

**Saskatchewan Learning
Health Education and Drug Awareness
Recommended Learning Resources – Middle Level (Grades 6-9)**

The following resources have been recommended by Saskatchewan Learning to support several curricula. Each entry contains the citation (title, author, publisher, ISBN) along with an annotation and the suggested uses. The suggested and other use information illustrates the curricula the resource was recommended to support. A complete listing of online bibliographies and updates can be found at www.sasklearning.gov.sk.ca/branches/curr/iru/onlbib.shtml.

Recommended websites, including those from Saskatchewan Health, can be found on page www.sasklearning.gov.sk.ca/branches/comm/DrugEd.shtml

Adolescents and Marijuana (Video). Kinetic Inc., 2000. 18 min. Order no. 1273/0795.

This program profiles teens as they recall their past experiences with pot. They became lethargic and were no longer motivated to study or to participate in extracurricular activities. Marijuana incurred costs for them on physical, emotional and spiritual levels. Now, in recovery, these adolescents declare that they have a life whereas before, pot was their life!

Suggested Use: Health Education: Grade 7; Alcohol and Other Drugs

Assertiveness: "How Can I Say What I Mean?" (Print-Non-Fiction). Havelin, Kate. (Perspectives on Relationships Series). Capstone Press, Inc., 2000. 64 p. ISBN 0-7368-0290-8.

This title defines assertiveness, addresses its value and offers strategies for improving one's assertiveness skills. The text is augmented with small colour photographs. Included are a table of contents, a glossary, lists of resources and an index.

Suggested Use: Health Education: Grade 7; Assertiveness Skills

The Black Sunshine of Goody Pryne (Print-Fiction). Withrow, Sarah. Groundwood Books, 2003. 177 p. ISBN 0-88899-477-X (hdc.). ISBN 0-88899-577-6 (pbk.).

(CAN) After Steve Walters' father died tragically, Steve and his mother struggle to move ahead with their lives. Steve (a.k.a. Squeak) is small in stature, and several of his peers bully him. Aggressive Goody Pryne defends her friend Steve at first, but then she too becomes abusive. Finally, Steve learns some assertiveness skills. This is a gripping novel that could stimulate discussion on numerous issues pertinent to adolescents.

Suggested Use: Health Education: Grade 7; Assertiveness Skills; Conflict Resolution; Grade 8; Family and Community Violence; Family Structures, Roles, and Responsibilities; Grade 9; Tragic Death and Suicide

Other Use: English Language Arts: Grades 7-9; Personal and Philosophical Context

Drugs (Print-Non-Fiction). Stewart, Gail B. (Understanding Issues Series). Thomson Gale, 2002. 48 p. ISBN 0-7377-0951-0.

This American book offers an introduction to the social pressures, family problems, risks to health, and available treatments relating to drug abuse. Attractive colour photographs support the easily readable text. Included are a table of contents, a glossary, a bibliography, and an index.

Suggested Use: Health Education: Grade 6; Drug Addictions and Gambling; Grade 7; Alcohol and Other Drugs

Ecstasy: First Pill or Last (Video). AGC United Learning, 2002. 20 min.

This program dispels some of the myths regarding club drugs such as ecstasy and provides accurate, timely information that will help viewers to make informed decisions about these dangerous drugs. It also relays the tragic story of a teenager whose death was caused by overdosing on ecstasy and the impact that her death had on family and friends.

Suggested Use: Health Education: Grade 7; Alcohol and Other Drugs

Other Use: Life Transitions 20/30; Community Issues and Ethics

Other Use: Psychology 20; Acting and Interacting in a Social World

Fighting Invisible Tigers: A Stress Management Guide for Teens. Rev. & updated ed. (Print-Non-Fiction). Hipp, Earl. Free Spirit Publishing, Inc., 1995. 153 p. ISBN 0-915793-80-6.

This appealing book addresses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives. It offers insightful advice on numerous topics such as being assertive, building supportive relationships, making decisions, staying healthy and even growing a funny bone. The text is enhanced with several black-and-white illustrations. Included are a table of contents and an index.

