



**Stoddard County  
Public Health Center  
Education Library**

## Most Popular Subjects:

Drugs  
Nutrition  
S.T.D's  
Emergency Preparedness

Alcohol  
Hygiene  
Teen Pregnancy  
Safety

Tobacco  
Sexual Involvement  
Puberty  
CPR

## Nutrition:

### Title

### Materials included

### Recommended Grade

#### ***Nutrition Labels & Myplate***

PowerPoint

Grades 7 and Up

These mini-units use clear, contemporary illustrations to teach the basics of using the food labels and interpreting the My Plate.

#### **BMI**

PowerPoint

Jr. High and Up

This PowerPoint teaches current and past obesity rates in the U.S. and Missouri. Students learn nutritional facts and how to calculate a person's BMI

#### ***Teenage Nutrition***

Class Outline/Video & PowerPoints

Grades 12 - 18

Educate and empower teens with the valuable skills that will help them eat right, increase activity, think positively, and maintain a healthy body weight without dieting.

## General Health:

#### ***Open Airways for Schools (Asthma)***

Class Outline/Video

Grades K-5

This program is from the American Lung Association, and teaches children how to cope with asthma. The program is to help asthma patients feel comfortable with their asthma.

#### ***Staying Clean & Healthy***

PowerPoint

Jr. High

Teaches young children the importance of washing their hands, taking baths, washing their hair, and brushing their teeth.

#### ***Mr. Glitterbug***

Class Outline/UV Lamp & Potion

Grades K-12

Teaches young children the proper way to wash their hands with a glitter lotion that shows their germs under a UV lamp.

#### ***Sun Safety***

Visual aids/Video/PowerPoint

Grades K-12

This program teaches students why and how they should protect themselves from overexposure to sunlight.

**Think, Choose, ACT Healthy**                      Class Outline                      Middle School  
 This curriculum is packed with 130 health activities that will give you approximate time and materials needed to complete the activity.

**Think, Choose, ACT Healthy**                      Class Outline                      High School  
 This curriculum has more than 150 activities for you to engage your students, and challenge them to make informed, healthy choices.

**Influenza**    PowerPoint    Jr. and Sr. High  
 This program teaches students why and how they should protect themselves from the influenza virus and the importance of getting a flu vaccination.

## **SEX EDUCATION**

**STD's**    Class Outline & PowerPoints                      Grades K-12  
 Provides methods and materials to help students gain the knowledge and skills needed for realistic decision-making about STD's.

**PSI - Postponing Sexual Involvement**                      Class Outline/Videos/  
 Pamphlets & PowerPoints                      Grades 5-12  
 An abstinence based program that teaches self-esteem and saying no to sex. This curriculum is conducted by the Health Educator, call to set up a date for your school.

**Reducing The Risk (Pregnancy)**                      PowerPoint    Grades 9-12  
 The lesson plans are developed to allow the students to role-play and interact with what the consequences would be if they became pregnant or contracted an STD. (Empathy Belly)

**Always Changing Always Growing**                      Class Outline & Video    Grades 4-6  
 Puberty topic. This program shows the changes that go on in the bodies of males & females. There is a boys and girls part (separate).

## **TOBACCO/DRUGS & ALCOHOL**

**The Facts about Tobacco**                      PowerPoint    Jr. and Sr. High  
 Students will learn the history of the tobacco industry how tobacco companies market young people. What tobacco does to the human body.

**The Facts about Drugs**                      PowerPoint    Jr. and Sr. High  
 Students will learn how drugs addict, how they are promoted and marketed, how they affect health, and why the drug industry is growing so rapidly.

**The Facts about Alcohol**

PowerPoint/DWI Goggles

Jr. and Sr. High

Students will learn how alcohol is addicting, how alcohol affects the human body. What is in an alcoholic beverage. Statistics in the U.S. Students will end the class with a demonstration of the DWI Goggles.

**Emergency Preparedness and Safety****Ready in 3**

PowerPoint/Videos

All Ages

Emergency preparedness videos have been produced for Missouri schools, workplaces, seniors and general population.

**American Heart Association 1<sup>st</sup> Aid & CPR**

Outline/Books/Videos

All Ages

Students will learn the skills of CPR & 1<sup>st</sup> Aid for victims of all ages and will practice 1<sup>st</sup> Aid & CPR in a team setting.

