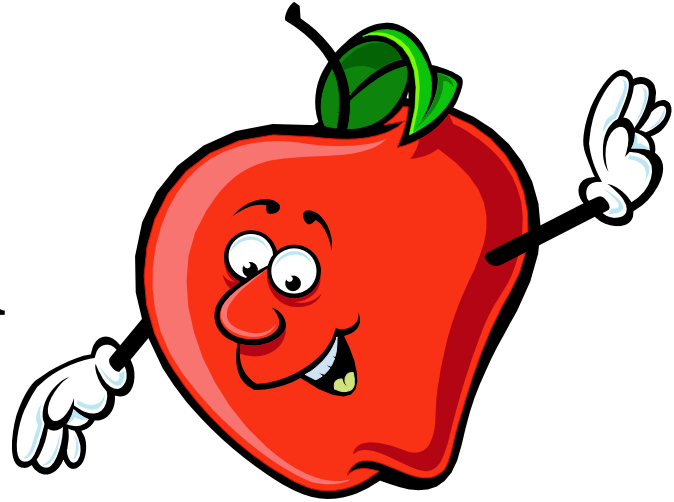


Health Education 6-9: Recommended Resources for the Renewed Curricula



*A list of professional materials available for borrowing
from the Stewart Resources Centre – July 2013*



The STF Stewart Resources Centre – CHECK US OUT!

In order to serve you better, we have compiled the following list of resources that directly address some of your professional needs. We hope you find this publication helpful, and we would be pleased to hear from you if you would like us to continue producing more specialized resource lists, or if you have suggestions on how we can improve our service to you. We want to serve you better!

We make it easy for you to use the Stewart Resources Centre:

- For rural schools, we mail our resources directly to you and provide a postage-paid mailing label for you to use to mail the resources back to us. (Audio-visual resources are excluded from the Canada Post library mailing rate, so you will need to pay postage to return these items.)
- For schools in Saskatoon, your resources arrive at your school through the weekly inter-school mail delivery. Materials may also be returned to us using this courier system.
- You don't need to know the exact titles for resources you need. Provide a topic and an approximate grade level at which you would like to use the materials, and we will do the rest!
- We are accessible 24 hours a day through the STF website: www.stf.sk.ca You may search our catalog online or email us your resource requests at: src@stf.sk.ca
- Call us! STF members may call the Stewart Resources Centre toll-free at 1-800-667-7762, ext. 6323, or we can be reached at 373-1660, ext. 6323 for local calls.
- Visit us in person! We are open 8:30 a.m. to 5:00 p.m. from Monday to Friday.



HEALTH EDUCATION GRADE 6

813.6 P23

Agnes Parker : girl in progress / O'Dell, Kathleen.

New York, NY: Dial Books, 2003.

Subjects: Friendship – Fiction. Best friends – Fiction. Bullies – Fiction. Schools – Fiction.

Summary: As she starts in the sixth grade, Agnes faces challenges with her old best friend, a longtime bully, a wonderful new classmate and neighbour, and herself.

306.766 A648

Apples and oranges [DVD]

Montreal, QC: National Film Board of Canada, 2003.

Subjects: Homophobia in children – Juvenile films. Invective – Juvenile films.

Summary: This video is designed to raise children's awareness of the harmful effects of homophobia and gender-related name calling, intolerance, stereotyping and bullying. The animated stories in the video will help students of all elementary grades explore name calling and bullying.

613.95 B573

Beyond the basics : a sourcebook on sexual and reproductive health education (2nd ed.)

Ottawa, ON: Canadian Federation for Sexual Health, 2005.

Subjects: Sex instruction. Sexually transmitted diseases – Prevention.

Summary: This resource binder covers a variety of topics related to youth sexual and reproductive health. It includes educational information, and it provides numerous high-interest learning activities. Topics include values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication, decision making, contraception, sexually transmitted infections, and human immunodeficiency virus.

302.34 F171

Beyond the hurt : peer harassment and bullying prevention for adults who work with youth (3rd ed.) / Fairholm, Judi. Mader, Kristina Fairholm.

Ottawa, ON: Canadian Red Cross, 2006.

Subjects: Bullying – Prevention. Harassment – Prevention.

