noodles	B	(Gr. 9-12)
Physical Activity Ideas for Action	B	(Gr. 9-12)
Snow Fun!	B	(Gr. 9-12)
Treasury of Moga Madness	B	(Gr. 9-12)
Walking Games and Activities	B	(Gr. 9-12)
Why Paper Scissors Rock	B	(Gr. 9-12)
Zany Activities with a Rubber Chicken	B	(Gr. 9-12)

OTHER

Preconceptional Health Manual	TR	(Gr. 9-12)
Student Leadership Development Program	TR	(Gr. 9-12)
Quit For Life	TR	(Gr. 9-12)
Why? (Tobacco)	V	(Gr. 9-12)
You Can Make a Difference	TR	(Gr. 9-12)

B = Book	CD = Compact Disc
G = Game	TR = Teaching Resource
V = Video	DVD = Digital Video Disc

Other curriculum related materials available from the Renfrew County and District Health Unit include:

- Displays
- Pamphlets
- Interactive Materials (e.g. Pig's Lungs, Tobacco Wheel, Popcorn Machine)



NEW RESOURCES

Heather Crowe's Legacy (Grades 9 – 12)

Heather Crowe's Legacy: An Ordinary Canadian's Extraordinary Gift tells the story of how a brave private citizen successfully struggled for others even when she was facing her own death. Students will learn the consequences of second-hand smoke from a non-smoking waitress in Ottawa. She spoke to teenagers and politicians about second-hand smoke in the workplace. The film poses an example for advocacy and shows how one ordinary person can make a difference; one person can change society for the better.

Stupid.ca (Grades 9 – 12)

Stupid.ca is a campaign designed to spread the message that smoking is a stupid decision. It makes sense to teens and provides them with information, without preaching to them or talking down to them. The TV commercials help middle and high school students make healthy choices regarding tobacco industry product use and abuse through using a tone that is real, honest and funny. The Toolkit is aligned with the *Smoke Free Ontario* student led Youth Action Alliances, but may also be used in any school. It highlights resources and facts about the tobacco industry that students can use in their own campaigns. Students will enjoy the balance of education and entertainment, while dealing with a serious matter.

Take Action in Secondary Schools (Grades 9 – 12)

Take Action in Secondary Schools is a teaching resource developed by OPHEA (Ontario Physical and Health Education Association) and CAMH (Centre for Addiction and Mental Health). It is best described as a collection of links to a variety of programs, activities, and services. It focuses on the comprehensive school health approach and school-based health promotion for secondary school students. This resource includes:

- Background information on a variety of topics related to substance use and abuse;
- A collection of curriculum and related educational resources;
- Suggestions for activities that can be used in educational settings and the broader school community; and
- Links and contact information for community organizations and resources

Section III focuses on curriculum and classroom based resources and supports on the topic of substance use and abuse. Cross-curricular teaching ideas are also addressed.

Note: Copies of the Take Action in Secondary Schools Teaching Resource will be placed in all high school libraries. Up to three additional free copies can be ordered from OPHEA at <http://www.ophea.net/Ophea/Ophea.net/takeactionresandmat.cfm>.