

**Renfrew County and District Health Unit**  
**Health and Physical Education On-line Teaching Resources**  
**TOPIC: Personal Safety and Injury Prevention**

August 2022

Curriculum-Linked Resource	Website	Description	Grades
OPHEA Internet Safety  En/Fr	<a href="https://ophea.net/internet-safety-resources">https://ophea.net/internet-safety-resources</a>	Free online resources to educate kids to be safe on the Internet by applying real life behaviour to life online.	Gr. 4-6
OPHEA MTO Road Safety Resource  En/Fr	<a href="http://www.ontarioroadsafety.ca">www.ontarioroadsafety.ca</a>	Cross-curricular lesson plans, as well as a community engagement toolkit. The site is searchable by available topics as well as individual lesson plans.	JK-Gr. 12
Media Smarts  En/Fr	<a href="https://mediasmarts.ca/teacher-resources/find-lesson">https://mediasmarts.ca/teacher-resources/find-lesson</a>	Lessons and resources for teachers - search for lessons that align with the Ontario curriculum. Topics include blogging, cell phones and texting, alcohol marketing, diversity in media, cyberbullying.	JK-Gr. 12
Staying Alive : Fire Safety  En/Fr	<a href="http://www.stayingalive.ca/fire_safety.html">http://www.stayingalive.ca/fire_safety.html</a>	Fire safety education. Curriculum program for educators and information for parents. Lesson plans are free, order online. Topics include home escape plans, household safety, and an online game "The great escape" fire safety.	JK-Gr. 8
Sky Watcher guide to weather - Teacher`s Corner  En/Fr	<a href="http://ec.gc.ca/meteoaloeil-skywatchers/default.asp?lang=EN&amp;n=126">http://ec.gc.ca/meteoaloeil-skywatchers/default.asp?lang=EN&amp;n=126</a>	Environment Canada's Sky Watchers Program. FREE teaching material on the subject of weather; including lesson plans, experiments, activities, a detailed teacher's guide, ultra violet radiation, and air quality.	Gr. 4-6
<b>Other websites for reliable personal safety and injury prevention information</b>			
Parachute Canada  En/Fr	<a href="http://www.parachutecanada.org/">http://www.parachutecanada.org/</a>	Wide variety of injury specific information listed in "injury topics" tab on website.	
National Teen Driver Safety Week  En/Fr	<a href="https://www.parachutecanada.org/en/program/national-teen-driver-safety-week/">https://www.parachutecanada.org/en/program/national-teen-driver-safety-week/</a>	Created to promote public awareness of teen driver safety issues.	
Concussion Resources  En/Fr	<a href="https://www.parachutecanada.org/en/professional-resource/concussion-collection/">https://www.parachutecanada.org/en/professional-resource/concussion-collection/</a>	Concussion resources for schools, sports organizations, healthcare settings, and more.	
Safe@School  En/Fr	<a href="https://www.safeatschool.ca/">https://www.safeatschool.ca/</a>	Information and resources for violence prevention and the creation of safe, strong and free schools and communities. Bullying prevention and equity and inclusive education.	
Allergy Safe Schools  En/Fr	<a href="https://canadasafetycouncil.org/allergy-safe-schools/">https://canadasafetycouncil.org/allergy-safe-schools/</a>	Supporting food allergy-friendly schools.	
Allergy Aware Canada	<a href="https://www.allergyaware.ca/">https://www.allergyaware.ca/</a>	Offers online anaphylaxis courses for the community, developed by leaders in health education – Food Allergy Canada	

<b>En/Fr</b>		and Leap Learning Technologies – and medically reviewed by Canadian allergists.
<b>Food Allergy Canada</b>	<a href="https://www.foodallergycanada.ca/">https://www.foodallergycanada.ca/</a>	Includes resources for those living with food allergies, as well as tools for parents, educators, healthcare professionals, and food service workers.
<b>En/Fr</b>		
<b>Canadian Centre for Child Protection</b>	<a href="https://www.protectchildren.ca/">https://www.protectchildren.ca/</a>	National organization dedicated to personal safety of all children. Offer a number of grade specific resources and programs on internet safety.
<b>En/Fr</b>		
<b>Protect Kids Online</b>	<a href="https://protectkidsonline.ca/">https://protectkidsonline.ca/</a>	Site that provides information to parents and educators about potential risks of using cell phones with strategies to keep youth safe.
<b>En/Fr</b>		
<b>Canadian Partnership for Children’s Health and Environment</b>	<a href="http://www.healthyenvironmentforkids.ca/">http://www.healthyenvironmentforkids.ca/</a>	An affiliation of groups with missions to improve children's environmental health in Canada. Collection of environmental educational resources by and for students.
<b>En/Fr</b>		
<b>Canada Safety Council</b>	<a href="https://canadasafetycouncil.org/product-category/for-youth/">https://canadasafetycouncil.org/product-category/for-youth/</a>	Training courses for youth on electrical safety, online safety and cyberbullying, fire safety, the Home Alone Program, and more.
<b>En/Fr</b>		
<b>OPHEA Safety</b>	<a href="http://safety.ophea.net/">http://safety.ophea.net/</a>	Ontario Physical Education Safety Guidelines for curricular, interschool, and intramural activities. Plus Concussion Protocols.
<b>En/Fr</b>		
<b>Red Cross</b>	<a href="https://www.redcross.ca/">https://www.redcross.ca/</a>	First Aid and CPR, swimming and water safety, violence, bullying and abuse prevention.
<b>En/Fr</b>		
<b>Media Smarts for Parents</b>	<a href="http://mediasmarts.ca/parents">http://mediasmarts.ca/parents</a>	Site specifically designed for parents to increase awareness of how kids are using the internet and issues they may encounter.
<b>En/Fr</b>		
<b>Be Safe App</b>	<a href="https://mindyourmind.ca/tools/be-safe-app-mindyourmind">https://mindyourmind.ca/tools/be-safe-app-mindyourmind</a>	The Be Safe app allows the user to create a digital safety plan, informs the user about mental health and addiction resources in your local community, and directs users to the best options for their needs through a decision-making aid.
<b>Ontario Ministry of Transportation</b>	<a href="http://www.mto.gov.on.ca/">http://www.mto.gov.on.ca/</a> <a href="http://www.mto.gov.on.ca/english/safety/bicycle-safety.shtml">http://www.mto.gov.on.ca/english/safety/bicycle-safety.shtml</a>	Driving and cycling safety information and a Safety Guide for Young Cyclists.
<b>En/Fr</b>		
<b>World Health Organization Sun Protection in Schools</b>	<a href="https://apps.who.int/iris/handle/10665/42678">https://apps.who.int/iris/handle/10665/42678</a>	Sun protection in schools; includes an educational package to protect children from ultraviolet radiation.