**American Heart Association Healthcare Provider CPR**

Outline/Books/Videos

All Ages

Healthcare provider students will learn the skills of CPR for victims of all ages and will practice CPR in a team setting.

**Community Emergency Response Team (CERT)**

PowerPoints/Books/Videos

Adults

Community Emergency Response Team (CERT) is a training program designed to prepare a community for a major disaster. CERT is a positive and realistic approach to emergency and disaster situations where citizens will be initially on their own and their actions can make a difference.

**Teaching Aids:***Mr. Gross Mouth*

Model of Mouth that shows the effects of using spit tobacco

*STD Slides*

Each slide gives valuable information about the most common STD's along with graphic pictures of the STD. Call and talk to the Health Educator for further details.

*Fat Finder*

Measures the body fat of an individual

*"How Much Fat?"*

Test tubes of fat from various food items

<i>Amount of Hidden Fat</i>	Display case of the amount of fat hidden fats in our foods
<i>Amount of Hidden Salt</i>	Display case of the amount of salt hidden in our foods
<i>Amount of Hidden Sugar</i>	Display case of the amount of sugar hidden in foods
<i>Globs of Fat</i>	5lb & 1lb globs of fat (looks & feels like fat)
<i>Occluded Artery</i>	Shows constriction of blood through a blocked artery
<i>NUTRO (BINGO)</i>	Designed to teach players make healthy food choices
<i>Play It Safe</i>	A FUN game that shows the importance of Farm Safety
<i>Empathy Belly</i>	Pregnancy Simulator (Symptoms & Effects)
<i>"Baby Think It Over Doll"</i>	Doll that cries periodically when not properly cared for
<i>Human Sexuality Board Game</i>	True facts & feelings of children ages 9-15
<i>A Guide to Contraceptives fold- Identification Kit birth-</i>	Contraceptives and hand-painted anatomical models and out information panels that give the facts about various control methods.
<i>Simulated Smoker's Lungs (Pig Lungs)</i>	Show what happens to smoker's lungs with these specially preserved pig lungs.
<i>Substance Abuse Identification Kit</i>	This display reveals the identities of more than 60 dangerous substances, including crack & ice. It also describes the signs & effects of drug use
<i>Drinking Clock</i>	Shows blood alcohol levels after drinking. It tells how long you should wait to drive after drinking (Jr. & Sr. High)
<i>D.W. EYES</i>	Prevent teen DWIs with this engaging drunk driving prevention program. Wearers of the DWEye goggles experience the visual distortion, loss of balance, and lack of control that make driving dangerous (Junior High & High School).
<i>Wheel of Misfortune</i>	Teaches the hazards of alcohol and drug abuse in an interesting and informative way with this valuable teaching resource (Junior High & High School)

<i>Medicine Cabinet or Candy Box?</i>	This three-dimensional display opens to reveal “shelves” with permanently sealed, look-alike medicines and candy (elementary)
<i>Pediculosis: The Facts of Lice</i>	This folding display teaches students all about head lice, body lice, and pubic lice. (Grades K-12)
<i>Self-Exam Breast Model</i>	Helps students identify what a lump feels like in the breast
<i>Baby Growth Charts</i>	Shows the growth of the fetus in the uterus from conception to 9 months

**Flip Charts:** illustrates information for each topic listed

- \*Stress
- \*Alcohol
- \*Alcohol & Pregnancy
- \*Smoking
- \*Smokeless Tobacco
- \*STD’s

## **Videos:**

<i>Live or Die</i>	Illustrates two risk behaviors (high fat diet & smoking) and how it can lead to an early death. (Jr. High & Up)
<i>The Price Tag of Sex</i>	Illustrates the price (STD’s) you pay for having sex before you are married. (Jr. High & Up)
<i>The Truth About Sex</i>	Hosted by Leeza Gibbons, this program forces teenagers to face the hard-hitting realities of having sex too young, including unwanted pregnancies, STDs and AIDs. (Grades 6-12)
<i>Rape: Cries from the Heartland</i>	Through seven victims at the Memphis Rape Crisis Center, this HBO documentary shows rape for what it is - an act of violence, not sex. (Senior High & Up)
<i>When Dating Turns Dangerous</i>	Addresses the growing problem of dating violence, describes the patterns it takes and why abusers act the way they do, and how the abuse gradually destroys the victim’s self-esteem. (Grades 7 - 12)

