



Adolescent Health Resources for Educators

Adolescent Health: Think, Act, GrowSM (TAG) is a national call to action to improve the health and healthy development of adolescents. The following is a list of free resource materials from federal agencies that support teaching and learning about adolescent health. TAG is led by the Office of Adolescent Health in the U.S. Department of Health and Human Services.

The Body, the Brain, and Substance Abuse

Curriculum Supplement Series – Two weeks of lessons on selected health topics such as science, the brain, and bioethics. Includes teacher’s guides. National Institutes of Health (NIH) <https://science.education.nih.gov/customers/WebPages/CSHome.html>

Science Education – Classroom activities, lesson plans, and worksheets on topics such as genetics, brain health and functioning, and microscopic imaging. National Institutes of Health (NIH) <http://www.nih.gov/science/education.htm>

Teaching Guides – Step-by-step guides to teach teens about neuroscience and the effects of drugs on the brain and body. National Institute on Drug Abuse (NIDA) www.teens.drugabuse.gov/educators/nida-teaching-guides

- **Drugs & Health – NIDA’s Blog for Teens (Blog Teaching Guide)** – Guide for teachers to use Drugs & Health Blog for teens to help middle and high school students understand the science behind different health topics. <http://teens.drugabuse.gov/educators/nida-teaching-guides/drugs-and-health-blog-teaching-guides-teen-drug-abuse>
- **Mind Over Matter Teaching Guide and Series** (English and Spanish) Short stories on how the brain responds to various drugs such as inhalants, opioids, nicotine, and so forth. <http://www.teens.drugabuse.gov/educators/nida-teaching-guides/mind-over-matter>
- **CSI: Web Adventures** - teens solve five virtual cases and gain knowledge of the biology of prescription drug abuse. <http://www.teens.drugabuse.gov/educators/NIDA-teaching-guides/csi-web-adventures>
- **Genetics and the Brain** - Teens select from multiple interactive games to explore the brain’s pathways and see what happens when drugs interfere. <http://www.teens.drugabuse.gov/educators/NIDA-teaching-guides/genetics-and-the-brain>
- **Reconstructors** - Three independent web adventures tackle the neuroscience of drug abuse and help teens learn about the health effects of inhalants, ecstasy, and opioids. <http://www.teens.drugabuse.gov/educators/NIDA-teaching-guides/reconstructors>

General Facts about Adolescents and their Health

U.S. States Adolescent Health Facts – State and national data sheets on important areas of adolescent health. U.S. Department of Health and Human Services Office of Adolescent Health (OAH). www.hhs.gov/ash/oah/resources-and-publications/facts/us.html

- **Reproductive Health Facts** - <http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/fact-sheets/us.html>
- **Mental Health Facts** - <http://www.hhs.gov/ash/oah/adolescent-health-topics/mental-health/fact-sheets/us.html>
- **Physical Health & Nutrition Facts** - <http://www.hhs.gov/ash/oah/adolescent-health-topics/physical-health-and-nutrition/fact-sheets/us.html>
- **Healthy Relationships Facts** - <http://www.hhs.gov/ash/oah/adolescent-health-topics/healthy-relationships/fact-sheets/us.html>
- **Substance Abuse Facts** - <http://www.hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/fact-sheets/us.html>

Food Safety and Nutrition

Healthy Eating materials for teachers – ChooseMyPlate.gov offers resources and tools for educators on topics such as dietary assessments, nutrition education, and other user-friendly nutrition information. U. S. Department of Agriculture.

<http://www.choosemyplate.gov/information-educators.html>

SuperTracker U.S. Food and Drug Administration (FDA). <https://www.supertracker.usda.gov/>

- Students can set up a personalized nutrition and activity plan: <https://www.supertracker.usda.gov/>
- Lesson plans: <http://www.choosemyplate.gov/sites/default/files/printablematerials/SuperTrackerHLessonPlans1.pdf>

Read the Label - Using the Nutrition Facts Label to Make Healthy Food Choices -- A Program for Tweens (ages 9-13) U.S. Food and Drug Administration (FDA).

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm281746.htm>

Science & Our Food Supply - Supplementary Curriculum for Middle Level and High School Classrooms. U.S. Food and Drug Administration (FDA).

<http://www.fda.gov/Food/FoodScienceResearch/ToolsMaterials/ucm2006976.htm>

Food Safe Schools Action Guide - Joining Forces to Prevent Foodborne Illness Outbreaks. U.S. Food and Drug Administration (FDA). <http://www.fns.usda.gov/sites/default/files/Food-Safe-Schools-Action-Guide.pdf>

Accessing Health Services and Insurance

Locating Services – Resources for finding services for adolescents. U.S. Department of Health and Human Services Office of Adolescent Health (OAH) <http://www.hhs.gov/ash/oah/resources-and-publications/researchers.html>

- **Health Insurance** - <http://www.hhs.gov/ash/oah/resources-and-publications/researchers.html#findingHealthInsurance>
- **Finding Health Care** - <http://www.hhs.gov/ash/oah/resources-and-publications/researchers.html#findingHealthCare>
- **Finding Services for Youth** - <http://www.hhs.gov/ash/oah/resources-and-publications/researchers.html#findingServicesYouth>
- **Finding Reliable Health Information** - <http://www.hhs.gov/ash/oah/resources-and-publications/researchers.html#findingReliableHealth>
- **Finding Assistance Programs** - <http://www.hhs.gov/ash/oah/resources-and-publications/researchers.html#findingAssistance>

Nature and the Environment

Teachers: Curriculum and Activities – Project ideas, tools, games, and activities for students in grades [K - 5](#), [6 - 8](#), [9 - 12](#). Environmental Protection Agency.

www.epa.gov/osw/education/teach_curric.htm

Literacy & Language Arts, Math, Science, and Social Studies Lesson Plans – Lesson plans about national parks by subject, grade level, and Common Core standards. National Park Service.

<http://www.nps.gov/teachers/index.htm>

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