Summary: This book clearly defines various types of bullying including verbal, physical, relational, cyber, and sexual. It also explores abuse of power and criminal harassment. Readers learn about the rights and responsibilities of self and others and about intervention and prevention issues, including law and policies.

618.928982 B789

The boy inside [DVD]

Boston, MA: MSK Productions, 2006.

Subjects: Asperger's syndrome. Autistic children. Developmentally disabled children.

Summary: This documentary focuses on a 12-year-old boy with Asperger Syndrome. Award-winning filmmaker Marianne Kaplan offers insight into her son's struggles with bullies and other day-to-day challenges in the classroom. The DVD includes interviews with children who are autistic, their families, and Dr. Temple Grandin, an expert on Autism Spectrum disorders. Parts of the program are useful for the classroom, while other parts are more suitable for educators and parents. Some of the language may be considered inappropriate for classroom use.

- Annotations have been excerpted from book descriptions provided by the publishers and from bibliographies distributed by the Saskatchewan Ministry of Education.

371.58 R622

Bullying : a handbook for educators and parents / Rivers, Ian. Duncan, Neil. Besag, Valerie E. Lanham, MD: Rowman & Littlefield, 2007.

Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.

155.518 H667

Fighting invisible tigers : a stress management guide for teens (3rd ed.) / Hipp, Earl.

Minneapolis, MN: Free Spirit Publishing, 2008.

Subjects: Youth – Life skills guides. Stress in youth.

Summary: This book provides information on building life skills, managing stress, and generally gaining more control over one's life. It offers insightful advice on numerous topics such as becoming physically active, eating healthy, being assertive, building supportive relationships, taking charge of one's life, managing time, taking risks, making responsible decisions, and thinking positively.

613.95 F494

Finding our way : a sexual and reproductive health sourcebook for Aboriginal communities / Aboriginal Nurses Association of Canada. Planned Parenthood Federation of Canada.

Ottawa, ON: Aboriginal Nurses Association of Canada, 2002.

Subjects: Sex instruction. Reproductive health. Hygiene, Sexual. Indians of North America – Health and hygiene – Canada.

Summary: This binder addresses a variety of topics on the sexual health of youth and adults. Information about worldviews, colonization, and loss of identity provides an underlying framework for approaching many sexual health topics. The resource addresses sexual diversity and offers suggestions for promoting respect for two-spirited people.

613 C188

Health for life 2 / Campbell, Judith.

Health for life 2. Teacher's resource / Mathieu, Wendy Lee.

Toronto, ON: Pearson Education, 2005.

Subjects: Teenagers – Health and hygiene. Teenagers – Life skills guides.

Summary: Organized by the topics of life learning, wellness, and relationship choices, this resource addresses issues that are pertinent to youth. Each chapter offers activities, facts, hints, scenarios for students to discuss, and quizzes that can be adapted to fit the learning outcomes in the curricula.

306.766 I35

In other words [videorecording]

Montreal, PQ: National Film Board, 2001.

Subjects: Homophobia in high schools. Sexual orientation. Homophobia.

Summary: This video speaks directly to teens and offers a valuable tool to teachers, counsellors and community youth leaders who want to explore the homophobic language heard both in and out of schools. Moving interviews with gay, lesbian, bisexual and transgendered teens provide first-hand accounts.

371.58 N739

No room for bullies : from the classroom to cyberspace / Bolton, José. Graeve, Stan. (Eds.).

Boys Town, NE: Boys Town Press, 2005.

Subjects: Bullying – Prevention. Bullying in schools.

Summary: This book offers ways to measure the social climate of a school; a 12-point checklist on preventing problems in hallways, classrooms, and common areas; advice for establishing and reinforcing classroom rules; a safe Internet-surfing contract for students; and more.

362.76 F171

Prevention in motion : an educational workshop on the prevention of abuse, bullying and harassment for adults who work with children and youth (5th ed.) / Fairholm, Judi. Ferguson, Pam.

Ottawa, ON: Canadian Red Cross, 2005.

Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.

613 B869

Teen health. Course 1 / Bronson, Mary H. Cleary, Michael J. Hubbard, Betty M.

New York, NY: Glencoe/McGraw-Hill, 2009.