Just thought you ought a Know	An intense production featuring teens talking to teens in their language about the risks of any sexual contact (High School)
<i>Sexually Transmitted Diseases</i>	Shows vivid examples of syphilis, gonorrhea, genital herpes and AIDS. (Grades 7 - Adult)
<i>What You Don't Know Can Kill You: STD's &amp; AIDS</i>	This video will help your students identify and prevent sexually diseases. There are three videos in one. (Grades 7-12)
<i>"This Ain't No Dress Rehearsal"</i>	Delivers a powerful abstinence message. Dr. John Young explains how the most prevalent STD's among teens are contracted and the serious medical problems and emotional turmoil these diseases can precipitate. (Grades 7-12)
<i>HIV? AIDS: It Won't Happen To Me?...Or Will It?</i>	This video is an excellent discussion trigger, and includes highlighted segments with HIV-infected young people who explain why denial and lack of information can be fatal. (Grades 7-12)
<i>Abstinence.. It's the Right Choice</i>	This video helps viewers realize that abstinence is the right choice, and provides them the tools that they need to say no to sex. (Grades 6-12)
<i>Real People: Abstinence Choosing to Wait</i>	In a dynamic format, real teenagers tell how they combat peer and media sexual pressures and whatever their previous history now choose abstinence. (Grades 7-12)
<i>A Walk in Your Shoes</i>	Delivers an abstinence message as a young couple follows two teens as they struggle with raising a child together (Grades 7-12)
<i>Sex is not a Game</i>	Delivers a desperately needed wake-up call. Featuring teens talking openly about the real-life medical risks and consequences of casual sex. (High School)

- Fetal Development: A Nine Month Journey* This informative film will help students learn the many different stages of pregnancy. (Jr High & High School)
- Kids To Kids: Talking About Puberty* This video is geared toward fourth & fifth grade students that are wanting to learn information about the changes their bodies are going through. It interviews students with their questions and gives answers about puberty.
- Always Changing Always Growing* Puberty is the subject! This video shows the changes that go on in the bodies of males & females. There is a boys and girls part (separate). (Grades 4-6)
- The New Improved Me: Understanding Body Changes* Gives young teens and pre-teens an information-packed, supportive explanation of male and female body changes to help them accept puberty as an exciting and important event in their lives and a normal, healthy part of growing up. (Grades 5-9)
- What's Wrong With Beer?* This frank information will help elementary school students sort out fact from fiction when it comes to beer (Grades 4-8)
- Truth About Drinking* Hosted by Leeza Gibbons, teenagers see firsthand what the future may hold for them if they continue to drink. They experience the potential consequences of alcohol use from every perspective. (Grades 4 and Up)
- McGruff & Drug-Free Kids* McGruff explains that drugs are dangerous. He shows older youngsters how to deal with this pressure and respect themselves & their bodies. Three vignettes depict ways of saying "no" to drugs, and illustrate positive things kids can do with their free time. (Grades K-5)
- I'm on Crystal Meth "true life"* Hosted by Serena Altschul and MTV, Missouri Heartland teens & teens across the U.S. see firsthand the potential consequences of their methamphetamine use.
- Ecstasy* A 60 minute documentary on the drug ecstasy, the fastest spreading illegal drug in America. In this video you find out the serious risks of this drug. (High School)



