



Fairbanks North Star Borough School District

K-12 Health Curriculum

APPENDIX



Revised November 2022

Table of Contents

Alaska Safe Children’s Act.....	2
Learning Objectives for Classroom Curriculum	3
Elementary Lesson Plans	5
Middle School Lesson Plans.....	8
High School Lesson Plans.....	10
Decision-Making Worksheet	12
Fairbanks Community Resources	13
Letter of Notification	15
Sample: Elementary	15
Sample: Secondary.....	16
Middle School Health Resource List	17
Teacher Resources.....	20
Bullying Power & Control Wheel.....	24
Equality Wheel for Teens.....	25
Teen Power and Control Wheel	26

Alaska Safe Children's Act

The Alaska Safe Children's Act (also known as Erin's and Bree's Law) went into effect June 30, 2017.

[AS 14.30.355 \(Erin's Law\)](#) requires that the governing body of each school district to adopt and implement a policy, establish a training program for employees and students, and provide parental notices relating to sexual abuse and sexual assault awareness and prevention for students enrolled in grades kindergarten through twelve.

[AS 14.30.356 \(Bree's Law\)](#) requires that the governing body of each school district shall adopt and implement a policy, establish a training program for employees and students, and provide parental notices relating to dating violence and abuse in grades seven through twelve. A training program adopted under this section must emphasize prevention and awareness.

Alaska Safe Children’s Act

Learning Objectives for Classroom Curriculum

Sexual abuse and assault awareness and prevention training learning objectives for students K- 12			
Pre-K– Grade 2	Grade 3 - Grade 5	Grade 6 – Grade 8	Grade 9 – Grade 12
<ol style="list-style-type: none"> 1. Identify “appropriate” and “inappropriate” or “safe” and “unsafe” touches (including inappropriate non-touching behaviors) 2. Explain that a child is not at fault if someone touches him or her in an inappropriate way. 3. Explain why everyone has the right to tell others not to touch his or her body. 4. Explain why inappropriate touches should be reported to a trusted adult and not kept secret. 5. Identify trusted adults from a variety of settings including home, school and the community who can help prevent violence. 6. Explain and demonstrate how to locate school and community health helpers who can help reduce or avoid violence. 7. Demonstrate effective refusal skills, including firmly saying “no” and getting away, to avoid or reduce the risk of sexual abuse or assault. 8. Demonstrate how to effectively tell a trusted adult when feeling threatened or harmed. 	<ol style="list-style-type: none"> 1. Distinguish between “appropriate” and “inappropriate” touch (including non-touching behaviors). 2. Explain why it is not the child’s fault if someone touches him or her in an inappropriate way. 3. Explain that everyone has the right to tell others not to touch his or her body. 4. Explain that inappropriate touches should be reported to a trusted adult and not kept secret. 5. Demonstrate effective refusal skills, including firmly saying “no” and getting away, to avoid or reduce the risk sexual abuse or assault 6. Demonstrate how to effectively ask for help to report sexual abuse or assault. 7. Explain safety rules for using electronic communication devices. 	<ol style="list-style-type: none"> 1. Explain why individuals have the right to refuse any sexual contact or activity. 2. Recognize techniques that are used to coerce or pressure someone to engage in sexual activity. 3. Explain that acquaintance rape and sexual assault are illegal. 4. Explain that rape and sexual assault should be reported to a trusted adult and not kept secret. 5. Explain the negative consequences of sexually explicit pictures or messages sent by e-mail or cell phone or posting sexually explicit pictures on social media sites (e.g., chat groups, e-mail, texting, websites, phone and tablet applications). 6. Demonstrate how to manage personal information in electronic communications and when using social media (e.g., chat groups, e-mail, texting, websites, phone and tablet applications) to protect the sexual health of oneself and others. 	<ol style="list-style-type: none"> 1. Summarize why individuals have the right to refuse any sexual contact or activity. 2. Explain why it is an individual’s responsibility to verify that all sexual contact is consensual. 3. Explain that sexual contact with someone that is intoxicated or unable to refuse is sexual assault. 4. Explain why a person who has been sexually assaulted or raped is not at fault. 5. Explain why it is wrong to trick, threaten, or coerce another person into engaging in sexual activities. 6. Analyze techniques that are used to coerce or pressure someone to engage in sexual activities. 7. Explain why rape and sexual assault should be reported to a trusted adult. 8. Describe federal, state, and local laws intended to prevent sexual violence related to sexual abuse of a minor. 9. Evaluate the negative consequences of sexually explicit pictures or messages sent by e-mail or cell phone or posting sexually explicit pictures on social media sites.

Dating violence and abuse awareness training and prevention learning objectives for students grades 7-12

Grade 7-8	Grade 9 – Grade 12
<ol style="list-style-type: none"> 1. Describe characteristics of healthy relationships, including healthy dating relationships. 2. Explain why it is each individual's responsibility to verify that all sexual contact is consensual. 3. Describe how power and control differences in relationships can contribute to aggression and violence. 4. Describe the warning signs of dating violence and abusive behavior. 5. Analyze techniques that are used to coerce or pressure someone to engage in dating violence or abusive behavior. 6. Demonstrate resistance skills for responding to pressure situations. 7. Access valid and reliable dating violence prevention information from home, school or community. 8. Locate valid and reliable domestic violence and sexual assault prevention or intervention services. 9. Demonstrate how to effectively ask for assistance to prevent and stop dating violence and abuse. 10. Collaborate with others to advocate for safe, respectful, and responsible relationships. 11. Explain the importance of talking with parents and/or other trusted adults about issues related to relationships, growth and development and sexual health 	<ol style="list-style-type: none"> 1. Summarize the qualities of a healthy dating relationship. 2. Analyze how power and control differences in relationships (peer, dating, or family relationships) can contribute to aggression and violence. 3. Analyze the legal, psychological and social consequences of dating violence to perpetrators, victims, and bystanders. 4. Explain how bystanders can help prevent dating violence by safely intervening and/or reporting dangerous situations or actions to a trusted adult or specific agency. 5. Determine when professional violence prevention or intervention services may be required. 6. Locate and use resources or services that provide valid and reliable violence prevention information or intervention services. 7. Demonstrate how to manage personal information in electronic communications and when using social media (e.g., chat groups, e-mail, texting, websites, phone and tablet applications) to protect the safety of oneself and others. 8. Analyze how some multiple influences affect the likelihood of engaging in violent behaviors. 9. Summarize the importance of talking with parents and/or other trusted adults about issues related to relationships, growth and development and sexual health.

