

# Education Resource Catalogue

2011-2012



**FOR HURON and PERTH COUNTY TEACHERS**



Teaching resources to help meet the Ontario Health and Physical Education Curriculum

Dear Educator,

Welcome to the completely revised catalogue of resources that are available to help you meet the new Ontario Health and Physical Education Curriculum!

The Perth District Health Unit and Huron County Health Unit hope that you find this catalogue helpful, and continue to use our resources to support you in your teaching goals.

How to use this catalogue:

- All resources are organized alphabetically by topic type. Topics include: bullying prevention; dental health; healthy eating; healthy growth and development; infection control; mental health; personal safety and injury prevention; physical activity; substance misuse prevention; sun safety; and miscellaneous.
- Each resource includes a photo (where available) and a description of the item.
- To order a resource, simply contact your local Health Unit and give the receptionist the title of the resource.
- The resource will be put aside for pick up, or sent to you through the School Board courier.

*What it is:*

TOPIC TITLE	TITLE	TYPE	GRADE and CONTENTS	DATE	AVAILABILITY	LOAN PERIOD	SPECIAL FEATURES
<i>Illustration of resource</i>	<i>Name of resource</i>	<i>e.g. book, video</i>	<i>Highlights of what the resource offers</i>	<i>Date the resource was produced if available</i>	<i>From which Health Unit provided the resource</i>	<i>Indicates how long you can borrow the item(s)</i>	<i>Quick highlights, like if the resource is new or proven effective</i>

*To order a resource call:*

*Perth District Health Unit: 519-271-7600 ext 267 or toll-free at 1-877-271-7348 ext 267.*

*Huron County Health Unit: 519-482-3416*

**Also check out [www.ophea.net](http://www.ophea.net) for a free database of hundreds of resources**


Bullying Prevention	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Anger Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An engaging and educational game about anger and ways to manage it</li> </ul>	2002	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Anger Jeopardy	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Offers background information for group facilitator and a game to help students identify the causes of anger while encouraging effective management of anger related emotions</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Kit includes all necessary materials to carry out a group game
	Anger Management Speedway	Board Game	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• Board game to: promote discussion around personal anger issues, identify the effects of anger on health and wellness, increase awareness of the importance of managing anger effectively, identify current coping outlets and other ways of dealing with anger</li> </ul>	2005	Perth District Health Unit AMDSB Media Centre	2 weeks	Contains simulated Nascar® track and cars to add interest
	Bullying Board Game	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game to help students identify what bullying is and the resources they use to effectively stop bullying at their school</li> </ul>	2010	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Bully Prevention Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game designed for teens to teach about bullying prevention</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	




Bullying Prevention	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Celebrating Diversity	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Offers background information for group facilitator, activities and discussion topics to reinforce skills related to relational aggression</li> <li>• Dialogue allows students to explore their differences, recognize that they have many things in common and finally celebrate their individual diversity</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Well organized and easy to follow
	Conflict Resolution Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game about conflict resolution appropriate for teens</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Coping Skills Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game that teaches coping skills to teens</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Friendship Card Game	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Offers background information for group facilitator, a card game and worksheet to help students recognize the characteristics of a healthy friendship</li> <li>• Facilitator led discussion encourages students to identify how personal views and feelings about themselves influence their thoughts, decisions and development of relationships</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Facilitator-guided activities and discussion for small or large groups
	Harassment Prevention Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game for teens about harassment prevention</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	

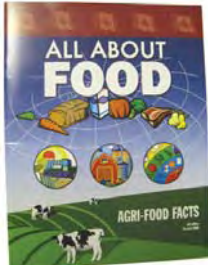


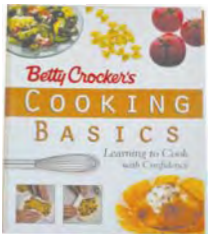

Bullying Prevention	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Peer Mediation – The Complete Guide to Resolving Conflict in Our Schools	Book	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• The perfect resource to help start a peer mediation program and train mediators</li> <li>• Includes group activities and sample scenarios</li> <li>• Includes reproducible Student Peer Mediation Handbook</li> </ul>	2002	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Second Step – Violence Prevention Curriculum for <b>Kindergarten</b>	Kit	<ul style="list-style-type: none"> <li>• <b>Kindergarten</b></li> <li>• Focus on empathy, problem solving and managing emotions</li> <li>• 25 photo – lesson cards</li> <li>• Impulsive Puppy, Slow-Down Snail &amp; Be Calm Bunny puppets</li> <li>• Sing Along Songs CD</li> </ul>	2002	Perth District Health Unit AMDSB Media Centre	Negotiable	<p>Research based and proven effective</p> <p>Endorsed by local school boards</p>
	Second Step – Violence Prevention Curriculum for <b>Grade One</b>	Kit	<ul style="list-style-type: none"> <li>• <b>Grade 1</b></li> <li>• Builds on skills learned in the Kindergarten kit</li> <li>• Video</li> <li>• Second Step Family Overview Video</li> </ul>	2002	Perth District Health Unit AMDSB Media Centre	Negotiable	<p>Research based and proven effective</p> <p>Endorsed by local school boards</p>
	Working It Out – Tools for Everyday Peacemakers	Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-6</b></li> <li>• Helps students to communicate and work well with others, manage feelings constructively, treat others fairly</li> <li>• Educator’s Guide</li> <li>• Resource sheets and lesson plans</li> </ul>	2004	Perth District Health Unit AMDSB Media Centre	2 weeks	