Subjects: Health education (Middle school). Teenagers – Health and hygiene – Study and teaching (Middle school). Health – Study and teaching (Middle school).

Summary: This resource invites students to think critically and to apply health concepts through a variety of physical exercises and activities. The chapter titles include: Your Health and Wellness, Mental and Emotional Wellness, Healthy Relationships, Nutrition, Physical Activity, Personal Health, Your Body Systems, Growth and Development, Tobacco, Alcohol and Other Drugs, Preventing Diseases, and Safety and the Environment.

613 B869

Teen health. Course 2 / Bronson, Mary H. Cleary, Michael J. Hubbard, Betty M.

New York, NY: Glencoe/McGraw-Hill, 2009.

Subjects: Health education (Middle school). Teenagers – Health and hygiene – Study and teaching (Middle school). Health – Study and teaching (Middle school).

Summary: This resource invites students to think critically and to apply health concepts through a variety of physical exercises and activities. Chapter titles include: Understanding Health and Wellness, Taking Charge of Your Health, Physical Activity and Fitness, Nutrition, Mental and Emotional Health, Building Healthy Relationships, Resolving Conflicts and Preventing Violence, Tobacco, Alcohol, Drugs, Personal Health and Consumer Choices, Growing and Changing, Communicable Diseases, Noncommunicable Diseases, Personal Safety, and The Environment and Your Health.

155.518 F791

Too stressed to think? : A teen guide to staying sane when life makes you crazy / Fox, Annie. Kirschner, Ruth. Verdick, Elizabeth.

Minneapolis, MN: Free Spirit, 2005.

Subjects: Stress in adolescence. Stress management for teenagers.

Summary: This book is packed with practical information and stress-lessening tools teens can use every day for reducing or stopping the stress and making decisions that won't leave a teen lamenting, "What was I thinking?" Throughout, quotes from real teens remind readers that they're not alone - that stress affects everyone, but it doesn't have to ruin your life.

616.9792 U55

Understanding HIV and AIDS [DVD] / Young, John G.

Mount Kisco, NY: Human Relations Media, 2007.

Subjects: HIV (Viruses) – Prevention. AIDS (Disease) – Prevention.

Summary: Hosted by recording artist Bow Wow, this DVD offers valuable Grade 6, 7, 8, and 9 curriculum-appropriate information about HIV/AIDS through discussions with youth who are learning about the virus. The program offers an age-appropriate explanation of the definition and biology of HIV, and means of infection, testing, treatment, and prevention.

HEALTH EDUCATION GRADE 7

306.766 A648

Apples and oranges [DVD]

Montreal, QC: National Film Board of Canada, 2003.

Subjects: Homophobia in children – Juvenile films. Invective – Juvenile films.

Summary: This video is designed to raise children's awareness of the harmful effects of homophobia and gender-related name calling, intolerance, stereotyping and bullying. The animated stories in the video will help students of all elementary grades explore name calling and bullying.

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Beyond the basics : a sourcebook on sexual and reproductive health education (2nd ed.)

Ottawa, ON: Canadian Federation for Sexual Health, 2005.

Subjects: Sex instruction. Sexually transmitted diseases – Prevention.

Summary: This resource binder covers a variety of topics related to youth sexual and reproductive health. It includes educational information, and it provides numerous high-interest learning activities. Topics include values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication, decision making, contraception, sexually transmitted infections, and human immunodeficiency virus.

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Ottawa, ON: Canadian Red Cross, 2006.

Subjects: Bullying – Prevention. Harassment – Prevention.

Summary: This book clearly defines various types of bullying including verbal, physical, relational, cyber, and sexual. It also explores abuse of power and criminal harassment. Readers learn about the rights and responsibilities of self and others and about intervention and prevention issues, including law and policies.

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Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.

613.2 E14

Eating well with Canada's Food Guide [DVD]

Orangeville, ON: McIntyre Media, 2007.

Subjects: Nutrition – Canada. Food habits – Canada. Health education – Canada.

Summary: This production gives you information on what each of the arcs in the rainbow represent, food portion sizes, what food labels tell you and the importance of a healthy diet and daily exercise. You learn about the different types of fats, whole grains, the importance of fruits and vegetables, and what to look for in the grocery store. The program also covers the First Nations Food Guide, and the importance of ethnic foods.