Department of Education & Early Development, October 2016

Alaska Safe Children’s Act Elementary Lesson Plans

Kindergarten: Safer, Smarter Kids			
Lesson 1: Safety Stop Sign and Safety Rules Lesson 2: Strangers and Trusted Triangle Lesson 3: Think, Feel, Act & Guiding Voice Lesson 4: Private Parts and Personal Space Lesson 5: Safe vs Unsafe Secrets Lesson 6: Tattling vs. Reporting			
Additional Resources to Support ASCA Lessons			
Books	Video Lessons	VideoClip	Resources
<ul style="list-style-type: none"> • Your Body Belongs to You by Cornelia Maude Spelman • No Means No! by Jayneen Sanders • Samuel Learns to Yell & Tell. • Sara Learns to Yell & Tell By Debi Pearl 	<ul style="list-style-type: none"> • Protect Yourself Rules Grades K-3 		
1st Grade Safer, Smarter Kids			
Lesson 1: Safety Rules, Grown Up Buddies, Trusted Triangle Lesson 2: Safety Stop Sign & I Mean Business Lesson 3: Guiding Voice Lesson 4: Safe and Unsafe Touches Lesson 5: Safe and Unsafe secrets Lesson 6: Tattling and Reporting Lesson 7: Strangers			
Additional Resources to Support ASCA lessons			
Books	Video Lessons	VideoClip	Resources
<ul style="list-style-type: none"> • I Can Play It Safe by Alison Feigh • Your Body Belongs to You by Cornelia Maude Spelman • Do You Have Secret? by Jennifer Moore-Mallions • My Body What I say Goes! by Jayneen Sanders • Samuel Learns to Yell & Tell. Sara Learns to Yell & Tell By Debi Pearl 	<ul style="list-style-type: none"> • Protect Yourself Rules Grades K-3 		<ul style="list-style-type: none"> • Second Step Program • CHAMPS • LMS Videos https://destiny.k12northstar.org

2nd Grade Safer, Smarter Kids			
Lesson 1: Safety Superstar Tools Lesson 2: Awareness & Surroundings, Safe & Unsafe Situations Lesson 3: P.L.A.N introduction Lesson 4: Safe and Unsafe Secrets, Secrets Gauge Lesson 5: Body Boundaries & Privacy, Feeling Safe & Respected Lesson 6: Safety Barometer, bullying, Safe use of Phone Lesson 7: Cyber Safety, Cyber Citizen			
Additional Resources to Support ASCA lessons			
Books	Video Lessons	VideoClip	Resources
<ul style="list-style-type: none"> • <u>Scoop</u> by Julia Cook • <u>I Said No!</u> by Zack and Kimberly King • <u>My Body What I say Goes!</u> by Jayneen Sanders 	<ul style="list-style-type: none"> • Protect Yourself Rules Grades K-3 		<ul style="list-style-type: none"> • Second Step Program • CHAMPS • LMS Videos (https://destiny.k12northstar.org)
3rd Grade Safer, Smarter Kids			
Lesson 1: Good Citizenship in our community, Wrongdoing, WrongDoer, Victim, Bystander Lesson 2: Internet Safety, Digital Citizenship Lesson 3: Body Boundaries and Personal Space, I mean business voice Lesson 4: Guiding Voice Lesson 5: Celebrate your personal Power			
Additional Resources to Support ASCA Lessons			
Books	Video Lessons	VideoClip	Resources
<ul style="list-style-type: none"> • <u>My Body Belongs to Me: A book about body safety</u> by Jill Starishevsk • <u>No More Secrets For Me</u> by Orelee Watcher • <u>My Body is Private</u> by Linda Walvoord Girard 	<ul style="list-style-type: none"> • Protect Yourself Rules Grades K-3 		<ul style="list-style-type: none"> • CHAMPS • Common Sense Media • LMS Videos (https://destiny.k12northstar.org) • LMS Books (https://destiny.k12northstar.org)

4th Grade Safer, Smarter Kids			
<p>Lesson 1: Kids Bill of Rights Lesson 2: Voice: The right to be heard Lesson 3: Respecting Boundaries Lesson 4: Identity: The right to be who you are Lesson 5: The responsibilities of your rights</p>			
Additional Resources to Support ASCA Lessons			
Books	Video Lessons	VideoClip	Resources
<ul style="list-style-type: none"> • <u>Not in Room 204</u> by Shannon Riggs • <u>No More Secrets for Me</u> by Oralee Wachter • <u>“My Body Is Private”</u> by Linda Walvoord Girard 	<ul style="list-style-type: none"> • Protect Yourself Rules Grades 4-6 		<ul style="list-style-type: none"> • CHAMPS • Common Sense Media • LMS Videos (https://destiny.k12northstar.org) • LMS Books (https://destiny.k12northstar.org) • Puberty Lessons from School Nurse
5th Grade Safer, Smarter Kids			
<p>Lesson 1: Finding the Courage within you, Peer Pressure Lesson 2: Cyber Bullying Lesson 3: Privacy Lesson 4: Boundaries Lesson 5: The courage to change</p>			
Additional Resources to Support ASCA Lessons			
Books	Video Lessons	VideoClip	Resources
<ul style="list-style-type: none"> • <u>Not in Room 204</u> by Shannon Riggs • <u>No More Secrets for Me</u> by Oralee Wachter • <u>“My Body Is Private”</u> by Linda Walvoord Girard 	<ul style="list-style-type: none"> • Protect Yourself Rules Grades 4-6 		<ul style="list-style-type: none"> • CHAMPS • Common Sense Media • LMS Videos (https://destiny.k12northstar.org) • LMS Books (https://destiny.k12northstar.org) • Puberty Lessons from School Nurse