Dental Health	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	A Clean Smile is a Healthy Looking Smile	Video, Poster and Teacher's Guide	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>This resource encourages young children to take care of their teeth by brushing, flossing, eating healthy snacks and getting check-ups at their dentist</li> <li>Includes lesson plans, classroom activities and reproducible activity sheets</li> </ul>	2001	Perth District Health Unit AMDSB Media Centre	2 weeks	
	D is for Dentist	Books	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>Contains 3 books about going to the dentist</li> <li>Great introduction to this community helper</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Dental Health Resources for Grades 4-6	Kit	<ul style="list-style-type: none"> <li><b>Grades 4-6</b></li> <li>Teacher resource kit for oral health</li> </ul>	1998	Perth District Health Unit AMDSB Media Centre	2 weeks	2 kits available for loan
	Large Dental Model for Classroom Use	Model	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>Large model of teeth and gums suitable for large group discussion and teaching</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Stories of the Tooth Fairy	Books	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>Contains 4 stories about the Tooth Fairy</li> <li>Includes Smile Certificates for students first lost tooth</li> <li>Includes a reproducible Tooth Fairy Connect the Dots activity page</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	Includes reproducible Smile Certificates and activity page





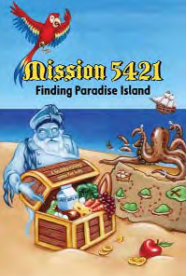
Dental Health	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Super Starter Stories for Dental Health Units	CD and Teacher's Guide	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>Contains 3 books that would be a perfect start to a Dental Health unit</li> <li>Stories contain different twists in the plot providing an entertaining read</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	The Real Tooth Fairy	Kit and Storybook	<ul style="list-style-type: none"> <li><b>Grade K-1</b></li> <li>Oral message on why we have teeth/sets of teeth/maintenance of teeth</li> <li>Storybook with great illustrations</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	Interesting twist with this storybook
	Tooth Fairy Book Kit	Books	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>Contains 3 books about the Tooth Fairy</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Tooth Fairy Talk	Books	<ul style="list-style-type: none"> <li><b>Grade K-3</b></li> <li>Contains 3 books about the Tooth Fairy</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Tooth Model #2	Kit	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>Large Dental Model and Brush</li> </ul>		Perth District Health Unit	2 weeks	

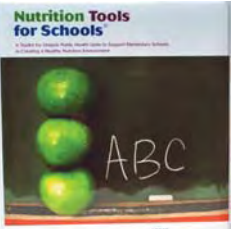




Dental Health	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Tooth Model #3 (Flossy)	Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Dental puppet with teeth</li> <li>• Large Toothbrush</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Tooth Truths	Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Contains story books and activities about dental health</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Tooth Wiz	CD and Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Good visuals</li> <li>• Easy to use</li> <li>• Show basic oral health knowledge and skills</li> </ul>	1995	Perth District Health Unit AMDSB Media Centre	2 weeks	Great music
	Toothy Halloween Stories	Books	<ul style="list-style-type: none"> <li>• <b>Grade K-3</b></li> <li>• Contains 2 Halloween themed books about having a loose tooth</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	Fits nicely into a Halloween theme

Dental Health	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Visiting the Dentist Storybook Bundle	Books	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Contains 3 books about going to the dentist</li> <li>• Great introduction to this important community helper</li> <li>• Includes a reproducible Find Your Way to the Dentist maze!</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Wacky Tooth Stories	Books	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Contains 2 books about the adventures of friends losing teeth at different times and the story of a lost loose tooth</li> <li>• Includes a reproducible Dental Word Search activity page</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Includes reproducible activity page
	Wiggly Tooth Adventures – Loose Tooth Storybooks	Books	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Contains 3 stories about children having a loose tooth</li> <li>• Books are appropriate for beginner readers and up</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	Includes reproducible activity page

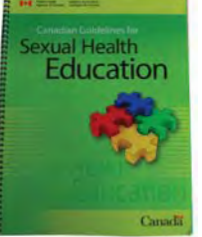


Healthy Eating	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	All About Food: Agri-Food Facts	Fact book and Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grades 4-8</b></li> <li>• Booklet with facts on Canada's agri-food system</li> <li>• Teacher guide with curriculum</li> <li>• Matched student activities</li> </ul>	2008	Perth District Health Unit	2 weeks	
	Basic Shelf Cookbook	Cookbook	<ul style="list-style-type: none"> <li>• <b>Grade 8</b></li> <li>• A cookbook and handouts focused on preparing healthy meals on a budget</li> </ul>	2004	Perth District Health Unit  Huron County Health Unit  AMDSB Media Centre	2 weeks	
	Best Beverages for the School Lunch Bag	Display	<ul style="list-style-type: none"> <li>• <b>Grades 4-8</b></li> <li>• To teach students the nutritional difference of beverages</li> </ul>	2008	Perth District Health Unit  AMDSB Media Centre	1 week	NEW!
	Betty Crocker Cooking Basics	Book	<ul style="list-style-type: none"> <li>• <b>Grades 7-12</b></li> <li>• Includes a variety of recipes</li> </ul>		Huron County Health Unit  AMDSB Media Centre	2 weeks	
	The Children's Supermarket Tour	Teacher's Guide and Kit	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• Focus on marketing, ethnic food trends, local and imported food products, healthy eating and simple mapping techniques</li> <li>• Includes supermarket tour activities for both individuals and groups</li> </ul>	1998	Perth District Health Unit  AMDSB Media Centre	2 weeks	