<i>Mothers on Meth</i>	A short KFVS story on the effects of methamphetamine on mothers in the Heartland and Stoddard County. (Jr. High & High School) 2/17/2000
<i>Kevin's Story</i>	Kevin killed his girlfriend while drinking and driving. His sentence was to go and tell his story to other students. He is very real and truthful about what alcohol can really do to a person. (Jr. High & High School)
<i>Last Dance</i>	In this video one of the girls is killed due to drinking & driving. It really hits home with students, on the reality of losing a friend to alcohol. (Jr. High & High School)
<i>The Cat Who Drank &amp; Used Too Much</i>	Elementary students will enjoy this light hearted, but realistic story of the effects of drinking and doing drugs. Shows them how it can hurt those in our family who are abusing drugs & alcohol. (Grades K-5)
<i>Tobacco Marketing &amp; Kids</i>	Shows how marketing sells to children to start smoking at a young age. (Upper Elementary - Junior High)
<i>Smoking: Truth or Dare</i>	Hosted by Leeza Gibbons, is a powerful program that graphically demonstrates to teens who use tobacco exactly what this deadly habit is doing to them. (Grades 4 and Up)
<i>Teens and Tobacco</i>	Presents firsthand accounts of smokers who discuss the physical damage caused by the use of tobacco products. (Senior High – Adult)
<i>The Straight Dope on Spit</i>	A High School Coach talks to the athletes about “No Spit Tobacco” at any sporting events. The athletes are given a straight forward lesson on the effects of spit tobacco. (Upper Elementary - High School)
<i>I Can't Breathe. A Smoker's Story</i>	Follow a former smoker as she fights for her life with emphysema. (Jr.High & High School)
<i>Secrets through the Smoke</i>	Dr. Wigand shares his experiences about the tobacco industry's manipulation of the truth. (Jr.High & High School)
<i>Hygiene: What Is It?</i>	An in-depth look at hygiene and how important it is to take care of your body. (Upper Elementary - High School)

<i>Be Clean, Be Healthy</i>	Shows children why and how they should stay clean. Simple measures for keeping clean are shown, as viewers see children bathe, cut their nails, wash their hands, and brush their teeth. (Elementary)
<i>Wash Those Hands</i>	Show students how the simple act of hand washing helps prevent the spread of illness. (All ages)
<i>All Hands on Deck</i>	This video explains the procedures for proper handwashing. You may think you know everything there is to know about limiting the spread of disease, but until you hear it directly from a germ, you ain't heard nothing. (All ages)
<i>Hand Washing for Life</i>	This five step management process will take you through proven best practices that achieve a sustainable improvement in employee behavior (Adults)
<i>Buckle Up Kids</i>	This video gives important information on the facts of seat belt safety. (Grades K-5)
<i>Car Seat Safety</i>	This video is perfect for anyone teaching how to use a car seat. It is necessary to get the information across as to why children need to be buckled into their car seat. (High School Parenthood Class)
<i>Scoliosis</i>	Help students enter adulthood with healthy backs. Designed for showing prior to the scoliosis screening at your school. (Grades 5 - 8)
<i>Sun Safety A Growing Health Concern</i>	This program teaches students why and how they should protect themselves from overexposure to sunlight. (Jr.High & High School)
<i>The Weight of the Nation</i>	A four part HBO documentary confronting America's Obesity Epidemic. Covering consequences, choices, children in crisis and challenges. (High School & Adults)
<i>Ready in 3</i>	Emergency preparedness videos have been produced for Missouri schools, workplaces, seniors and general population. (All Ages)

THE POWER OF CHOICE:*Sex Drugs & Alcohol*

All videos listed are hosted by comedian and teen counselor Michael Pritchard, the program follows Pritchard around as he visits high schools across the country discussing those issues facing our teens today. (Grades 6-12)

YOU CAN CHOOSE:*Being Responsible Saying No*

This series teaches young people valuable lessons about making good decisions. Each program presents a compelling dramatic skit realistically depicting a problem situations for children. Michael Pritchard meets with elementary school children to discuss ways to solve the problems. (Grades 1-5)

*Pediculosis: The Facts About Head Lice*

This colorfully illustrated program presents all the facts about head lice, lice, body lice and pubic lice. Since head lice affect school-aged children almost as frequent as the common cold, this information can prove extremely valuable to your students and their families! (Elementary Age)

*I Hate My Body*

Many teenage girls endanger their health in attempts to match the physical perfection they perceive in models and movie stars. Anorexia, bulimia and even suicide are the unfortunate results. (Junior High and Up)

*Real People: Coping With Eating Disorders*

Gives viewers revealing insights into eating disorders by documenting the stories of three young people - an anorexic, a bulimic and a compulsive overeater. Interweaving their stories, a specialist discusses the pattern, symptoms, and treatment of eating disorders. (Grades 7 and Up)