Alaska Safe Children’s Act Middle School Lesson Plans

6 th Grade Safer, Smarter Teens: Personal Power			
Lesson 1: Self-Esteem & Personal Power		Lesson 2: Fitting in and Acceptance	
Lesson 3: Grooming and Boundaries		Lesson 4: A.C.T: Abuse, Disclosure and Getting Help	
Lesson 5: Isolation: Staying Safe in the Virtual World		Lesson 6: S.A.F.E: It's okay to tell	
Additional Resources to Support ASCA Lessons			
Books	Additional Lesson	VideoClip	Resources
Not in Room 204 by Shannon Riggs No More Secrets for Me by Oralee Wachter “My Body Is Private” by Linda Walvoord Girard	Building Health Teen Relationships	Child Lures Prevention News Clips <ul style="list-style-type: none"> • Authority Lure • Assistance Lure • Ego Fame Lure • e Lure • Name Lure • Games Lure 	<ul style="list-style-type: none"> • Erin's Law website • Common Sense Media • LMS Videos (https://destiny.k12northstar.org) • LMS Books (https://destiny.k12northstar.org) • Puberty Lessons
7 th Grade Safer, Smarter Teens: Personal Power and Safe Dates Programs			
Topics covered: Personal Power Definition of Sexual Abuse Grooming and Boundaries Setting Body Boundaries Red Flags Positive Power Plays Healthy Relationships			
Additional Resources to Support Teen Health			
Books	Additional Lesson	VideoClip	Resources
Teen Health textbook - McGraw Hill		Child Lures Prevention News Clips <ul style="list-style-type: none"> • Authority Lure • Assistance Lure • Ego Fame Lure • e Lure • Name Lure • Games Lure 	Erin's Law Website Love is Respect Break the Cycle Teen Health and Wellness

8th Grade Safer, Smarter Teens: Personal Power and Safe Dates Programs			
Topics covered:			
Personal Power Flags	Definition of Sexual Abuse Positive Power Plays	Grooming and Boundaries Healthy Relationships	Setting Body Boundaries Red
Additional Resources to Support Teen Health			
Books	Additional Lesson	VideoClip	Resources
Teen Health textbook - McGraw Hill		Child Lures Prevention News Clips <ul style="list-style-type: none"> • Authority Lure • Assistance Lure • Ego Fame Lure • e Lure • Name Lure • Games Lure 	Erin's Law Website Love is Respect Break the Cycle Teen Health and Wellness

Human Relations Videos available at all Middle Schools. More titles in District Library Media Services (<https://destiny.k12northstar.org>):

- You, Your Body and Puberty
- Open Arms? Open Eyes! Power, Control and Abuse in Teen Relationships
- Dealing with Teen Dating Abuse: Crossing the Line
- How to Say NO and Really Mean It

Alaska Safe Children’s Act High School Lesson Plans

9th Grade Pearson Health
Lessons that meet the requirements of AK Safe Children’s Act: <ul style="list-style-type: none"> • Personality, Self Esteem and Emotions Chapt.2 pg. 28-53 • Family Relationships Chapt. 5 pg. 110-133 • Building Healthy Relationships Chapt. 6 pg. 134-159 • Preventing Violence Chapt 7 p. 160-189 • Safe Dates Curriculum available on Google Drive (Contact Health Teachers and Counselors for access)
Resources
Darkness to Light Erin's Law Website Love is Respect Break the Cycle NetSmartz It's on US Our Gender Revolution Teen Health and Wellness Bree's Law
10th Grade
REQUIRED: Dating Violence and Sexual Abuse PowerPoints are available in Google Drive. Safe Dates Materials are available on Google drive. (Contact Health Teachers and Counselors for access)
Resources
Darkness to Light Erin's Law Website Love is Respect Break the Cycle Bree's Law Our Gender Revolution Teen Health and Wellness

11th and 12th Grade

REQUIRED: Dating Violence and Sexual Abuse PowerPoints are available in Google Drive. Dating Scenarios is a supplementary activity that can be used with the PowerPoints. Safe Dates Materials are available on Google drive. (Contact Health Teachers and Counselors for access)

Resources

[Darkness to Light](#)
[Erin's Law Website](#)
[Love is Respect](#)
[Break the Cycle](#)
[Bree's Law](#)
[Our Gender Revolution](#)
[Teen Health and Wellness](#)

Human Relations Videos available at each High School

- Human Sexuality Tool Kit
- Defining Sexual Assault
- How to End Unhealthy Relationships
- How to Say NO and Really Mean It
- Open Arms? Open Eyes! Power, Control and Abuse in Teen Relationships
- Dealing with Teen Dating Abuse: Crossing the Line
- Bystander Intervention: Putting a Stop to Sexual Assault
- Coping With Dating Violence and Abuse

Decision-Making Worksheet

NAME _____

CLASS PERIOD _____

DATE _____

STEP 1: Define the problem. (What are you trying to decide?) _____

STEP 2: Brainstorm options. (There are always at least three options for every decision.)

Option 1	Option 2	Option 3
_____	_____	_____

STEP 3: Consider the positive (pro) and negative (con) aspects of each alternative.

Option 1	Pros	Cons
	_____	_____
	_____	_____
	_____	_____

Option 2	Pros	Cons
	_____	_____
	_____	_____
	_____	_____

Option 3	Pros	Cons
	_____	_____
	_____	_____
	_____	_____

STEP 4: Consider your values. (What do you think is right/wrong? Is it safe, healthy, legal? Does it respect your wishes and those of your parents?) _____

STEP 5: Make a decision: _____

STEP 6: Evaluate the decision. (Imagine what would have happened for the purpose of this exercise. What worked well? What didn't? Would you do anything different in the future?) _____

Prepared by Stefani Brown

Fairbanks Community Resources

There is a variety of community resources of human and social services available to youth, adults, and seniors residing in the Fairbanks North Star Borough. Use the services of the school counseling office or their referrals as needed, in addition to the resources listed below.