Healthy Eating	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Cooking Basics	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-12</b></li> <li>• 40 minute DVD divided into short sections on preparing vegetables and fruit, with emphasis on safe food handling practices</li> </ul>		Huron County Health Unit  AMDSB Media Centre	2 weeks	
	Cost of Convenience	Display	<ul style="list-style-type: none"> <li>• <b>Grades 4-8</b></li> <li>• Illustrates the nutritional difference between a store bought lunch and one that is homemade</li> <li>• Also promotes packing a litterless lunch</li> </ul>	2008	Perth District Health Unit	1 week	
	Eatright Ontario	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-12</b></li> <li>• Topics: general healthy eating, kitchen tips and food handling, nutrition labeling. Each topic is broken down into 1-2 minute scenes</li> </ul>	2011	Huron County Health Unit  AMDSB Media Centre	2 weeks	
	Eatright Ontario: What's Your Nutrition Question Today	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-12</b></li> <li>• Explains Eatright Ontario, label explanation, nutrition facts tables, nutrient facts table, % daily value, etc</li> </ul>		Huron County Health Unit  AMDSB Media Centre	2 weeks	
	Eating Well with Canada's Food Guide Rainbow Food Cling Chart	Interactive Display	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• To help teach students about Eating well with Canada's Food Guide and the four food groups</li> <li>• Can be used to show appropriate food intake for one day and/or to show healthy meals and snacks</li> </ul>	2009	Perth District Health Unit  Huron County Health Unit  AMDSB Media Centre	1 week  2 weeks	




Healthy Eating	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Food Models	Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Purpose is to provide a visual component to a variety of lessons</li> <li>• Individual food pictures can be used as a teaching aid for any nutrition lesson</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Freggie's Eat Smart Nutrition Unit	Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grade 3</b></li> <li>• Focus on the importance of eating vegetables and fruit</li> <li>• Includes activity ideas, assessment tools and nutrition background information</li> </ul>	2007	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Fruit and Vegetables Fun	Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• Games and activities for physical education. This includes a book with 20 simple games such as Fruit and Veggie Toss, Raid the Refrigerator, What's in the Grocery Bag?, etc. Includes 20 colourful bean bag fruits and 24 vegetables to integrate fun in teaching healthy nutrition and healthy eating</li> </ul>	2011	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Labeling Literacy	Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• Students learn how to read food labels and how labeling influences consumers</li> <li>• Includes lesson plans, activity suggestions and assessment techniques</li> </ul>	2007	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Mission 5421 – Finding Paradise Island	Game	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• A healthy eating game for kids</li> </ul>		Huron County Health Unit  Or order online at <a href="http://www.breakfastforlearning.ca">www.breakfastforlearning.ca</a> or <a href="http://www.dairygoodness.ca">www.dairygoodness.ca</a>		



Healthy Eating	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Nutrition Tools for Schools	Teacher's Guide and handouts	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Teacher's guide provides ideas to help make a healthy school nutrition environment</li> <li>• Public Health Dietitian will also provide one-on-one support to schools beginning the implementation of the program</li> </ul>	2007	Huron County Health Unit Perth District Health Unit AMDSB Media Centre		One copy per school for Huron County schools  Perth County schools contact Michele Hurd
	Nutritious and Delicious! Vegetables and Fruit	Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grades 1-8</b></li> <li>• Features Ontario vegetables and fruit</li> <li>• Provides background information, student activities and teaching strategies</li> <li>• Class set of Canada's Food Guide</li> </ul>	2007	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Portion Distortion	Poster	<ul style="list-style-type: none"> <li>• <b>Grades 7-12</b></li> <li>• Displays graphics of food on plate size</li> </ul>	2011	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Smart Start	Quick Reference Wheel	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Magnetic complement to Canada's Food Guide</li> </ul>	2007	Huron County Health Unit  Or order online from <a href="http://www.breakfastforlearning.ca">www.breakfastforlearning.ca</a>	1 copy/classroom	
	Staying ALIVE! Lost in the Mountains	Game	<ul style="list-style-type: none"> <li>• <b>Grades 4-8</b></li> <li>• A healthy eating game</li> </ul>	2007	Huron County Health Unit  Or order at <a href="http://www.breakfastforlearning.ca">www.breakfastforlearning.ca</a> or <a href="http://www.dairygoodness.ca">www.dairygoodness.ca</a>	1 copy/classroom	NEW!
	Supermarket Savvy	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-12</b></li> <li>• 15 minute DVD produced by Peel Public Health, a dietitian tours a grocery store about making Healthy Choices, Canada's Food Guide labels, etc.</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	




Healthy Eating	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Super Size Me (educationally enhanced version)	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 4-8</b></li> <li>• Shorter (100 minutes), student-appropriate version of the popular film Super Size Me</li> <li>• Includes a class discussion guide</li> <li>• DVD bonus features include activities and interactive features</li> </ul>	2005	Huron County Health Unit Perth District Health Unit AMDSB Media Centre	2 weeks	
	Veggie Mania: Bringing healthy eating and vegetables to life	Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grades 3-5</b></li> <li>• Includes games and activities to teach students about the nutritional value of eating a variety of vegetables</li> <li>• 4 decks of Veggie Mania game cards</li> <li>• Class set of Canada's Food Guide</li> </ul>	2007	Perth District Health Unit AMDSB Media Centre	2 weeks	
	We Are What We Eat!	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	What's in Your Drink	Poster	<ul style="list-style-type: none"> <li>• <b>Grades 7-12</b></li> <li>• Nutrition facts tables for common drinks</li> </ul>	2011	Huron County Health Unit AMDSB Media Centre	2 weeks	
	YUM	Book	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Your ultimate manual to good nutrition. General information</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	