155.518 H667

Fighting invisible tigers : a stress management guide for teens (3rd ed.) / Hipp, Earl.
Minneapolis, MN: Free Spirit Publishing, 2008.

Subjects: Youth – Life skills guides. Stress in youth.

Summary: This book provides information on building life skills, managing stress, and generally gaining more control over one's life. It offers insightful advice on numerous topics such as becoming physically active, eating healthy, being assertive, building supportive relationships, taking charge of one's life, managing time, taking risks, making responsible decisions, and thinking positively.

613.95 F494

Finding our way : a sexual and reproductive health sourcebook for Aboriginal communities / Aboriginal Nurses Association of Canada. Planned Parenthood Federation of Canada.

Ottawa, ON: Aboriginal Nurses Association of Canada, 2002.

Subjects: Sex instruction. Reproductive health. Hygiene, Sexual. Indians of North America – Health and hygiene – Canada.

Summary: This binder addresses a variety of topics on the sexual health of youth and adults.

Information about worldviews, colonization, and loss of identity provides an underlying framework for approaching many sexual health topics. The resource addresses sexual diversity and offers suggestions for promoting respect for two-spirited people.

613 C188

Health for life 1 / Campbell, Judith.

Health for life 1 : teacher's resource / Scaini, Carol. Chester, Adele.

Toronto, ON: Pearson Education, 2004.

Subjects: Teenagers – Health and hygiene. Teenagers – Life skills guides.

Summary: This student resource focuses on health education topics that are pertinent to youth in Grade 7. Each chapter offers brief segments of background information related to personal choices that affect healthy relationships and physical and mental health. Student response is encouraged through a variety of activities. The teacher guide includes chapter overviews, line masters and teaching notes.

613 C188

Health for life 2 / Campbell, Judith.

Health for life 2 : teacher's resource / Mathieu, Wendy Lee.

Toronto, ON: Pearson Education, 2005.

Subjects: Teenagers – Health and hygiene. Teenagers – Life skills guides.

Summary: Organized by the topics of life learning, wellness, and relationship choices, this resource addresses issues that are pertinent to youth. Each chapter offers activities, facts, hints, scenarios for students to discuss, and quizzes that can be adapted to fit the learning outcomes in the curricula.

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Subjects: Sex instruction for teenagers.

Summary: This resource offers a holistic view of sexuality. It fosters physical, spiritual, mental, and emotional health by suggesting strategies for students to build skills in the areas of decision making, goal setting, communication, and relationship building.

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In other words [videorecording]

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Subjects: Homophobia in high schools. Sexual orientation. Homophobia.

Summary: This video speaks directly to teens and offers a valuable tool to teachers, counsellors and community youth leaders who want to explore the homophobic language heard both in and out of schools. Moving interviews with gay, lesbian, bisexual and transgendered teens provide first-hand accounts.

155.518 R663

Making smart choices about relationships / Robinson, Matthew.

New York, NY: Rosen Publishing, 2008.

Subjects: Teenagers – Life skills guides. Interpersonal relations in adolescence. Choice (Psychology). Adolescent psychology.

Summary: This book discusses various types of relationships; offers suggestions for making positive relationship choices at school, in organized activities, and in social life; and addresses the consequences and benefits of people's choices.

371.58 N739

No room for bullies : from the classroom to cyberspace / Bolton, José. Graeve, Stan. (Eds.).

Boys Town, NE: Boys Town Press, 2005.

Subjects: Bullying – Prevention. Bullying in schools.

Summary: This book offers ways to measure the social climate of a school; a 12-point checklist on preventing problems in hallways, classrooms, and common areas; advice for establishing and reinforcing classroom rules; a safe Internet-surfing contract for students; and more.

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Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.

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Teen health. Course 1 / Bronson, Mary H. Cleary, Michael J. Hubbard, Betty M.

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Subjects: Health education (Middle school). Teenagers – Health and hygiene – Study and teaching (Middle school). Health – Study and teaching (Middle school).