ABUSE/VIOLENCE		
Domestic Violence Information	452-7273	www.dps.alaska.gov/ast/domesticviolence
Eielson Family Advocacy Program	377-2178	www.eielson.af.mil
Ft. Wainwright Family Advocacy Program	353-7317	www.wainwright.army.mil
Interior Alaska Center for Non-Violent Living	452-2293	www.iacnvl.org
Office of Children's Services	451-2650	www.dhss.alaska.gov/ocs
Resource Center for Parents & Children (RCPC)	456-2866	www.rcpcfairbanks.org
Women In Crisis Counseling & Assistance (WICCA)	452-2293	www.eielson.af.mil
ALCOHOL/DRUG ABUSE		
Adult Children of Alcoholics	456-6458	www.al-anon-ak.org
Alano Club	456-1604	www.alanoclubs.com
Alanon – Alateen	456-6458	www.al-anon-ak.org
Alcoholics Anonymous	456-7501	www.fairbanksaa.org
Eielson Alcohol & Drug Abuse Prevention & Treatment	377-3071	www.eielson.af.mil
Eielson Adolescent Substance Abuse Counseling Services	377-4727	www.eielson.af.mil
Fort Wainwright Army Substance Abuse Program	361-1370	www.wainwright.army.mil
Military Dependent Adolescent Substance Abuse Counseling Service	353-1382	www.wainwright.army.mil
Narcotics Anonymous	452-7372	www.akna.org/areas/fairbanks
Ralph Perdue Center, Youth Drug & Alcohol Program	452-6251	www.fairbanksnative.org/ralph_perdue_center.html
Regional Center for Alcohol & Other Addictions	456-1053	www.choosehelp.com/alaska
CONFLICT RESOLUTION		
North Star Youth Court	457-6792	www.nsync.org
North Star Youth Mediation Program	457-6792	www.nsync.org
COUNSELING/MENTAL HEALTH		
Eielson Family Life Consultants	388-0483	www.eielson.af.mil
Eielson Mental Health	377-3071	www.eielson.af.mil
Fairbanks Community Mental Health Services (FCMHS)	371-1300	www.acmhs.com
Fairbanks Counseling & Adoption	456-4729	www.fcaalaska.org
Fort Wainwright Family Life Consultants	388-2553	www.wainwright.army.mil
Fort Wainwright Social Work Services (families)	361-6285	www.alaska.amedd.army.mil
Hope Counseling	451-8208	www.hopcounselingcenter.org
New Life Program – Fairbanks Native Association	452-1274	www.oneskycenter.org
Pacific Rim Counseling	452-5252	
Parents, Families & Friends of Lesbians & Gays (PFLAG)	457-3524	www.fairbankspflag.org
Seven Secrets Counseling & Social Skills	590-0064	
STEPS	374-7881	
Sunny Denyaavee Center	455-4611	
Tanana Chiefs Behavioral/Mental Health Program	452-8251	www.tananachiefs.org/health

EMERGENCY/CRISIS		
American Red Cross of Alaska – Fairbanks	456-5937	www.redcross.org/local/ak/anchorage
Careline Crisis Intervention	452-4357	www.carelinealaska.com
Crisis Hotline for Domestic Violence & Rape (WICCA)	800-478-7273	www.iacnvl.org
Crisis Pregnancy Center Hotline	452-5683	
Eielson Sexual Assault Prevention & Response Program	377-7272	www.eielson.af.mil
Fairbanks Youth Advocates' The Door – Youth Shelter	374-5678	www.fairbanksyouthadvocates.org
Family Focus – Emergency Shelter	452-1274	
Love in the Name of Christ (Love INC)	452-5683	www.loveincfairbanks.org
National Runaway Switchboard	800-RUN-AWAY	www.1800runaway.org
Rape Emergency (IACNVL)	800-478-7273	www.iacnvl.org
Youth Suicide Prevention 24hr. Crisis Line	452-4357	
FAMILY/YOUTH SERVICES		
ADHD Assessment & Treatment – Rural Community Consultants	590-0931	
Alaska Center for Resource Families	479-7307	www.acrf.org
Big Brothers Big Sisters	452-8110	www.bbbsak.org
Care Net Pregnancy Center of the Tanana Valley	455-8255	www.carenetfairbanks.com
Eielson Airmen & Family Readiness Center	377-2187	www.eielsonforcesupport.com
Eielson Youth Center	377-3194	www.eielsonforcesupport.com
Fort Wainwright Youth Center	361-5437	www.wainwright.army.mil
Love Social Services Center	458-8400	
NAACP – Fairbanks Branch	456-2227	www.naacp.org
Offices of Children's Services	451-2650	www.dhss.alaska.gov/ocs
Resource Center for Parents & Children (RCPC)	456-2866	www.rcpcfairbanks.org
HEALTH SERVICES		
Bassett Army Community Hospital	361-5858	www.alaska.amedd.army.mil
Chief Andrew Isaac Health Center	451-6682	www.tananachiefs.org
Eielson Health & Wellness Center	377-9355	
Fairbanks Memorial Hospital (FMH)	452-8181	www.bannerhealth.com
Fairbanks Regional Public Health Center	452-1776	www.dhss.alaska.gov
Interior Community Health Center	455-4567	www.interiorhealthalaska.com
SUPPORT GROUPS		
ACCESS Alaska	479-7940	www.accessalaska.org
Alaska AIDS Help Line	800-478-2437	www.alaskanids.org
Alzheimer's Disease Family Support Group	452-2277	www.alzalaska.org
American Cancer Society	458-6410	www.cancer.org
American Diabetes Association	457-1557	www.diabetes.org
Care Net Pregnancy Center of the Tanana Valley	455-8255	www.carenetfairbanks.com
Epilepsy Seizure Support Network	452-5585	www.epilepsysupportnet.org
Fort Wainwright ADD/ADHD Support Group (EFMP)	353-4243	www.usarak.army.mil/main
Hospice Services – Fairbanks Memorial Hospital	458-5550	www.bannerhealth.com
Interior AIDS Association	452-4222	www.interioraids.org
Interior Alaska Cancer Association	374-0974	www.interioralaskacancer.org
Interior Community Health Center	455-4567	www.interiorhealthalaska.com
Parents, Families & Friends of Lesbians & Gays	457-3524	www.fairbanksplag.org

Letter of Notification

Sample: Elementary

**This sample letter should be adapted to each building's needs.
A copy should be provided to the building administrator.**

(Date)

Dear Parent or Guardian,

As part of the _____ grade curriculum, your child will be learning about (e.g., personal safety, personal hygiene, human reproduction). The lesson(s) (or unit of study) will be taught by (name, and position if appropriate) and will include (list topics). Instruction (or lessons) will begin on (date).

If you have any questions regarding the lesson(s) or content, please contact _____ at (phone number) or _____ at (phone number).