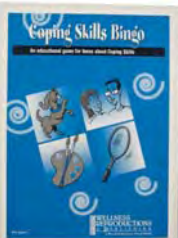


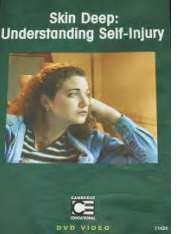
Healthy Growth & Development	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	A Breastfeeding Information and Activity Kit for Secondary Schools	Kit (includes lesson plans, DVD, posters for school and teachers)	<ul style="list-style-type: none"> <li>Produced by Ontario Public Health Association, lesson plans discuss the health, cultural, familial, psychological and societal aspects of breastfeeding</li> </ul>	2009	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Choices: You are Bound by the Choices you Make	DVD	<ul style="list-style-type: none"> <li><b>Grades 9-12</b></li> <li>At a final high school party, teens are faced with making decisions around drugs, alcohol, sex, fights, drunk driving. Some make good choices, others not</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	Canadian Guidelines for Sexual Health Education	Teacher's Guide and Resource	<ul style="list-style-type: none"> <li><b>Grades 7-8</b></li> <li>56 page Public Health Agency of Canada document designed to educate and empower Canadian students and educators</li> </ul>	2008	Huron County Health Unit AMDSB Media Centre  Or online at <a href="http://www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/index-eng.php">www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/index-eng.php</a>	2 weeks	New format and revised from 2003 document
	Healthy Habits Bingo	Game	<ul style="list-style-type: none"> <li><b>Grades 6-8</b></li> <li>An educational game for teens about healthy habits</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Mauve	CD	<ul style="list-style-type: none"> <li><b>Grades 7-8</b></li> <li>Teenagers take to the streets with video cameras</li> <li>They meet with other teens and talk about life and death, friendship and love, work and stress, themselves and adults in their lives</li> </ul>	1998	Huron County Health Unit AMDSB Media Centre	2 weeks	





Healthy Growth & Development	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Methods of Pregnancy Prevention Resource Kit	Kit	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• Information on contraceptives</li> <li>• Excellent activity ideas and games for students</li> <li>• Well-organized with various samples of birth control methods</li> </ul>	2005	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Planning Ahead for Pregnancy and Parenthood - Reproductive Health Curriculum Support Resource	Kit	<ul style="list-style-type: none"> <li>• <b>Grades 9-12</b> (designed for grade 11 parenting class)</li> <li>• Complete curriculum divided into 11 topic units. Includes learning objectives, activities, handouts, quizzes, DVD/VHS, CD, powerpoint, and models, as well as teacher resources (websites, addresses, books, pamphlets and fact sheets)</li> </ul>	2007	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Q & A Gender Identity and Sexual Orientation in Schools	Handbooks	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Provided by Public Health Agency of Canada - ideas to talk about these topics in classrooms</li> </ul>	2010	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Reality Matters – Deadly Desires	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• One in four sexually active teens will contract a STI</li> <li>• This DVD discusses the emotional complexities of sexual relationships, STIs, the need for testing and practicing safe sex</li> <li>• 26 minutes</li> </ul>	2004	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Reality Matters – Taking Care of Me	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• This program considers crucial themes related to emotional health of teens in schools</li> <li>• 26 minutes</li> </ul>	2004	Huron County Health Unit AMDSB Media Centre	2 weeks	





Healthy Growth & Development	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Reality Matters – Teen Sex	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• Adolescence share their views about peer pressure, double standards, influence of media, having intercourse, whether oral sex is sex, birth control and pregnancy</li> <li>• 45 minutes</li> </ul>	2004	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Reflections	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• A teen discovers she is pregnant and must now explore her choices of having and keeping the baby, adoption, or abortion. This teens feels isolated when her boyfriend abandons her</li> <li>• 24 minutes</li> </ul>	2004	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Shaken Baby Kit	Kit	<ul style="list-style-type: none"> <li>• Grades 7-12</li> <li>• Includes doll, recording of baby crying, Elijah’s story DVD, posters, curriculum pointing out dangers of shaking a baby and how to positively respond to infant crying</li> </ul>	2011	Huron County Health Unit AMDSB Media Centre	2 weeks	


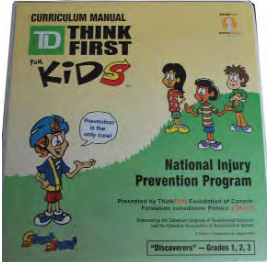
Infection Control	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Glo-germ Handwashing Kit	Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-6</b></li> <li>• Use lotion and black light to test how well students have washed their hands</li> </ul>		Perth District Health Unit Huron County Health Unit AMDSB Media Centre	2 weeks	
	"William Won't You Wash Your Hands"	Kit, book, puppet	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• To educate students on the importance of proper handwashing</li> </ul>	1990	Perth District Health Unit AMDSB Media Centre	2 weeks	






Mental Health	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Anger Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An engaging and educational game about anger and ways to manage it</li> </ul>	2002	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Anger Jeopardy	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Offers background information for group facilitator and a game to help students identify the causes of anger while encouraging effective management of anger related emotions</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Kit includes all necessary materials to carry out a group game
	Anger Management Speedway	Board Game	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• Board game to: promote discussion around personal anger issues, identify the effects of anger on health and wellness, increase awareness of the importance of managing anger effectively, identify current coping outlets and other ways of dealing with anger</li> </ul>	2005	Perth District Health Unit AMDSB Media Centre	2 weeks	Contains simulated Nascar® track and cars to add interest
	Celebrating Diversity	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Offers background information for group facilitator, activities and discussion topics to reinforce skills related to relational aggression</li> <li>• Dialogue allows students to explore their differences, recognize that they have many things in common and finally celebrate their individuality</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Kit includes all necessary materials to carry out group session
	Changing Families	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Offers background information for group facilitator and a series of games to encourage students' identification of values, competency and support systems</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Activities for small or large groups who are dealing with parental separation and divorce



