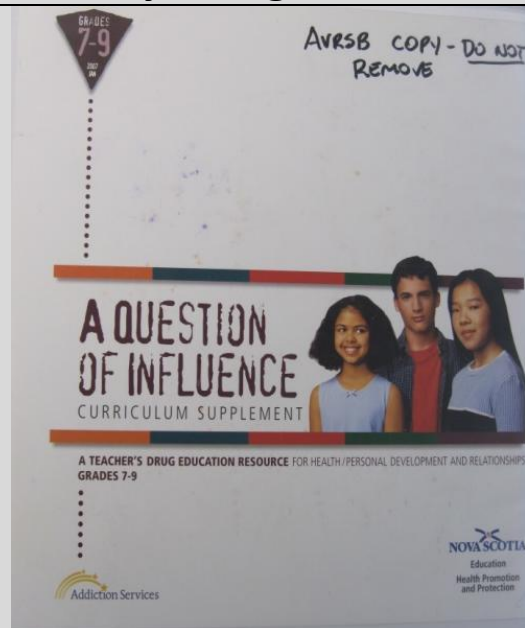


Healthy Living Grade 8 Resources Page 1 of 5



Title: A Question of Influence

Distributed: HPP, 2007

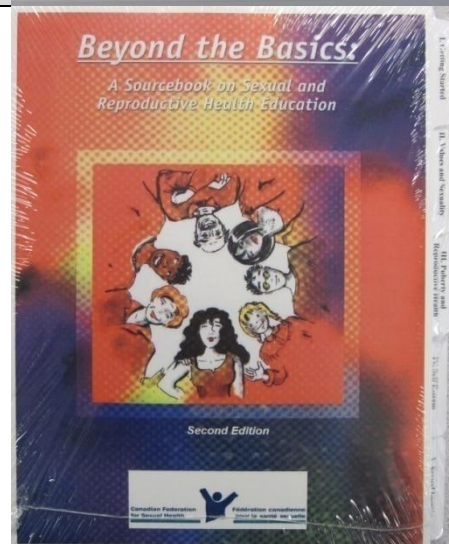
Description: A Question of Influence is an alcohol and other drug education curriculum supplement developed jointly by the Department of Education and the Department of Health Promotion and Protection. This resource targets students in grades 7 to 9 and has been built on current school-based alcohol and other drug education best practices. The supplement has been distributed to all junior high schools in Nova Scotia with a French version coming soon.

Curriculum Alignment:

- Healthy Community 8.14

Website link:

http://www.gov.ns.ca/ohp/question_of_influence.html



Title: Beyond the Basics

Distributed: DOE, Spring 2008

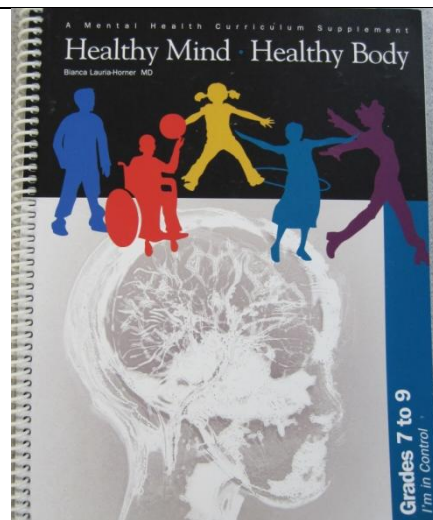
Description: "Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education" is an excellent teacher resource that helps support learning outcomes in Health Education 5 and 6, and Healthy Living 7–9. It is organized around eight modules: Values and Sexuality; Puberty and Reproductive Health; Self-esteem; Sexual Identity; Relationships, Communication, and Decision-making; Contraception and Safer Sex; STIs and HIV; and Resources. In each module, there are learning experiences designed to support student learning at various grade levels.

Curriculum Alignment:

- Healthy Self 8.1
- Healthy Relationships 8.6, 8.9, 8.10
- Healthy Community 8.12, 8.13, 8.14

Website link:

http://www.cfsh.ca/Resources/Educational_and_Training_tools/Beyond-the-Basic-Sourcebook.aspx



Title: Healthy Mind Healthy Body

Distributed: DOE, Spring 2009

Description: A Mental Health Supplement. Students learn about healthy and unhealthy feelings and behaviours and the warning signs so they are more confident in asking for help. The supplement will help reduce the overall stigma attached to mental illness.