Summary: This resource invites students to think critically and to apply health concepts through a variety of physical exercises and activities. The chapter titles include: Your Health and Wellness, Mental and Emotional Wellness, Healthy Relationships, Nutrition, Physical Activity, Personal Health, Your Body Systems, Growth and Development, Tobacco, Alcohol and Other Drugs, Preventing Diseases, and Safety and the Environment.

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Subjects: Health education (Middle school). Teenagers – Health and hygiene – Study and teaching (Middle school). Health – Study and teaching (Middle school).

Summary: This resource invites students to think critically and to apply health concepts through a variety of physical exercises and activities. Chapter titles include: Understanding Health and Wellness, Taking Charge of Your Health, Physical Activity and Fitness, Nutrition, Mental and Emotional Health, Building Healthy Relationships, Resolving Conflicts and Preventing Violence, Tobacco, Alcohol, Drugs, Personal Health and Consumer Choices, Growing and Changing, Communicable Diseases, Noncommunicable Diseases, Personal Safety, and The Environment and Your Health.

613.0433 B869

Teen health. Course 3 / Bronson, Mary H. Cleary, Michael J.
New York, NY: Glencoe/McGraw-Hill, 2007.

Subjects: Health education. Teenagers – Health and hygiene – Study and teaching.

Summary: This resource invites students to think critically and to apply health concepts. The chapter titles include: Understanding Your Health, Skills for a Healthy Life, Mental and Emotional Health, Mental and Emotional Problems, Relationships: The Teen Years, Promoting Social Health, Conflict Resolution, Violence Prevention, Physical Activity and Fitness, Nutrition for Health, Your Body Image, Alcohol, Tobacco, Drugs, Personal Care and Consumer Choices, Your Body System, Growth and Development, Common Communicable Diseases, Noncommunicable Diseases, Safety and Emergencies, and Environmental Health. Each of the chapters is divided into two to eight short lessons that can be adapted to support the curriculum, and includes a reading review and assessment activities.

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Subjects: HIV (Viruses) – Prevention. AIDS (Disease) – Prevention.

Summary: Hosted by recording artist Bow Wow, this DVD offers valuable Grade 6, 7, 8, and 9 curriculum-appropriate information about HIV/AIDS through discussions with youth who are learning about the virus. The program offers an age-appropriate explanation of the definition and biology of HIV, and means of infection, testing, treatment, and prevention.

613.2 K14

YUM : your ultimate manual for good nutrition / Kalnins, Daina.

Montreal, QC: Lobster Press, 2008.

Subjects: Nutrition – Juvenile literature.

Summary: This resource explains how students can choose foods that are both nutritious and delicious, and it can be a strong support to using Canada's Food Guide. It also gives information on how the human body works and what it needs to function properly. *YUM* offers hints on reading labels, provides recipes, and includes a sample action plan for eating healthy.

HEALTH EDUCATION GRADE 8

306.766 A648

Apples and oranges [DVD]

Montreal, QC: National Film Board of Canada, 2003.

Subjects: Homophobia in children – Juvenile films. Invective – Juvenile films.

Summary: This video is designed to raise children's awareness of the harmful effects of homophobia and gender-related name calling, intolerance, stereotyping and bullying. The animated stories in the video will help students of all elementary grades explore name calling and bullying.

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Subjects: Bullying – Prevention. Harassment – Prevention.

Summary: This book clearly defines various types of bullying including verbal, physical, relational, cyber, and sexual. It also explores abuse of power and criminal harassment. Readers learn about the rights and responsibilities of self and others and about intervention and prevention issues, including law and policies.

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Bullying : a handbook for educators and parents / Rivers, Ian. Duncan, Neil. Besag, Valerie E. Lanham, MD: Rowman & Littlefield, 2007.

Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.

813.6 P482

Define : "normal" / Peters, Julie Anne.

Boston, MA: Little, Brown, 2003.

Subjects: Family problems – Juvenile fiction. Friendship – Juvenile fiction. Peer counseling – Juvenile fiction. Parent and child – Juvenile fiction.

Summary: When she agrees to meet with Jasmine as a peer counselor at their middle school, Antonia never dreams that this girl with the black lipstick and pierced eyebrow will end up helping her deal with the serious problems she faces at home and become a good friend.

613.2 E14

Eating well with Canada's Food Guide [DVD]

Orangeville, ON: McIntyre Media, 2007.