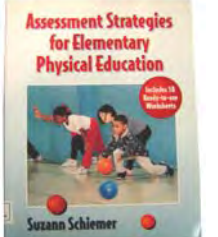


Mental Health	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Conflict Resolution Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game about conflict resolution appropriate for teens</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Coping Skills Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game that teaches coping skills to teens</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Friendship Card Game	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• Offers background information for group facilitator, a card game and worksheet to help students recognize the characteristics of a healthy friendship</li> <li>• Facilitator-led discussion encourages students to identify how personal views and feelings about themselves influence their thoughts, decisions and development of relationships</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	NEW! Facilitator-guided activities and discussion for small or large groups
	Mauve	CD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• Teenagers take to the streets with video cameras</li> <li>• They meet with other teens and talk about life and death, friendship and love, work and stress, themselves and adults in their lives</li> </ul>	1998	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Skin Deep – Understanding Self Injury	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• Each year nearly two million people injure their own bodies. This video seeks to understand the secretive mental illness that affects teens and young adults</li> <li>• 21 minutes</li> </ul>	2004	Huron County Health Unit AMDSB Media Centre	2 weeks	

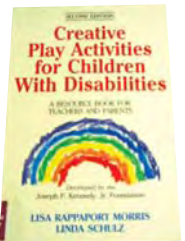


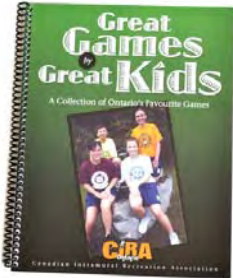
Personal Safety and Injury Prevention	Title	Type	Grade and Contents	Date	Availability	Loan Period	Special Features
	A Little Respect – A safety program designed to promote safe and responsible skiing and boarding	DVD	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• A 20 minute DVD that educates young skiers and snowboarders about the risks of injuries and how to ski and snowboard safety</li> <li>• A great DVD to show before a school ski trip</li> <li>• Accompanied by a CD with information guides</li> </ul>	2005	Huron County Health Unit  AMDSB Media Centre	2 weeks	
	Anaphylaxis Resource Kit (Ministry of Education, Learning Environment Branch)	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Auto-injector training devices (Epi-Pen Trainer and Twinjet Auto-Injector Demonstrator)</li> <li>• Canadian Society of Allergy &amp; Clinical Immunology's Consensus Statement Manual, Anaphylaxis in Schools and Other Settings, 2009</li> <li>• Instructional DVDs</li> <li>• Awareness posters</li> <li>• Information pamphlets</li> </ul> <p><i>Note: Devices included in this kit are training devices only. They do not contain any needles or medication.</i></p>	2009	Huron County Health Unit  Online training available at: <a href="http://www.eworkshop.on.ca/allergies">www.eworkshop.on.ca/allergies</a>	2 weeks	Website
	Bike Safe Walk Smart	DVD and Teacher Notes	<ul style="list-style-type: none"> <li>• <b>Grades K-6</b></li> <li>• Series of vignettes presenting bicycle and pedestrian safety for students</li> <li>• Vignettes are organized according to age group and skill level</li> </ul>	2007	Huron County Health Unit  AMDSB Media Centre  Available online at: <a href="http://www.saferoutestoschool.ca">www.saferoutestoschool.ca</a> or call 1-877-533-4098	2 weeks	Website
	Emergency Preparedness Curriculum	DVD	<ul style="list-style-type: none"> <li>• <b>Grades K-6</b></li> <li>• Lesson plans included</li> </ul>	2011	Huron County Health Unit  AMDSB Media Centre	2 weeks	

Personal Safety and Injury Prevention	Title	Type	Grade and Contents	Date	Availability	Loan Period	Special Features
	Idrive Road Stories	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 9-12</b></li> <li>• The DVD is intended to raise awareness of drivers and passengers under the age of 25 about the risks and consequences of aggressive and unsafe driving. Strategies are presented for making better driving-related decisions. Includes a presenter's guide</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	Jello Brain Mold	Mold	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Produces a lifelike brain, with the consistency of the real thing</li> <li>• A great tool for use in presentations with kids, the Jello Brain Mold helps children to think about the fragility of their brains</li> <li>• Recipe included with the resource</li> </ul>	2009	Huron County Health Unit Perth District Health Unit AMDSB Media Centre	2 weeks	
	Ontario Road Safety Education Curriculum	Curriculum	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Developed by the Ministry of Transportation and OPHEA</li> <li>• Each resource includes valuable division level information, cross-curricular lesson plans, as well as a community engagement toolkit</li> </ul>	2009	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Risk Watch Curriculum	Curriculum	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• The curriculum consists of a variety of activities, resources and lesson ideas that teachers can easily incorporate into their daily lesson plans</li> <li>• The aim of each activity is to prevent childhood injuries by teaching students safe decision-making practices</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	