We understand that you may choose to teach these important lessons to your child yourself. If so, and you prefer that your child NOT participate in this unit, please [e.g., notify me in writing or call me at (phone number)].

Sincerely,

(Teacher, Counselor, Nurse)
(phone number)

copy: Principal

Letter of Notification

Sample: Secondary

**This sample letter should be adapted to each building's needs.
A copy should be provided to the building administrator.**

(Date)

Dear Parent or Guardian,

This semester your son or daughter is enrolled in the FNSBSD's required health class. This class will cover a variety of topics including:

Abstinence	Depression/Suicide	Nutrition/Fitness
Anger Management	Diseases	Peer Pressure/Refusal Skills
Birth Control	Drugs	Personal Safety
Bullying	Eating Disorders	Relationships
Communication	First Aid/CPR	Reproduction
Community Resources	Goal Setting	Respect/Abuse
Conflict Resolution	Grief/Loss	Sexually Transmitted Diseases: HIV/AIDS
Crime/Gangs	Media	Stress
Decision-making	Mental Disorders	Vitamins/Food Supplements

I realize many of these topics are sensitive and care will be taken to ensure that they are presented in an appropriate manner. Instruction may include presentations from knowledgeable professionals in the community. It may also include well-prepared student presentations.

The Board of Education provides for parents/guardians to request that their child not participate in specific class sessions. After evaluating the course content and classroom approach, you may exercise this option by contacting me. Material from these class sessions will not be included in your child's final evaluation.

Every teacher endeavors to give students the message that family values should guide them in personal decision-making. Parents can help make that message effective by taking this opportunity to discuss and reinforce family values with their child. Please do not hesitate to contact me if you have questions or would like further information.

Sincerely,

(Teacher)
(phone number)

copy: Principal

Library Media Services

Middle School Health Resource List

Name	Topic	Grade Level	Year	Company
DUI: The Hard Truth	Drugs	7- college	2008	HRM
Bath Salts: Deadly Facts	Drugs		2012	HRM
Club Drugs: What You Should Know	Drugs			
The Totally Disgusting Alcohol	Drugs	7 - 12 grade	2015	HRM
Selling Addiction (A kit on tobacco and alcohol)	Drugs		1992	
Drugs and Your Amazing Mind	Drugs			
TPOC Series: Drugs and Alcohol, part 1 & 2	Drugs			
TPOC Series: Drinking & Driving	Drugs			
No Safe Amount: Women, Alcohol, and Fetal Alcohol Syndrome	Drugs		2008	HRM
Understanding FAS	Drugs		2009	HRM
Buzz in a Bottle: The Dangers of Caffeine Spiked Energy	Drugs		2010	HRM
Rushing, Crashing, Dying: The	Drugs		2007	HRM
Addiction and the Human Brain	Drugs		2006	HRM
Anatomy of a Puff	Drugs		2010	HRM
Smoking: It's Your Choice	Drugs			
Drugs: How they Affect Body	Drugs			
Drugs and Disease	Drugs		2005	
High on Spice: The Dangers of Synthetic Marijuana	Drugs		2011	HRM
Dying to Be Thin	Eating disorder		2004	NOVA
Risk Taking	General Health		1988	Ames
The Power of Choice Series (TPOC)	General health			
TPOC Series: The Power of Choice	General health			
TPOC Series: Acting on Your Values	General health			
TPOC Series: Self Esteem	General Health			
TPOC Series: Coping with Pressure	General Health			
Am I Normal?	General Health		2008	HRM
Influenza: 1918	General Health		1998	
Understanding Viruses	General Health		1987	Discovery
The Immune System	General Health		2006	
Extreme Measures (body image, piercing, eating)	General Health	6- 12 grade	2004	Discovery Channel
Personal Health & Hygiene	General Health		2005	
54321+8: Countdown to Your Health	General Health		2012	Learning
Warning: The Media May Be				

Name	Topic	Grade Level	Year	Company
Hazardous to Your Health	Media			Media Watch
How Consumers Decide Feelings and the Hidden Mind	Media		2007	Learning Seed
Why Ads Work: The Power of Self-Deception	Media			
The Persuaders	Media		2004	PBS
TPOC Series: Depression and Suicide	Mental Health			
Sad, Angry, Lonely & Scared: Masks of Depression	Mental Health		1987	HRM
Suicide and Depression	Mental Health		2002	
The Choking Game	Mental Health		2007	HRM
Self - Hurting Teens	Mental Health			New Dimension
Teen Suicide: A Permanent Solution to A Temporary	Mental Health			United Learning
Fruit & Vegetables: Color Power	Nutrition	6- adult	2014	
Portion Distortion	Nutrition		2005	HRM
Eat less! The Up Side of Downsizing Portions	Nutrition		2012	Learning Seed
Test Your Fast Food Knowledge	Nutrition		2010	HRM
Why Ads Work	Nutrition		1999	Learning Seed
Nutrition: Understanding	Nutrition		2009	Sunburst
Obesity in a Bottle: Understanding Liquid Calories	Nutrition			
Create A Great Plate	Nutrition		2012	
Energy Balance	Nutrition		2012	
Healthy Eating and Exercise: Putting It Altogether with MyPlate.gov	Nutrition		2012	
Hungry for Change	Nutrition		2012	
Making Healthy Choices	Nutrition		2013	
MyPlate and You: Learning about Nutrition, Health, and Exercise	Nutrition		2012	
Vitamins: What Do they Do?	Nutrition			
Nutrition	Nutrition		2005	
Nutrition Labels: Reading Between the Lines	Nutrition		2012	Learning Seed
Your Nutrition Style	Nutrition		2006	Learning Seed
Cyberstalking and Bullying	Relationships	6+	2006	New Dimension
Generation Cyberbully: Bullying without Borders	Relationships		2011	Learning Seed
TPOC Series: Friendship and Dating	Relationships			
TPOC Series: Communicating	Relationships			