The companion resource, A Leader's Guide Fighting Invisible Tigers: A Stress Management Guide for Teens, includes background information on teen stressors and suggests several classroom activities.

Suggested Use: Health Education: Grades 6-9

Other Use: Wellness 10; Stress Management

Other Use: Psychology 20/30

Flipping the World: Drugs Through a Blue Lens (Video). National Film Board of Canada, 2000. 30 min. Order no. C9199 302.

(CAN) In this program, the Odd Squad, a detachment of the Vancouver Police, films drug addicts on the east side of the city. The Odd Squad then works with seven high school students who view the footage and meet some of the addicts who are either still using drugs or are in a recovery program. Throughout this process, the students experience a shift in attitude toward drugs and the people who use them.

A brief teacher's guide is included on the video jacket.

Suggested Use: Health Education: Grade 7; Alcohol and Other Drugs

Other Use: Life Transitions 20/30; Community Issues and Ethics

Other Use: Psychology 20; Acting and Interacting in a Social World

Health for Life 1 (Print-Non-Fiction). Campbell, Judith. Pearson Education Canada, 2004. 153 p. ISBN 0-13-139892-X. ISBN 0-13-139893-8 (Teacher Resource).

(CAN) This user-friendly resource touches on a range of health topics important to young adolescents. Each chapter provides 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 appealing layout features visual organizers, photographs, diagrams, cartoons, charts, and extra health tips. A table of contents, glossary, and index are included. The teacher's resource suggests additional activities, and includes rubrics, and student self-reflection guides. This resource may be selectively used to support curriculum learning objectives.

Suggested Use: Health Education: Grade 6; Changes of Puberty; Personal Standards; Safety and Accident Prevention; Grade 7; Assertiveness Skills; Alcohol and Other Drugs; Conflict Resolution; Healthy Eating; Peer Pressure

Health Issues 7 (Print-Non-Fiction). Leitenberg, Gillda, et al., eds. McGraw-Hill Ryerson Limited, 2002. 138 p. ISBN 0-07-091406-0.

Divided into three sections "Wellness," "Relationships," and "Life Learning," this resource offers a variety of high-interest articles, anecdotes, poems, plays, studies, and stories related to health issues in real-life situations. Black-and-white photographs support the text. Included is a table of contents.
Suggested Use: Health Education: Grade 6; Body Image and Nutrition; Drug Addictions and Gambling; Personal Standards; Grade 7; Conflict Resolution; Safety & Accident Prevention; Grade 8; Divorce and Separation; Grade 9; Chronic Illness

Health Issues 9 (Print-Non-Fiction). Leitenberg, Gillda, et al., eds. McGraw-Hill Ryerson Limited, 2002. 162 p. ISBN 0-07-091410-9.

Divided into three sections "Wellness," "Relationships," and "Life Learning," this resource offers a variety of high-interest articles, anecdotes, poems, plays, studies, and stories related to health issues in real-life situations. Black-and-white photographs support the text. Included is a table of contents.
Suggested Use: Health Education: Grade 6; Body Image and Nutrition; Drug Addictions and Gambling; Personal Standards; Grade 7; Conflict Resolution; Grade 8; Divorce and Separation; Eating Disorders; Family and Community Violence; Family Structures, Roles, and Responsibilities

How to Say No and Keep Your Friends: Peer Pressure Reversal for Teens and Preteens. 2nd ed. (Print-Non-Fiction). Scott, Sharon. Human Resource Development Press, Inc., 1997. 161 p. ISBN 0-87425-409-4.

This book presents a step-by-step method of dealing with peer pressure without placing valued friendships in danger. It offers teenagers advice on how to notice peer pressure before it causes problems so that they can make their own decisions on how to deal effectively with the situation. It provides several true stories of teens whose failure to deal successfully with peer pressure resulted in negative consequences as well as many samples of refusal lines to help students say no and still be popular. The author devotes a special section to the most serious peer pressure problems: tobacco, alcohol and other drugs, sexuality, and violence. The text is interspersed with black-and-white cartoons. Included is a table of contents.