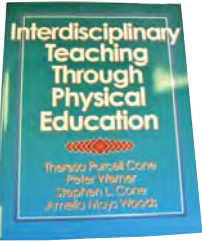




Personal Safety and Injury Prevention	Title	Type	Grade and Contents	Date	Availability	Loan Period	Special Features
	Safety Tips for the Young ATV Rider	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• This ATV safety video reviews equipment, basic riding techniques, rules and regulations for safer riding of an ATV</li> </ul>	2010	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Stay Safe: An educational guide to household chemical products for children ages 5-9	Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grades 1-3</b></li> <li>• Helps them recognize the hazard symbols on household chemical products</li> <li>• Only available on-line or on CD</li> </ul>		Perth District Health Unit Huron County Health Unit  Can order one CD per teacher via e-mail: <a href="mailto:cps-spc@hc-sc.gc.ca">cps-spc@hc-sc.gc.ca</a>  Downloadable PDF online: <a href="http://www.hc-sc.gc.ca/cps-spc/pubs/indust/stay_safe_chem-soyez_securite_chim/index-eng.php">www.hc-sc.gc.ca/cps-spc/pubs/indust/stay_safe_chem-soyez_securite_chim/index-eng.php</a>	Available online or by CD only	
	The Great Escape: Fire Safety	CD	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• Help the wacky Fire Lobster out of the house when the smoke alarm sounds</li> </ul>	2003	Huron County Health Unit AMDSB Media Centre	2 weeks	
	Think First for Kids	Curriculum	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• School-based curriculum program that teaches children how to think first and play safely to prevent brain and spinal cord injuries</li> </ul>	2006	Perth District Health Unit Huron County Health Unit AMDSB Media Centre  Or order a free copy at <a href="http://www.thinkfirst.ca">www.thinkfirst.ca</a>	2 weeks	


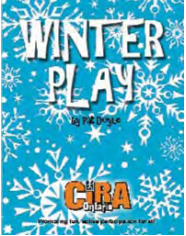
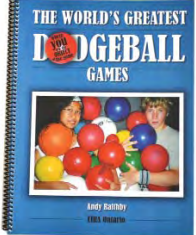

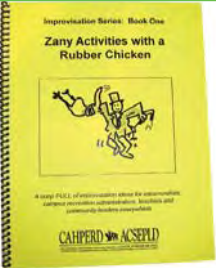
Physical Activity	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	50 Games with 50 Tennis Balls	Book	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>This 50 games book is 85 pages of games using 50 tennis balls (get them cheap at the dollar store or pick up used balls at the local tennis club). These activities include warm-up games, ball games, ball-throwing games, sport variations, relay games, wall games, tag games and a few extra games thrown in</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	50 Grrreat ! Transition Games	Cards on a ring	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>50 games on individual laminated cards, held together by a carabineer, for children and youth. The cards are indexed and categorized - active, cooperative and quiet. The only equipment needed is a ball and a bandana</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	6 Fit Kids' Workouts	DVD	<ul style="list-style-type: none"> <li><b>Grades 4-8</b></li> <li>5-10 minute choreographed routines that can be done in the classroom</li> </ul>		Perth District Health Unit AMDSB Media Centre  Purchase from Physical and Health Education Canada <a href="http://www.excelway.ca">www.excelway.ca</a>	2 weeks	Easy to learn Each workout is followed by a health tip
	65 Energy Blasts	DVD	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>One minute, 15 second long dance moves following four themes: African, athletic, Latin, hip hop</li> </ul>		Perth District Health Unit AMDSB Media Centre  Purchase from Physical and Health Education Canada <a href="http://www.excelway.ca">www.excelway.ca</a>	2 weeks	Easy to learn. Can be played individually, by theme or in random order. Each Energy Blast includes a health hint
	Activities for Groups of 50 or More	Book	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>Mass participation activities to get large groups physically active during playdays, fit weeks, etc.</li> </ul>	1997	Perth District Health Unit AMDSB Media Centre	2 weeks	Promotes co-operation and friendly competition and requires little equipment

Physical Activity	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Active and Safe Routes to School: a Community Action Resource Guide	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Designed to assist school communities in encouraging safe and active travel to and from school</li> </ul>	2004	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Another Games Book	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	Assessment Strategies for Elementary Physical Education	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Strategies for assessing students and 58 ready-to-use worksheets</li> </ul>	2000	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Awesome Asphalt Activities – Playground Activities for Tarmac Surfaces	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Activities including Hopscotch, Four Square, Skipping and Wall, Equipment and Line games that will transform bare asphalt surfaces into lively, exciting play areas</li> </ul>	1998	Perth District Health Unit AMDSB Media Centre	2 weeks	Inclusive for all students – Multi-cultural element Promotes peer leadership
	The Biggest Little Games Book Ever!	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	




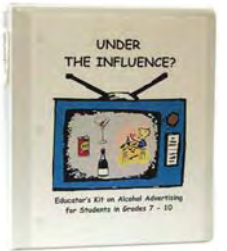
Physical Activity	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Creative Play Activities for Children with Disabilities – A Resource Book for Teachers and Parents	Book	<ul style="list-style-type: none"> <li><b>Grades K-3</b></li> <li>Designed to promote the development of young children with disabilities through play and games</li> </ul>	1989	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Everybody Move! Daily Vigorous Physical Activity	DVD, CD and Teacher's Guide	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>Planning and implementation ideas for creating a daily vigorous physical activity program</li> <li>Music CD and DVD of dance and activity demonstrations</li> </ul>	2005	Perth District Health Unit AMDSB Media Centre  Purchased from CIRA Ontario <a href="http://www.ciraontario.com">www.ciraontario.com</a>	2 weeks	Activities for the classroom, gymnasium and outdoors
	Fit Kids: A practical guide to raising healthy and active children from birth to teens	Book	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>Principles of nutrition and fitness</li> <li>Ways to encourage children and youth to eat healthy and be active</li> </ul>		Perth District Health Unit AMDSB Media Centre		
	Great Games by Great Kids	Book	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>This resource is a collection of over 60 of Ontario's young leaders' favourite games. Grade 7 students from across Ontario were asked at the Ontario Education Leadership Centre to contribute their favourite games - games they play at school, at recreation program or with their friends. These favourites are sure to be some of your school's favourites</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	Great Gator Games – “with a kid and a ball you can do it all”	Book	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>Wide variety of games, using Gator Skin Balls, that can be used in intramural programs, physical education classes, on the playground and inter-school sports</li> </ul>	1998	Perth District Health Unit AMDSB Media Centre	2 weeks	Activities indexed by type and skill to aid the facilitator