Name	Topic	Grade Level	Year	Company
TPOC Series: Raising your Parents	Relationships			
Combating Conflict with Character: Managing Conflict	Relationships	7 -12 grade	2011	Cambridge Educational
Conflict Resolution: Thinking It	Relationships	7- 12 grade		
When Anger Turns to Rage	Relationships		1995	Sunburst
Real People, Real Relationships	Relationships		1987	Sunburst
Cliques: Where Do You Fit In	Relationships		2010	HRM
Open Arms, Open Eyes	Relationships		2008	HRM
Sexual Harassment at School: Hostile Environments	Relationships			
Student Workshop: Handling	Relationships		1987	Sunburst
Student Workshop: What to	Relationships		1997	Sunburst
Be Careful When You Text	Relationships		2010	HRM
Think Before You Click	Relationships		2008	HRM
Bully Bystanders: You Can Make a Difference	Relationships		2011	HRM
You're Mean: When Words Hurt Us	Relationships		2007	HRM
Dealing with Difference: Opening Dialog about Lesbian, Gay, and Straight Issues	Relationships		2003	HRM
Sex, Facts: Teens and STDs	Reproduction	7 - 12 grade	2012	Cerebellum
AIDS: Facts for Kids	Reproduction			Marsh Media
Understanding HIV/AIDs	Reproduction		2006	HRM
AIDS Update: The latest facts about HIV and AIDS	Reproduction		2004	HRM
Straight Talk: The Truth About Alcohol and Sex	Reproduction		2009	HRM
Straight Talk: The Truth About STDs	Reproduction		2010?	HRM
Real People: Teens Who	Reproduction		1994	Sunburst
Who Do You Listen To? Choosing Sexual Abstinence	Reproduction		1989	
Human Body: Reproductive and Endocrine System	Reproduction			

Teacher Resources

Topic	Link
<p>Alaska Internet Circle of Safety A resource for teaching youth to be responsible online citizens.</p>	<p>www.akla.org</p>
<p>Alaska Safe Children’s Act Staff training related to the Safe Children’s Act provided by Alaska Department of Education and Early Development.</p>	<p>https://education.alaska.gov/schoolhealth/safechildact</p>
<p>American Heart Association, Children’s Health Lesson plans, activities, games, and jump rope/basketball skills tips to help students live strong and healthy lives.</p>	<p>www.heart.org/HEARTORG/Educator/Educator_UCM_001113_SubHomePage.jsp</p>
<p>Arctic Health Research Building at UAF Tour UAF’s state-of-the-art microbiology lab and a larger, more efficient lab support space that greatly enhances research and academic programs.</p>	<p>www.uaf.edu/campusmap/buildings/arctic-health/#</p>
<p>Bullying.org Dedicated to increasing the awareness of bullying and to preventing, resolving, and eliminating bullying in society.</p>	<p>www.bullying.org/index.cfm</p>
<p>Center for Alaska Native Health Research (CANHR) A UAF research facility that works with tribal groups and health care agencies to frame research questions, develop methodologies and procedures, and to interpret and apply data to prevention and treatment.</p>	<p>www.uaf.edu/canhr</p>
<p>Centers for Disease Control and Prevention, Injury Center Several topics for safety and prevention (with activities) for preventing fire deaths and injuries.</p>	<p>www.cdc.gov/injury/index.html</p>

Topic		Link
The Fourth R Strategies for health youth relationships.		https://youthrelationships.org/
Healthy Futures Tips and activities to empower Alaska's youth to build the habit of daily physical activity.		http://healthyfuturesak.org
Interior Alaska Center for Non-Violent Living Presentations and workshops are available related to non-violent behavior. Suggested topics include: personal safety, safe/unsafe touch, conflict resolution, communication skills, bullying, healthy relationships, and teen dating violence.		www.iacnvl.org/home
CyberSmart! Online workshops which give educators a hands-on experience in 21 st century skills to meet the learning needs of today's students.		www.cybersmart.org
iKeepSafe Tips to teach youth the importance of protecting personal information and avoiding inappropriate places on the Internet		www.ikeepsafe.org
McGruff - The Crime Dog The National Crime Prevention Council's website for kids (includes: games, videos, tips, etc.)		www.mcgruff.org
NetSmartz Workshop An interactive, educational program of the National Center for Missing & Exploited Children (NCMEC) that provides age-appropriate resources to help teach youth how to be safer on- and offline.		www.netsmartz.org
The Legacy Project	<i>LifeDreams Activities:</i> Explores personal development and creating your life, including the hopes and dreams you have throughout your lifetime.	www.legacyproject.org/activities/activitiesld.html