Suggested Use: Health Education: Grade 7; Alcohol and Other Drugs; Assertiveness Skills; Conflict Resolution; Peer Pressure; Grade 8; Respect in Relationships; Grade 9; Abstinence, STDs, Pregnancy, and Contraception

Incredibly Disgusting Drugs Series. 1st ed. (Print-Non-Fiction). Rosen Publishing Group, 2001. 48 p.

Recommended titles in this series include the following:

Barbiturates and Your Central Nervous System: The Incredibly Disgusting Story

ISBN 0-8239-3388-1

Crack and Your Circulatory System: The Incredibly Disgusting Story

ISBN 0-8239-3389-X

Hallucinogens and Your Neurons: The Incredibly Disgusting Story

ISBN 0-8239-3391-1

Inhalants and Your Nasal Passages: The Incredibly Disgusting Story

ISBN 0-8239-3392-X

Steroids and Your Muscles: The Incredibly Disgusting Story

ISBN 0-8239-3393-8

Each title in this American series focuses on certain “disgusting” drugs including what they are, why people use them, the damaging effects that they have on the body, warning signs of drug abuse, ways to decline taking drugs and ways to overcome an addiction. Numerous colourful (and sometimes disturbing) illustrations enhance the easily read text. Included in each book are a table of contents, a glossary, an index and brief lists of support organizations, websites and further reading material.

Suggested Use: Health Education: Grade 6; Drug Addictions and Gambling; Grade 7; Alcohol and Other Drugs

Inhalants. Rev. ed. (Print-Non-Fiction). Sherry, Clifford. (The Drug Abuse Prevention Library Series). Rosen Publishing Group, 1997. 64 p. ISBN 0-8239-2627-3.

This American book discusses what solvents do, how and when does solvent abuse begin, what other products people abuse, and how to get help. Several black-and-white and colour photographs add appeal to the material. Included are a table of contents, a fact sheet, a list of American sources of support, a glossary, a brief bibliography, and an index.

Suggested Use: Health Education: Grade 6; Drug Addictions and Gambling; Grade 7; Alcohol and Other Drugs

Life Skills: 225 Ready-to-Use Health Activities for Success and Well-Being (Grades 6-12) (Print-Non-Fiction). McTavish, Sandra. Jossey Bass, 2004. 262 p. ISBN 0-7879-6959-1.

(CAN) This resource covers a wide range of health-related topics in a ready-to-use format. Divided into eight sections, it includes numerous activities on the following topics: “Drugs, Alcohol, and Smoking,” “Sex and Sex-Related Issues,” “Love, Relationships, Marriage, and Family,” “Life Skills,” “Stress,” “Food and Food-Related Issues,” “Your Body and Body Image,” and “Self-Esteem and Knowing Yourself.” Included are a table of contents, answer key, and bibliography.

Suggested Use: Health Education: Grade 6; Body Image and Nutrition; Self-concept; Teacher Reference; Grade 7; Alcohol and Other Drugs; Healthy Eating; HIV/AIDS; Grade 8; HIV/AIDS; Grade 9; Abstinence, STDs, Sexually Transmitted Diseases, Pregnancy, and Contraception; Dating; HIV/AIDS; Tragic Death and Suicide;

Other Use: Wellness 10; Stress Management, Relationships

No Easy Answers: Short Stories About Teenagers Making Tough Choices (Print-Anthology). Gallo, Donald R., ed. Delacorte Pr., 1997. 323 p. ISBN 0-385-32290-9 (hdc). ISBN 0-440-41305-2 (pbk).

This book features 16 short stories about teenagers who experience various types of character-testing situations. The protagonists must make difficult choices and face the consequences of their actions. Among other topics, the book addresses peer pressure, gang violence, drug use, unplanned pregnancy, and computer blackmail. Included is a table of contents. Please note that some of the content may be considered offensive.

Suggested Use: Health Education: Grade 6; Drug Addictions and Gambling; Personal Standards; Grade 7; Alcohol and Other Drugs; Assertiveness Skills; Grade 9; Abstinence, STDs, Pregnancy, and Contraception

Peril: Project Earth Risk Identification Lifeline: A Computer Game to Correct Misperceptions of Health Risks (CD-ROM). Canadian Network of Toxicology Centres, n.d.