Physical Activity	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Healthy Steps – School Step Counter Kit	Teacher’s Guide Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• 36 step counters</li> <li>• “Pedometer Power” and “Walking Games and Activities” books</li> <li>• Activity ideas</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre Huron County Health Unit	4 weeks 3 weeks	
	Hiking Huron County: Your Guide for Exploring Huron County	Booklet	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Map and guide to trails in Huron County</li> </ul>		Huron County Health Unit	Class set to keep	
	Hoops and Hoopla	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• This book is all about the beauty and fun of shooting hoops. There are over 40 shooting games, shooting drills and exciting shooting challenges for classes, teams and intramural programs. Each game is guaranteed to add fun to all programs. Be sure to use the bonus games for dribbling and passing competitions as well</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	I am “in motion”	Display and Poster	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Illustrates a number of ways children and youth can be physically active</li> </ul>	2009	Perth District Health Unit Huron County Health Unit	2 weeks Poster to keep	NEW!



Physical Activity	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Interdisciplinary Teaching Through Physical Education	Book	<ul style="list-style-type: none"> <li><b>Grades K-6</b></li> <li>Complete, ready-to-use learning experiences that integrate physical education with mathematics, science, language arts, social studies and the arts</li> <li>Ideas that can be used as starting points for developing your own learning experiences</li> </ul>	1998	Perth District Health Unit AMDSB Media Centre	2 weeks	Includes assessment suggestions
	Jigga Jump	Leader's guide and music CD	<ul style="list-style-type: none"> <li><b>Grades K-1</b></li> <li>Can adapt some activities for kids up to grade 3</li> <li>Jigga Jump uses music to engage young children in a range of physical activities and movement experiences to help plant the seed for a lifetime of healthy active living</li> </ul>	2007	Perth District Health Unit AMDSB Media Centre	2 weeks	Features Juno Award winning children's entertainers, Judy and David
	Kids into Action Grades 1-3 Vol. 1	Music CD	<ul style="list-style-type: none"> <li><b>Grades 1-3</b></li> <li>Six 10-minute physical activity routines including a warm-up, stretching, moderate and vigorous activity and a cool-down</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Not Just Another Games Book – Special Event and Theme Week Programming for an Active School	Book	<ul style="list-style-type: none"> <li><b>Grades K-8</b></li> <li>Maximizes involvement and participation by students and staff in school life</li> <li>Develops school spirit</li> <li>Promotes active living in the community</li> </ul>	1994	Perth District Health Unit AMDSB Media Centre	2 weeks	
	OPHEA Physical Activity Kits	Kits	<ul style="list-style-type: none"> <li><b>Primary, Junior and Intermediate</b></li> <li>Curriculum from Ophea to incorporate physical activity into daily student lives</li> </ul>	2011	Huron County Health Unit AMDSB Media Centre	2 weeks	


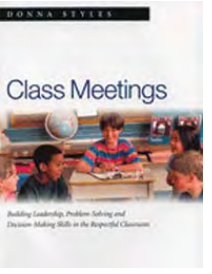

Physical Activity	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Pumper	Heart Shaped Mascot	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Costume includes heart, pants, gloves and boots</li> </ul>	1999	Perth District Health Unit AMDSB Media Centre	For special events or activities	
	Winter Play	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Over 150 games and activities that will work no matter what the conditions outside may be</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre  Purchase from CIRA Ontario at <a href="http://www.ciraontario.com">www.ciraontario.com</a>	2 weeks	NEW!
	The World's Greatest Dodgeball Games	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• The greatest dodgeball games ever created are assembled in one easy to use book. Promoting fair play and non-elimination, everyone, kids and teachers alike, will love these games. Be ready to dip, duck, dive and dodge.</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	You're "It"! Tag ... and More Tag Games for All Ages	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-6</b></li> <li>• 90 traditional, line and crossing games for children and youth</li> <li>• Develops skills of teamwork, cooperation, sharing, decision making, problem solving and strategy</li> <li>• Emphasizes locomotion and movement skills</li> </ul>	2001	Perth District Health Unit AMDSB Media Centre  Purchase from CIRA Ontario at <a href="http://www.ciraontario.com">www.ciraontario.com</a>	2 weeks	Encourages participation by all
	Zany Activities with a Rubber Chicken	Book	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• Games that can be played with a rubber chicken</li> </ul>	1995	Perth District Health Unit AMDSB Media Centre	2 weeks	

Substance Misuse Prevention	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Barb Tarbox	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• 17 minute video</li> <li>• After being diagnosed with cancer, Barb Tarbox began presenting to students on the dangers of smoking</li> <li>• How smoking and cancer affects you and your family</li> </ul>	2003	Huron County Health Unit AMDSB Media Centre Perth District Health Unit	2 weeks	Very emotional video – please preview first
	Dr. Crazy	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 1-8</b></li> <li>• An entertaining film for kids to learn about the deceptive practices of the tobacco industry</li> </ul>	2009	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Heather Crowe's Legacy	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• Heather Crowe worked as a waitress for 40 years. In March 2002, she was diagnosed with lung cancer. She never smoked a day in her life. This DVD profiles her story and her involvement in making public places smoke-free</li> <li>• 25 minutes</li> </ul>	2006	Huron County Health Unit Perth District Health Unit AMDSB Media Centre	2 weeks	
	Idrive Road Stories	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 9-12</b></li> <li>• The DVD is intended to raise awareness of drivers and passengers under the age of 25 about the risks and consequences of aggressive and unsafe driving. Strategies are presented for making better driving-related decisions. Includes a presenter's guide</li> </ul>		Huron County Health Unit AMDSB Media Centre	2 weeks	
	Play, Live, Be...Tobacco-Free After School Kit	Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-8</b></li> <li>• A comprehensive toolkit that will help you provide tobacco education</li> <li>• Includes a variety of sections: activities, games, crafts, demonstrations, cessation for youth, books and magazines, videos, activity and colouring sheets, websites and posters</li> </ul>	2010	Perth District Health Unit Huron County Health Unit AMDSB Media Centre	3 weeks	There are no age range indicators on the resources. They can be adapted and modified to suit your after school program/ classroom needs and the ages of your participants!