Subjects: Nutrition – Canada. Food habits – Canada. Health education – Canada.

Summary: This production gives you information on what each of the arcs in the rainbow represent, food portion sizes, what food labels tell you and the importance of a healthy diet and daily exercise. You learn about the different types of fats, whole grains, the importance of fruits and vegetables, and what to look for in the grocery store. The program also covers the First Nations Food Guide, and the importance of ethnic foods.

646.7 K92

Everything you need to know about creating your own support system / Kreiner, Anna.

New York, NY: Rosen, 1996.

Subjects: Teenagers – Social networks – Juvenile literature. Youth – Life skills guides.

Summary: This book addresses ways that adolescents can build their own support systems of trustworthy people who can help them set goals, increase self-confidence, build skills, and address challenges.

155.518 H667

Fighting invisible tigers : a stress management guide for teens (3rd ed.) / Hipp, Earl.

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Subjects: Youth – Life skills guides. Stress in youth.

Summary: This book provides information on building life skills, managing stress, and generally gaining more control over one's life. It offers insightful advice on numerous topics such as becoming physically active, eating healthy, being assertive, building supportive relationships, taking charge of one's life, managing time, taking risks, making responsible decisions, and thinking positively.

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Subjects: Sex instruction. Reproductive health. Hygiene, Sexual. Indians of North America – Health and hygiene – Canada.

Summary: This binder addresses a variety of topics on the sexual health of youth and adults.

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155.5 F565

Five life strategies for successful teens [DVD]

Mount Kisco, NY: Human Relations Media, 2005.

Subjects: Success in adolescence. Self-actualization (Psychology). Teenagers – Conduct of life.

Summary: Through interviews with young people who have succeeded in their careers despite numerous obstacles, this resource encourages students to identify personal dreams and goals and then develop an action plan so that they can realize them.

613 C188

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Health for life 2 : teacher's resource / Mathieu, Wendy Lee.

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Subjects: Teenagers – Health and hygiene. Teenagers – Life skills guides.

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305.2352 T448

This is my body : a film by high school girls [DVD]

Montreal, QC: National Film Board, 2007.

Subjects: Teenage girls – Attitudes. Teenage girls – Psychology. Body image in adolescence. Body image in women. Eating disorders in adolescence. Interpersonal relations in adolescence.

Summary: This program presents excerpts of films made by and featuring students at an all-girls high school in Montreal. The students discuss what it means to be a girl at this time in their lives, exploring issues of body image, eating disorders, self-mutilation, sexuality, friendship, and parenting.

616.9792 U55

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Mount Kisco, NY: Human Relations Media, 2007.

Subjects: HIV (Viruses) – Prevention. AIDS (Disease) – Prevention.

Summary: Hosted by recording artist Bow Wow, this DVD offers valuable Grade 6, 7, 8, and 9 curriculum-appropriate information about HIV/AIDS through discussions with youth who are learning about the virus. The program offers an age-appropriate explanation of the definition and biology of HIV, and means of infection, testing, treatment, and prevention.

HEALTH EDUCATION GRADE 9

306.766 L328

Absolutely, positively not / LaRoche, David.

New York, NY: Arthur A. Levine Books, 2005.

Subjects: Homosexuality – Fiction. Coming out (Sexual orientation) – Fiction. High schools – Fiction. Humorous stories.

Summary: This novel is a humorous account of a 16-year-old boy who is going through the painful process of discovering that he is gay. Steven goes to great extremes to prove that he is heterosexual (e.g., dating 21 different girls in a month). When Steven finally faces reality, his best friend and his parents support him and he begins to accept himself.

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Summary: This resource binder covers a variety of topics related to youth sexual and reproductive health. It includes educational information, and it provides numerous high-interest learning activities. Topics include values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication, decision making, contraception, sexually transmitted infections, and human immunodeficiency virus.

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Ottawa, ON: Canadian Red Cross, 2006.

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Summary: This book clearly defines various types of bullying including verbal, physical, relational, cyber, and sexual. It also explores abuse of power and criminal harassment. Readers learn about the rights and responsibilities of self and others and about intervention and prevention issues, including law and policies.