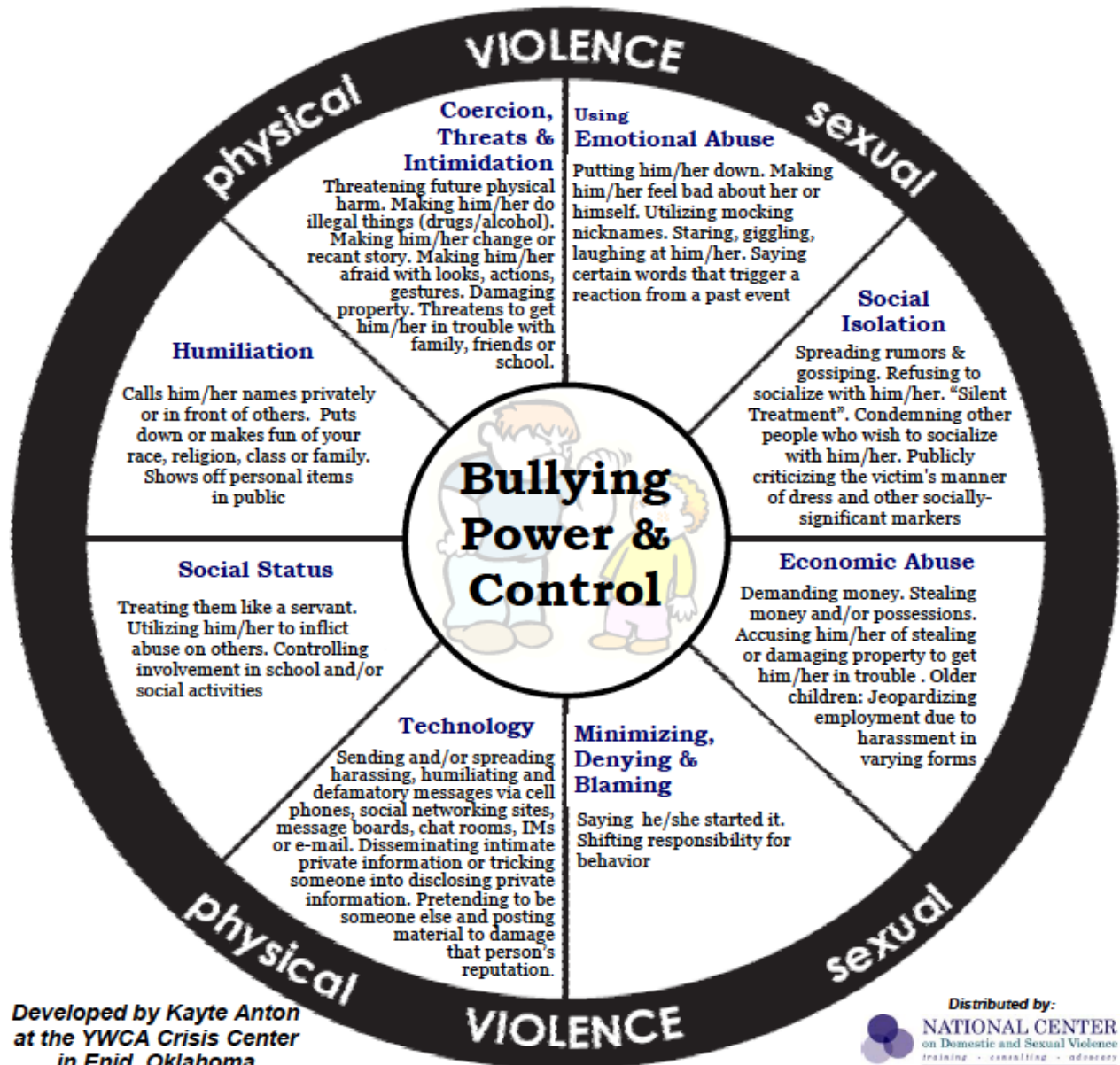
Topic		Link
The Legacy Project (cont.)	Life List: Set goals for things to do, learn, explore, see, and achieve in your lifetime.	www.legacyproject.org/activities/lifelists.html
	Dreamer Profile: Inspired by the text, illustrations, and quotations in <i>Dream</i> , this profile will help uncover what kind of dreamer you are.	www.legacyproject.org/activities/dreamerprofile.html
Mayo Clinic	Child Safety: How to prevent falls.	http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20046124
	Nutrition for Kids: Guidelines for a Healthy Diet	http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335
National Fire Protection Association	Safety Information: Provides several programs to help eliminate fire deaths and injuries through effective public education and information.	http://www.nfpa.org/safety-information
	For Educators: Offers information and tools to help teachers teach youth about important fire and life safety issues.	http://www.nfpa.org/safety-information/for-public-educators
Safe Kids Worldwide A global organization dedicated to protect youth from unintentional injuries, which is the number one cause of death to children in the U.S.		www.safekids.org

Topic		Link
State of Alaska's Emergency Medical Services Injury Prevention Program Educational materials		http://dhss.alaska.gov/dph/Emergency/Pages/ems/programs/emsc/default.aspx
United States Dept. of Agriculture (USDA)	Choose MyPlate: Illustrates the five food groups that are the building blocks for a healthy diet.	www.choosemyplate.gov
USDA (cont.)	Team Nutrition: An initiative to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers.	www.fns.usda.gov/tn/team-nutrition
Dietary Guidelines The Nation's go-to source for nutrition advice. These recommendations help Americans make healthy food and beverage choices and serve as the foundation for vital nutrition policies and programs across the U.S.		http://health.gov/dietaryguidelines
Centers for Disease Control and Prevention	The Health Education Curriculum Analysis Tool (HECAT)	www.cdc.gov/healthyyouth/hecat
	National Health Education Standards	http://www.cdc.gov/healthyschools/sher/standards/index.htm
Society of Health and Physical Educators Standards SHAPE America National PE Standards		http://www.shapeamerica.org/standards/pe/