Curriculum Alignment:

- Healthy Self 8.2

Website link: No link

Healthy Living Grade 8 Resources Page 2 of 5



Title: Health For Life 2, Teacher Resource

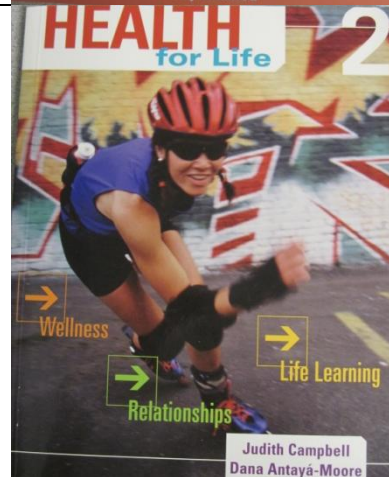
Distributed: DOE,

Description: Chapters include: Life learning, Wellness choices, relationship choices, strength of character, staying safe, leading and following and my working life

Curriculum Alignment:

- Healthy Self 8.2, 8.3, 8.5
- Healthy Relationships 8.6
- Healthy Community 8.11, 8.12, 8.14

Website link: no link



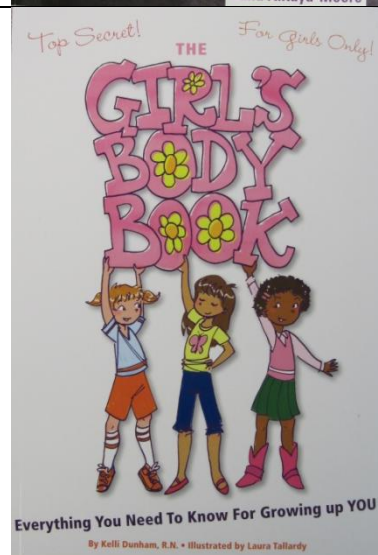
Title: Health for Life 2, Student text

Distributed:

Description: Chapters include: Life learning, Wellness choices, relationship choices, strength of character, staying safe, leading and following and my working life

Curriculum Alignment:

Website link: no link



Title: The Girls Body Book

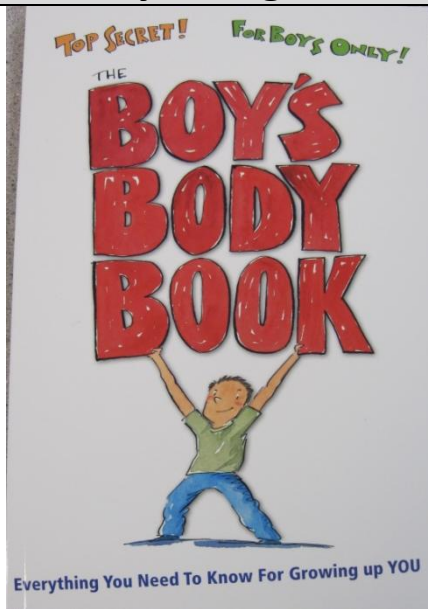
Distributed: DOE, Spring 2009

Description: "The Girl's Body Book: Everything You Need to Know for Growing up You" is an invaluable resource for girls. This readable, reassuring, and illustrated guide provides clear, factual information on topics youth often find hard to talk about—their bodies, their feelings, their relationships, hygiene, exercise, teachers, peer pressure, sex, and siblings. This is a wonderful resource for the classroom for independent reading, and teachers of health education, healthy living, and guidance will find this a practical resource for reference in addressing issues of healthy sexuality, and emotional/physical/relationship changes that occur during adolescence.

Curriculum Alignment:

Website link: No link

Healthy Living Grade 8 Resources Page 3 of 5



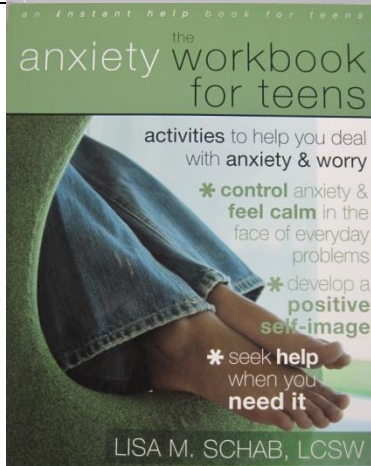
Title: The Boy's Body Book

Distributed: DOE, Spring 2009

Description: "The Boy's Body Book: Everything You Need to Know for Growing up You" is an invaluable manual that every boy should own. This readable, reassuring, and illustrated guide provides clear, factual information on topics boys find hard to talk about— their bodies, their feelings, their relationships, hygiene, exercise, teachers, peer pressure, sex, and siblings. This is a wonderful resource for the classroom for independent reading, and teachers of health education, healthy living, and guidance will find this a practical resource for reference in addressing issues of healthy sexuality, and emotional/physical/relationship changes that occur during adolescence.