(CAN) According to the developer, this valuable educational game for one to three players was designed to accomplish the following:

- provide awareness of misconceptions of health risks
- provide insight into basic concepts of risk
- provide health and safety tips for everyday activities
- encourage injury prevention.

The CD-ROM includes teacher's reference notes, student exercises in critical thinking, enrichment exercises, and assignments to increase understanding of probability and statistics.

Suggested Use: Health Education: Grade 6; Decision-making Process; Drug Addictions and Gambling; Grade 7; Alcohol and Other Drugs; Healthy Eating; Grade 8; Eating Disorders; Family and Community Violence; Grade 9; Safety at School, Home, and in the Community

Real People: Drugs and Teens: The Hidden Problem (Video). Sunburst Communications, 1998. 26 min.

This program addresses a serious problem-adolescents who use drugs or alcohol on an occasional basis. A group of teenagers view three vignettes that focus on serious drug-related incidents. The teens then discuss these scenarios noting how the casual use of drugs can have a negative effect on people's lives. A psychologist and two guidance counsellors offer insight on the reality that even occasional drug use can be very harmful. The video concludes with the teens' suggestions for avoiding drug use and coping successfully with peer pressure.

A teacher's guide accompanies the video.

Suggested Use: Health Education: Grade 7; Alcohol and Other Drugs

Sense & Nonsense: Healthy Choices About Alcohol, Drugs and Gambling: Grade 6 (Print-Non-Fiction). AADAC, 1997. 134 p. ISBN 0-7732-5294-0.

(CAN) Aimed at Grade 6 students, this resource was developed to help young people to analyze critically the information they receive regarding alcohol, drugs, gambling, and lifestyle choices. The activities should strengthen students' abilities to make informed decisions and reduce their vulnerability when faced with choices regarding alcohol, drug use, and gambling. This resource invites students to identify personal views on alcohol, explore the reasons for alcohol use, and examine the influences of advertising on alcohol purchase and consumption. It also addresses how alcohol affects the body and provides information on alcohol abuse and dependency. Additionally, it asks students to reflect on how they manage their personal and financial resources, discuss situations that involve conflicting points of view and examine how harmful involvement in gambling affects family members and friends. It suggests that students focus on their interests and abilities, discuss the difference between gambling use and abuse and develop a problem-solving model and action plan for making healthy choices. Although designed to support the Alberta Health Education Curriculum, the activities would also support the Saskatchewan Health Education Curriculum. The resource provides brain ticklers and masters for transparencies. Included is a table of contents.

Suggested Use: Health Education: Grade 6; Drug Addictions and Gambling; Grade 7; Alcohol and Other Drugs

7 Secrets of Highly Successful Kids (Print-Non-Fiction). Kuitenbrouwer, Peter. Lobster Press Limited, 2001. 77 p. ISBN 1-894222-39-3.

This book of short stories, written by a National Post journalist, profiles seven to twelve-year-olds who “share a passion for doing their best, love to test themselves and are not afraid to fail and make mistakes.” Twenty-one stories are organized into groups of three under topics (secrets) such as “Choose a Good Role Model” and “Be a Loyal Friend.” This is an inspiring resource that portrays the positive behaviours of children from different ethnic and socio-economic backgrounds.

Suggested Use: Health Education: Grade 6; Self-Concept

Other Use: Health Education: Grade 4; Social Relationships

Initiative: Multicultural Content and Perspectives

Student Assistance: Resources for Troubled Youth (Print-Non-Fiction). Parlay International, 1998. 96 p. Order no. 2938-00.

This versatile resource includes reproducible information sheets on various health-related topics. Please note that some of the topics are sensitive, and the sheets need to be carefully reviewed before using in the classroom. The parent’s information section could be very useful for health education liaison committees. Included is a table of contents.

Suggested Use: Health Education: Grade 6; Drug Addictions and Gambling; Grade 7; Alcohol and Other Drugs; Grade 8; Divorce and Separation; Eating Disorders; Family and Community Violence; Family Structures, Roles, and Responsibilities; HIV/AIDS Education; Grade 9; Abstinence, STDs, Pregnancy, and Contraception; Tragic Death and Suicide; Teacher Reference

Teen Health: Course 1 (Print-Non-Fiction). Merki, Mary Bronson, Cleary, Michael J. and Hubbard, Betty M. Glencoe/McGraw-Hill, 2003. 320 p. ISBN 0-07-823935-4.