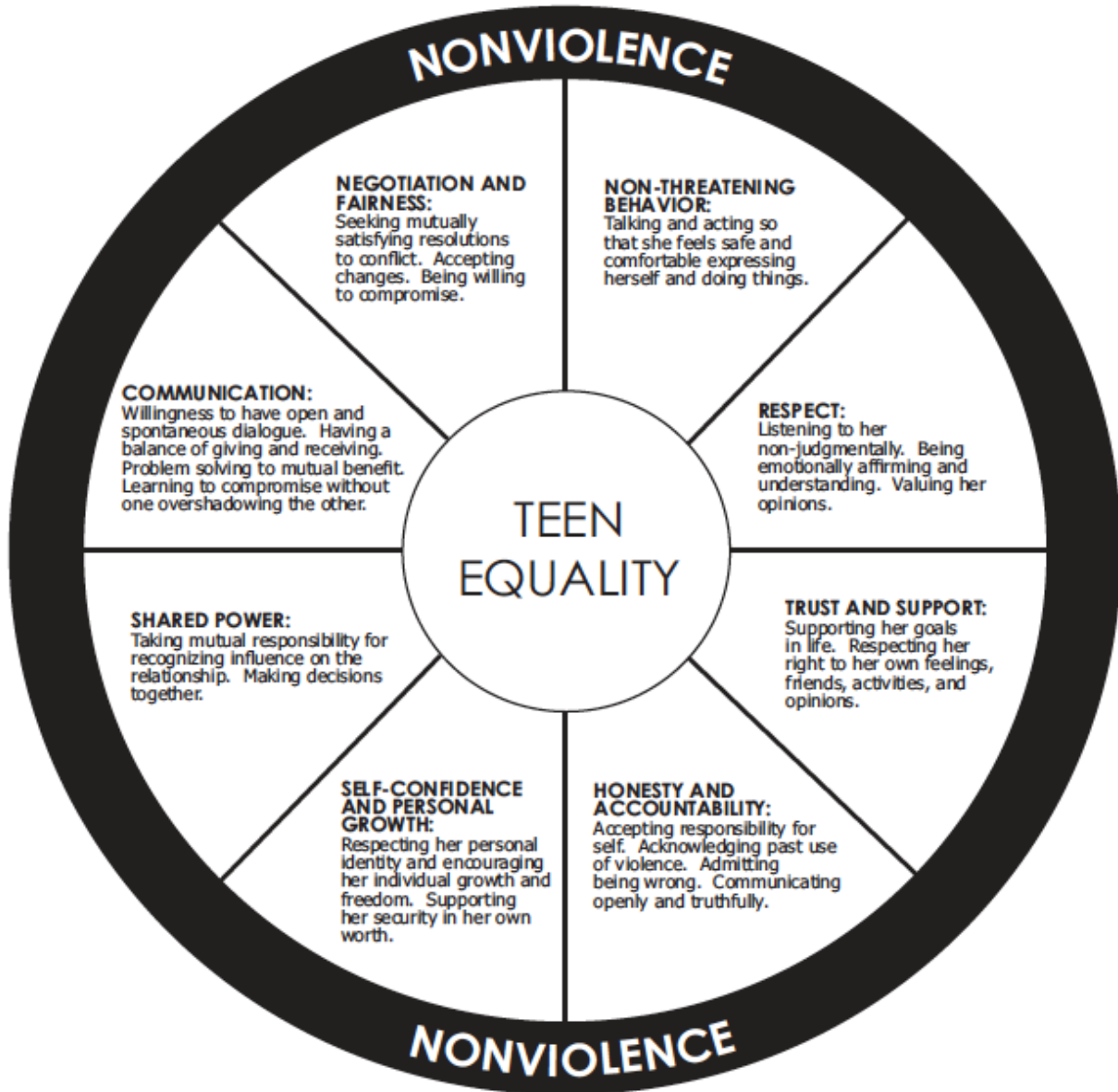
Bullying Power & Control Wheel

Bullying is defined as a conscious, willful, deliberate and repeated hostile activity perpetrated by an abuser who possesses more physical and/or social power and dominance than the victim. It is frighteningly clear that when many normal people gain a measure of power over others they often cannot resist the urge to abuse it and treat those below them with cruelty, indignity and contempt.

Mediation between the bully and victim is not possible; in a true case of bullying, putting them together to work out their problems would simply re-victimize the victim. Although bullying is generally thought of as a childhood problem it takes many forms across the lifespan: sexual harassment, gang attacks, dating violence, assault, domestic violence, child abuse, harassment in the workplace, and elder abuse.



Equality Wheel for Teens



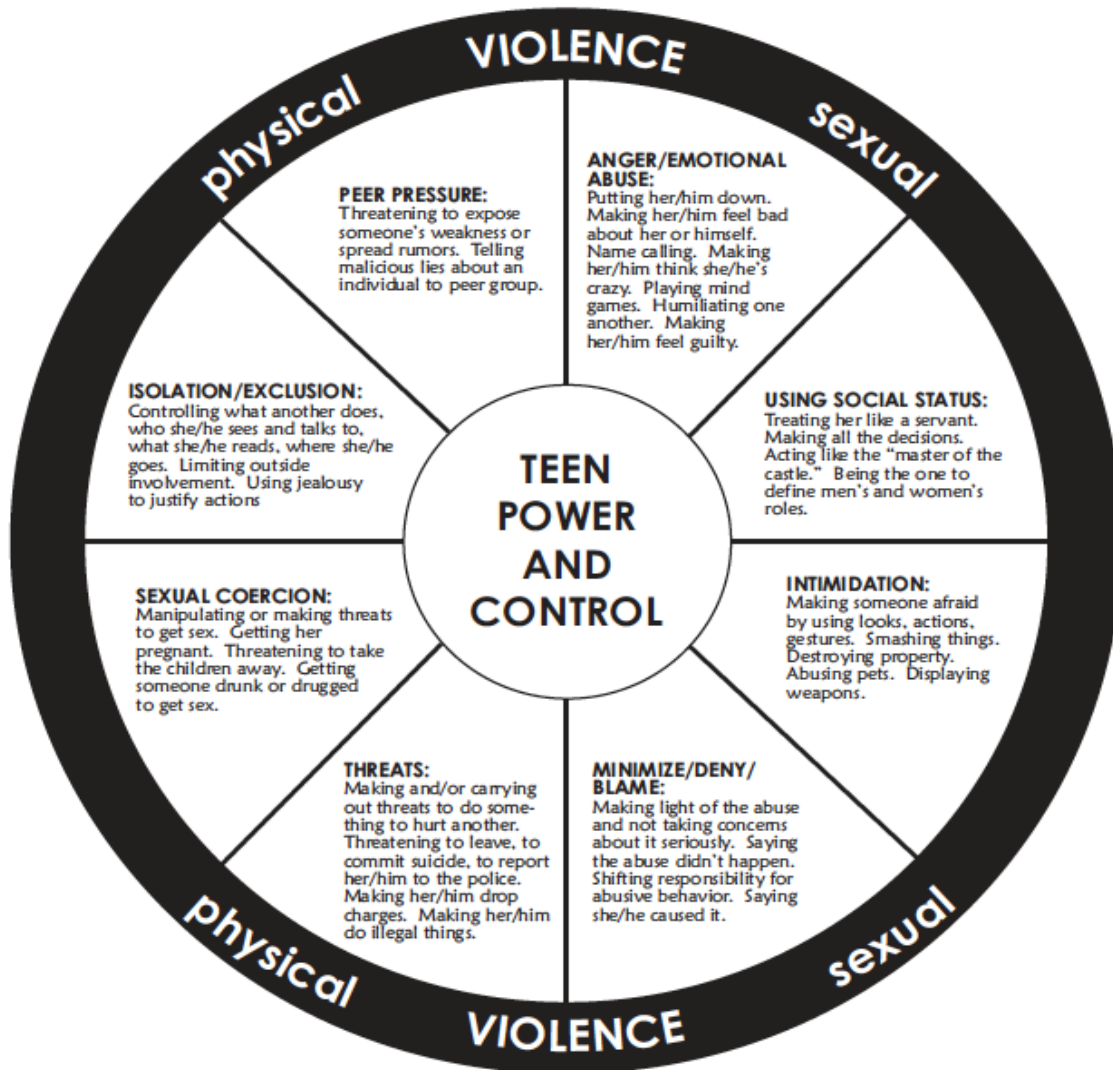
Adapted from:
 Domestic Abuse Intervention Project
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Teen Power and Control Wheel



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