Curriculum Alignment:

Website link:



Title: Anxiety Workbook for Teens

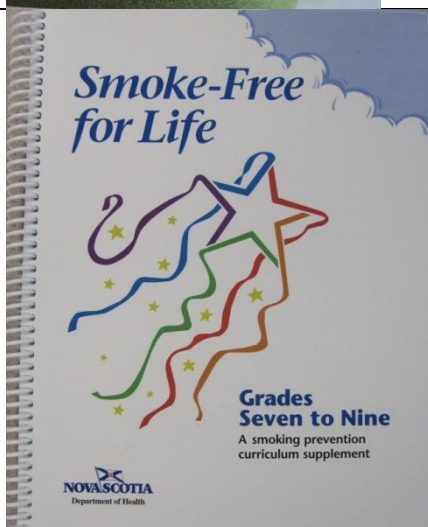
Distributed: Spring '09

Description: "Anxiety: The Workbook for Teens" offers a set of activities to deal with the feelings of worry, fear, and panic. These activities will show how to cope with day-to-day challenges, to develop a positive self-image, and to recognize anxious thoughts. Included are resources for seeking additional help and support if needed. This resource addresses outcomes within Healthy Living 7-9 related to emotional and mental health.

Curriculum Alignment:

- Healthy Self 8.3

Website link:



Title: Smoke free for Life

Distributed: By the Department of Health

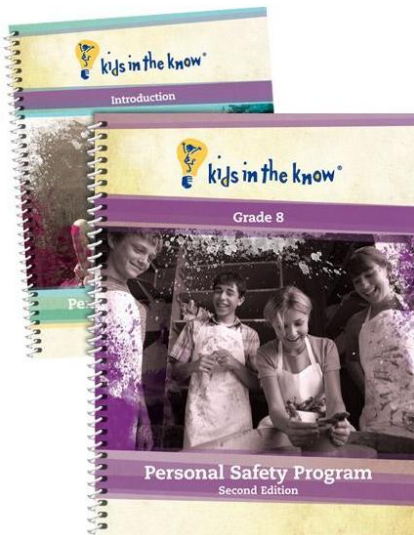
Description:

Tobacco prevention curriculum that spans Primary to 9.

Curriculum Alignment:

Website link: no link

Healthy Living Grade 8 Resources Page 4 of 5



Title: Kids in the Know

Distributed: Feb. 2011

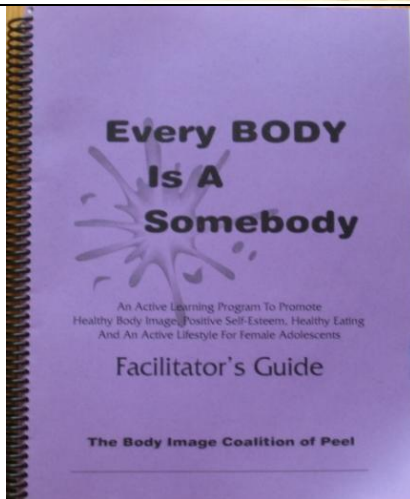
Description: Kids in the Know is an interactive safety education program for increasing the personal safety of children and reducing their risk of sexual exploitation

Curriculum Alignment:

- Healthy Relationships 8.6, 8.8
- Healthy Community 8.12

Website link:

<http://www.kidsintheknow.ca/app/en/>



Title: Everybody is a Somebody

Distributed:

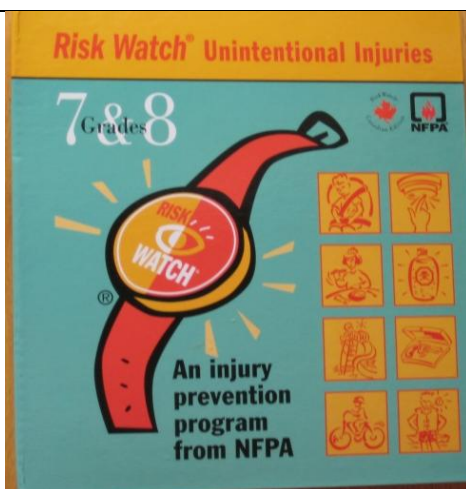
Description: In an effort to change attitudes and reduce the risk of eating disorders, the Body Image Coalition of Peel developed a manual designed to promote healthy body image, positive self-esteem, and a non-dieting approach to eating. This active learning program provides background information for the facilitator and activities to be used with adolescents on the following topics: Media, Family and Friends, Self-Esteem and Body Image, Set-Point: The Body's Resistance to Dieting, Healthy Eating and An Active Lifestyles, Stress Management Skills, Relationship Skills