This new edition of an American text offers appealing features that invite students to think critically and to apply health concepts. High-interest sections that are interspersed throughout this learning resource include the following: "Hands-on Health," "Thinking Critically," "Career Corner," "Health Skills Activities," "Reading Check," "Quick Write," "Developing Good Character," and "Health Online." Many attractive visuals accentuate the print. Unit titles are "A Healthy Foundation," "Promoting Physical Health," and "Protecting Your Health." Chapters within the units briefly introduce a variety of topics. Included are a table of contents, a glossary, a list of American health organizations, and an index. Please note that the section on following a balanced food plan refers to the American Food Pyramid rather than Canada's Food Guide to Healthy Eating.

It is not advisable to purchase a class set of this book, but instead to use a wide variety of appropriate learning resources that supports the curriculum.

Suggested Use: Health Education: Grade 6; Body Image and Nutrition; Caring for Eyes, Ears, and Teeth; Changes of Puberty; Decision-making Process; Drug Addictions and Gambling; HIV/AIDS Education; Personal Standards; Safety & Accident Prevention; Self-concept; Grade 7; Alcohol and Other Drugs; Assertiveness Skills; Conflict Resolution; First Aid; Healthy Eating; Peer Pressure; Personal Hygiene; Grade 8; Caring for Skin; Family and Community Violence; Family Structures, Roles, and Responsibilities; Protecting the Environment and the Health of People; Grade 9; Abstinence, STDs, Pregnancy, and Contraception; Promoting Ways to Reduce Common Illnesses
Initiatives: Career Development; Multicultural Content and Perspectives

Why Do People Take Drugs? (Print-Non-Fiction). Westcott, Patsy. (Exploring Tough Issues Series). Raintree Steck-Vaughn Company, 2001. 48 p. ISBN 0-7398-3231-X.

This book addresses the negative effects of taking drugs and sources of help with dependency problems. Case studies and life stories from drug users make clear how drugs can ravage the body and cripple the mind. Every page offers at least one illustration in colour or black-and-white. This thought-provoking resource provides valuable material that will help students to make informed decisions about taking drugs. Included are a table of contents, a glossary, a list of American support organizations, a bibliography of print and electronic resources, and an index.

Suggested Use: Health Education: Grade 6; Drug Addictions and Gambling; Grade 7; Alcohol and Other Drugs

Your Health: Grade 6 (Print-Non-Fiction). Gibbons, Charlie, Ozias, Jan Marie and Stockton, Carl Anthony. Harcourt, Inc., 2003. 448 p. ISBN 0-15-334305-2. Teacher's Edition - ISBN 0-15-334312-5.

This book emphasizes knowledge, life skills, and thinking skills (including decision making) and touches on several of the units that support the Middle Level Health Education Curriculum, but does not cover the curriculum for a particular grade level.

The student book offers lessons that include activities and review questions. Attractive colour photographs and diagrams enhance the text. A table of contents, a glossary, and an index are included. It is not advisable to purchase a class set of this learning resource, but rather to purchase a few copies along with various other resources such as videos, CD-ROMs, charts, posters, and novels. The teacher edition provides support in motivating students, teaching the lessons, and wrapping up the lessons. It provides assessment suggestions, cross-curricular activities, and resource lists. It includes a table of contents, author articles, a read-aloud anthology, and a scope-and-sequence section. Please note that *Your Health 6* refers to the American Food Pyramid rather than to Canada's Food Guide.

Suggested Use: Health Education: Grade 6; Body Image and Nutrition; Caring for Eyes, Ears, and Teeth; Changes of Puberty; Drug Addictions and Gambling; Safety & Accident Prevention; Grade 7; Alcohol and Other Drugs; Conflict Resolution; First Aid; Healthy Eating

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How to Say No and Keep Your Friends: Peer Pressure Reversal for Teens

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