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Orangeville, ON: McIntyre Media, 2007.

Subjects: Nutrition – Canada. Food habits – Canada. Health education – Canada.

Summary: This production gives you information on what each of the arcs in the rainbow represent, food portion sizes, what food labels tell you and the importance of a healthy diet and daily exercise. You learn about the different types of fats, whole grains, the importance of fruits and vegetables, and what to look for in the grocery store. The program also covers the First Nations Food Guide, and the importance of ethnic foods.

155.518 H667

Fighting invisible tigers : a stress management guide for teens (3rd ed.) / Hipp, Earl.
Minneapolis, MN: Free Spirit Publishing, 2008.

Subjects: Youth – Life skills guides. Stress in youth.

Summary: This book provides information on building life skills, managing stress, and generally gaining more control over one's life. It offers insightful advice on numerous topics such as becoming physically active, eating healthy, being assertive, building supportive relationships, taking charge of one's life, managing time, taking risks, making responsible decisions, and thinking positively.

613.95 F494

Finding our way : a sexual and reproductive health sourcebook for Aboriginal communities /
Aboriginal Nurses Association of Canada. Planned Parenthood Federation of Canada.
Ottawa, ON: Aboriginal Nurses Association of Canada, 2002.

Subjects: Sex instruction. Reproductive health. Hygiene, Sexual. Indians of North America – Health and hygiene – Canada.

Summary: This binder addresses a variety of topics on the sexual health of youth and adults. Information about worldviews, colonization, and loss of identity provides an underlying framework for approaching many sexual health topics. The resource addresses sexual diversity and offers suggestions for promoting respect for two-spirited people.

613.951 B869

Human sexuality (1st Canadian ed.) / Bronson, Mary H.
Toronto, ON: McGraw-Hill, 2007.

Subjects: Sex instruction for teenagers.

Summary: This resource offers a holistic view of sexuality. It fosters physical, spiritual, mental, and emotional health by suggesting strategies for students to build skills in the areas of decision making, goal setting, communication, and relationship building.

362.299 N899

Not a game [DVD]

Houston, TX: Wunderman Film, 2007.

Subjects: Methamphetamine abuse – Study and teaching. Ice (Drug). Drug addicts. Drug use – Prevention.

Summary: Designed as a warning of the dangers related to drug use, this short program graphically portrays the harsh realities of using crystal meth. Addicts share their painful experiences, and a medical doctor bluntly discusses the extensive physical damage that the drug can cause. Note: Parts of the program may be disturbing for some viewers.

362.76 F171

Prevention in motion : an educational workshop on the prevention of abuse, bullying and harassment for adults who work with children and youth (5th ed.) / Fairholm, Judi. Ferguson, Pam.

Ottawa, ON: Canadian Red Cross, 2005.

Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.

362.299 R953

Rushing, crashing, dying : the meth epidemic [DVD]

Mount Kisco, NY: Human Relations Media, 2007.

Subjects: Methamphetamine. Methamphetamine abuse. Drug abuse.

Summary: Real people share their experiences with methamphetamine and what it has done to their lives. The teacher's resource book includes a program summary, student activities and fact sheets.

614.547 H946

Staying safe : a teen's guide to sexually transmitted diseases / Hunter, Miranda. Hunter, William. Philadelphia, PA: Mason Crest Publishers, 2005.

Subjects: Sexually transmitted diseases.

Summary: This resource deals sensitively with the serious issues surrounding sexually transmitted infections (STIs). Students can use this resource to discuss the reproductive system and address the causes, transmission, symptoms, and treatment of gonorrhea, syphilis, chlamydia, herpes, HIV/AIDS, and other sexually transmitted infections.

616.9792 U55

Understanding HIV and AIDS [DVD] / Young, John G.

Mount Kisco, NY: Human Relations Media, 2007.

Subjects: HIV (Viruses) – Prevention. AIDS (Disease) – Prevention.

Summary: Hosted by recording artist Bow Wow, this DVD offers valuable Grade 6, 7, 8, and 9 curriculum-appropriate information about HIV/AIDS through discussions with youth who are learning about the virus. The program offers an age-appropriate explanation of the definition and biology of HIV, and means of infection, testing, treatment, and prevention.



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