

Supports and Resources for Comprehensive Health Education Vermont Local Wellness Policy Guide

General Strategies/Resources

- [Characteristics of Effective Health Education Curriculum](#)
- [Health Education Curriculum Analysis Tool](#)
- [Vermont Health Education webpage](#)
- [SHAPE America Healthy Literacy Resources](#)
- [Memo - Implementing a Comprehensive Health Education: Law and Regulation](#)
- [Vermont Portrait of a Graduate through Health and Physical Education](#)
- [Vermont Department of Health](#) - The Vermont Department of Health website includes information, resources and curricula for educators who help students understand their own health and important public health issues.
- [Best Practices for Schools Regarding Transgender and Gender Nonconforming Students](#)
- [SHAPE Health Standards/CASEL Crosswalk](#)
- [SHAPE America Download Library: Health](#) - Classroom-ready and teacher-friendly resources you can use right now to help your students on the path to health and physical literacy.
- [EVERFI](#) - EVERFI has resources for teaching students to make healthy choices in a safe environment. EVERFI partners with sponsors nationwide to offer interactive, online health resources to K-12 schools free of charge.
- [KidsHealth](#) - KidsHealth offers educators free health-related lesson plans for PreK through 12th grade. Teacher guides include discussion questions, classroom activities and extensions, printable handouts, and quizzes and answer keys – all aligned to National Health Education Standards.

Content Strategies/Resources

Body Structure and Function

- [National Sexuality Education Standards](#)

Community Health

- [National Health Education Standards](#) (SBE adopted)
- [National Sexuality Education Standards](#)
- [18 V.S.A. § 11 Coalition for Healthy Activity, Motivation, and Prevention Programs \(CHAMPPS\)/Fit and Healthy Advisory Council](#)
- [Health in All Policies Vermont](#)

Safety

- [National Health Education Standards](#) (SBE adopted)
- [National Sexuality Education Standards](#)
- [CPR Instruction](#)

Family Health and Mental Health

- [National Sexuality Education Standards](#)
- [Managing Trauma/Dept of MH](#)
- [Suicide Risk and Protective Factors/Dept of MH](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [School Based Mental Health Resources/Dept of MH](#)
- [Federation of Families for Children’s Mental Health](#)
- [Essential Topics in Sexual Health Education](#) - A resource for teaching sexual health education that identifies high priority topics and best practices for teaching these topics.
- [Full Spectrum: Educators' Guide to Implementing LGBTQ+ Inclusive Sex Ed](#)
- [Joint Memo from AOE and VDH on Comprehensive Sexual Health Education and Condom Availability Programs](#)
- [Joint Resource Guide from AOE and VDH: Sexual Health Education](#)
- [Outright Vermont: Education and Outreach](#)
- [Sample Curriculum - Rights, Respect, Responsibility \(3R's\)](#)- A K-12 sexuality education curriculum.
- [Planned Parenthood of Northern New England: Population Health and Education](#)

Personal Health Habits

- [National Health Education Standards](#) (SBE adopted)
- [National Sexuality Education Standards](#)

Consumer Health

- [National Health Education Standards](#) (SBE adopted)

Human Growth and Development

- [National Health Education Standards](#) (SBE adopted)
- [National Sexuality Education Standards](#)
- [Sample Curriculum - Rights, Respect, Responsibility \(3R's\)](#)- A K-12 sexuality education curriculum.

Drugs

- [Comprehensive, School-based Alcohol and Drug Prevention](#) - Recommended elements for school-based substance abuse prevention from the Vermont Department of Health and Agency of Education.
- [Blueprints Matrix](#) - Registry of evidence-based curricula to consult
- [Selecting Evidence Based Substance Prevention Curricula](#)
- [Cannabis Prevention Education](#)

Nutrition

- [The Body Project](#)
- [The Body Positive](#)
- [Tips for Teachers If There is a Concern About an Eating Disorder](#)
- [National Eating Disorder Association: Coach and Athletic Trainer Toolkit](#)
- [Weight-Inclusive Nutrition Research Group](#)

How to Recognize and Prevent Sexual Abuse and Violence

- [National Health Education Standards](#) (SBE adopted)
- [National Sexuality Education Standards](#)
- [Technical Assistance Resource Guide for Sexual Violence Prevention in Vermont](#)
- [Best Practice for Implementing and Sustaining Comprehensive Sexual Violence Prevention in Schools](#)
- [Prevent Child Abuse VT \(PCAV\)](#) provides free training to school staff for their three sexual abuse prevention curricula as well as several other shorter sexual abuse prevention trainings. They also train trainers and conduct support groups for parents and are now trained to provide Strengthening Families programs.

Professional Development

- [Sexual Health Professional Development Resources](#)
- [Webinar: Building a Curriculum Framework for Sustainable Sexual Health Education](#)
- [Professional Learning Standards for Sex Education](#)
- [SOPHE's Center for Online Resources and Education](#)
- [National Commission for Health Education Credentialing](#)

Flexible Pathways Health Resources/Strategies

- Flexible, high quality academic and experiential learning pathways in health education shall be equally available to all students.
- [Vermont Agency of Education Flexible Pathways webpage](#)
- [Facilitation Guide: Developing Flexible Pathway Profiles at the Local Level](#)
- [VT Flexible Pathways Profile: A Tool to Evaluate Flexible Pathways at the Local Level](#)
- [Facilitation Guide: Considerations for Student Participation in a Flexible Pathway](#)
- [VT Flexible Pathways Tool: Considerations for Student Participation in a Flexible Pathway](#)
- [Research Review of Flexible Pathway Opportunities](#)