Substance Misuse Prevention	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Science, tobacco and YOU!	Kit	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• Includes: CD, teacher's guide, flash cards and exercise sheets</li> <li>• In the Virtual Body Lab, students learn about the different body systems and how tobacco effects them</li> </ul>	2003	Perth District Health Unit AMDSB Media Centre Health Canada www.gosmokefree.ca	4 weeks	Interactive CD
	Smoking Out the Truth: Teens and Tobacco	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 5-12</b></li> <li>• This 24-minute film focuses on the illusions and misconceptions surrounding teen smoking, and exposes the faulty reasoning that leads kids to start smoking. Motives and strategies to quit or abstain are provided.</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	
	The Teen Files Smoking: Truth or Dare?	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 4-12</b></li> <li>• This film takes a close look at the consequences of smoking. A graphic media component to live classroom activities, the program demonstrates to teens who use tobacco exactly what tobacco use is doing to their bodies.</li> </ul>		Perth District Health Unit AMDSB Media Centre	2 weeks	
	Under the Influence – Alcohol Advertising	Kit	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> </ul>	2000	Huron County Health Unit AMDSB Media Centre	2 weeks	

Sun Safety	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Enjoy the Sun Safely (Sun Puppy)	Display	<ul style="list-style-type: none"> <li>• <b>Grades K-3</b></li> <li>• A colourful display that teaches students ways to be sun-safe</li> </ul>	2009	Perth District Health Unit	2 weeks	<b>NEW!</b> A great display for your school foyer in May and June
	Gear Up for Summer – Sun Safety for Kids	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• 10 minutes</li> <li>• For students who are participating in outdoor activities</li> <li>• Students learn how to protect themselves from skin damage</li> </ul>	2003	Perth District Health Unit  Huron County Health Unit  AMDSB Media Centre	2 weeks	
	Project Safety – Sun Awareness for Educating Today's Youth	CD, Teacher's Guide	<ul style="list-style-type: none"> <li>• <b>Grades 4-6</b></li> <li>• A science-based skin cancer awareness and prevention curriculum</li> <li>• 3 lesson CD with accompanying 80-page educator's guide</li> <li>• Teaches students to recognize early warning signs of skin cancer and the importance of daily prevention</li> </ul> <p><i>Note: Statistics are for the USA not Canada</i></p>		Perth District Health Unit  AMDSB Media Centre  Clips from the CD can be viewed at: <a href="http://www.mdanderson.org/departments/projectsafety/">www.mdanderson.org/departments/projectsafety/</a>	2 weeks	
	The Dark Side of the Sun	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• 14 minute skin cancer educational DVD and corresponding CD Lesson Plan</li> <li>• This program addresses the need for sun protection, the dangers of tanning beds and the importance of mole identification</li> </ul>	2005	Perth District Health Unit  Huron County Health Unit  AMDSB Media Centre	2 weeks	<b>NEW!</b>

Sun Safety	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Teens and Tanning	DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• This 16 minute DVD explores the culture of tanning, the dangers of overexposure to the sun and tanning beds and provides positive solutions to staying safe and happy in the sun</li> </ul>	2005	Perth District Health Unit  Huron County Health Unit  AMDSB Media Centre	2 weeks	
	Where's The Shade – UV Sensitive Frisbee Kit	Resource Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-6</b></li> <li>• A dramatic visual demonstration of which sun protective behaviours work best</li> <li>• lesson plan and word search included</li> </ul>	2010	Perth District Health Unit  AMDSB Media Centre	2 weeks	<b>NEW!</b> Great visual to teach sun safety!

Miscellaneous	Title	Type	Grade & Contents	Date	Availability	Loan Period	Special Features
	Air Quality	Lesson Plan DVD	<ul style="list-style-type: none"> <li>• <b>Grades 7-8</b></li> <li>• Designed for Grade 9 however could be used by senior elementary</li> <li>• Increase knowledge of air quality related issues and to introduce students to the environmental (and consequently human health) impacts of air pollution and how they can reduce air pollution in their daily activities</li> </ul>	2005	Perth District Health Unit AMDSB Media Centre	2 weeks	
	Class Meetings	Video/Kit	<ul style="list-style-type: none"> <li>• <b>Grades K-6</b></li> <li>• Demonstrates a student-led problem solving process within the classroom</li> <li>• “Building leadership, problem solving and decision making skills in the respectful classroom”</li> <li>• Process can be adapted to any grade level</li> </ul>	2001	Perth District Health Unit AMDSB Media Centre	2 weeks	Easy and effective way to engage youth in classroom decision making (e.g. as part of a Healthy School Committee)
	Communication Bingo	Game	<ul style="list-style-type: none"> <li>• <b>Grades 6-8</b></li> <li>• An educational game designed for teens about communication</li> </ul>	2006	Perth District Health Unit AMDSB Media Centre	2 weeks	