Curriculum Alignment:

- Healthy Community 8.14

Website link:

<http://www.bodyimagecoalition.org/everybody1.html>



Title: Risk Watch Unintentional Injuries

Distributed:

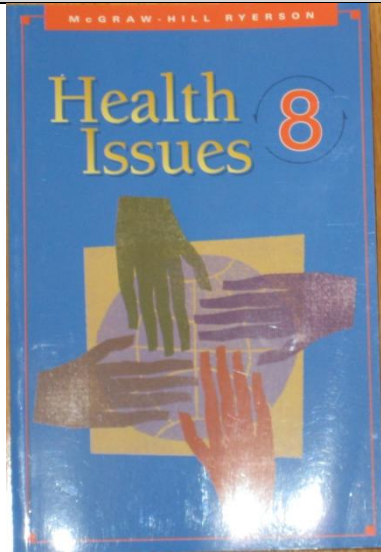
Description: *Risk Watch* is a school-based program that links teachers with community safety experts and parents. The program addresses **eight injury topics**. These topic areas represent the eight areas kids ages 14 and under are at greatest risk of unintentional injury They are: Motor Vehicle Safety, Fire & Burn Prevention, Choking, Suffocation and Strangulation Prevention, Poisoning Prevention, Falls Prevention, Firearms Injury Prevention, Bike & Pedestrian Safety, Water Safety.

Curriculum Alignment:

- Healthy Community 8.17
-

Website link: no link

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Title: Health Issues 8

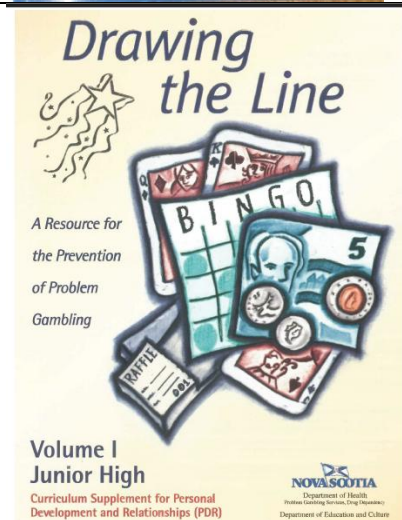
Distributed:

Description: Divided into three sections "Wellness," "Relationships" and "Life Learning," this resource offers a variety of high-interest articles and anecdotes, poems and plays, studies and stories related to health issues in real-life situations. Black-and-white photographs support the text.

Curriculum Alignment:

- Healthy Self 8.4
- Healthy Community 8.14
-

Website link: No link



Title: Drawing the Line

Distributed: DOH, DOE, 1997

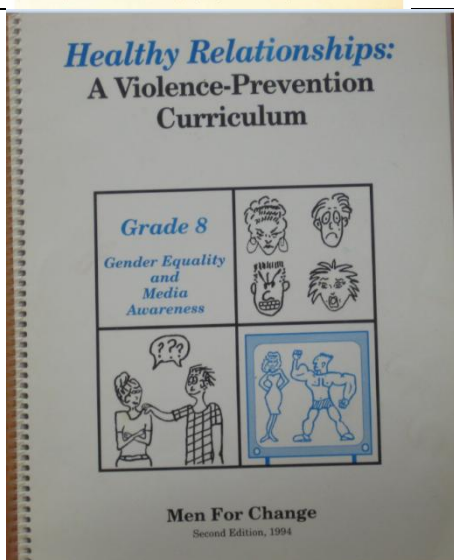
Description: Page 37-This unit encourages students to take a critical look at the social forces that influence their gambling related values and decisions.

Curriculum Alignment:

- Healthy Community 8.15

Website link:

<http://www.gov.ns.ca/hpp/publications/DrawingtheLineCV.pdf>



Title: Health Relationships: A violence Prevention Curriculum Grade 8- Gender Equality and Media Awareness
Distributed:

Description: The three-part curriculum, dealing with aggression, gender equality and media awareness and forming health relationships, was designed to address factors that contribute to violent behaviour, such as gender inequality, power and control. The Healthy Relationships program is intended to complement existing health, family life, sexual safety and English curricula by examining the psychosocial dynamics of male violence and presenting cultural values that impact violent behaviour. Sessions and activities are designed to support students learning what they need to know, do and value to form and maintain healthy relationships. The program consists of 53 student-oriented activities, handouts, and print/video resource lists. Each activity is designed to take from 45-minutes to 1 hour of class time.

Curriculum Alignment:

- Healthy Community 8.13
-

Website link: <http://www.m4c.ns.ca/>

