

**Health**  
**Grade 9-12**  
**Important Web Links and Approved Videos**

Unit 1 – A Healthy Foundation

[www.impcl.org/kids/guides/health/index.html](http://www.impcl.org/kids/guides/health/index.html)  
<http://mentalhealth.samhsa.gov/>  
[www.teachhealth.com](http://www.teachhealth.com)

Unit 2 – Promoting Safe and Healthy Relationships

General Questions and Answers:

[http://www.kidshealth.org/teen/question/emotions/healthy\\_relationship.html](http://www.kidshealth.org/teen/question/emotions/healthy_relationship.html)

Unit 3 – Parenting and Paternity Awareness (State-Mandated Curriculum)

1. Texas Council on Family Violence  
[www.tcfv.org](http://www.tcfv.org)
2. National Domestic Violence  
[www.ndvh.org](http://www.ndvh.org)
3. National Domestic Violence Hotline  
1-800-SAFE
4. Family Violence Prevention Fund  
[www.endabuse.org](http://www.endabuse.org)
5. HHSC Family Violence Program  
[www.hhsc.state.tx.us](http://www.hhsc.state.tx.us)
6. Red Flags Program  
[www.knowtheredflags.com](http://www.knowtheredflags.com)
7. Office of the Attorney General Protective Information  
[www.oag.state.tx.us/victims/protective.shtml](http://www.oag.state.tx.us/victims/protective.shtml)

Unit 4 – Personal Care and Body Systems

[www.kidinfo.com/Health/Human\\_Body.html](http://www.kidinfo.com/Health/Human_Body.html)  
<http://www.nutrition.gov/>  
<http://www.aahperd.org/index.cfm>

Unit 5 – Growth and Development

<http://www.childdevelopmentinfo.com/development/prenataldevelopment.shtml>  
<http://classweb.gmu.edu/awinsler/ordp/prenatal.html>  
[http://www.childdevelopmentinfo.com/development/teens\\_stages.shtml](http://www.childdevelopmentinfo.com/development/teens_stages.shtml)  
<http://www.nlm.nih.gov/medlineplus/teendevelopment.html>

Unit 6 – Parenting and Paternity Awareness (State-Mandated Curriculum)

Office of the Attorney General

[www.oag.state.tx.us/](http://www.oag.state.tx.us/)

Unit 7 – Tobacco, Alcohol, and Other Drugs

<http://www.tobaccofreekids.org/>

<http://www.cdc.gov/tobacco/>

<http://www.niaaa.nih.gov/FAQs/General-English/>

<http://www.focusas.com/Alcohol.html>

<http://www.focusas.com/SubstanceAbuse.html>

<http://www.nida.nih.gov/Infofacts/>

Unit 8 – Diseases and Disorders

<http://health.nih.gov/>

Unit 9 – Injury Prevention and Environmental Health (Optional)

First Aid Guide

<http://www.mayoclinic.com/health/FirstAidIndex/FirstAidIndex>

Center for Disease Control

<http://www.cdc.gov/>

American Public Health Association

<http://www.apha.org/membergroups/primary/>

## **Approved Videos for the Health Classroom**

1. “My Pyramid: Simple Steps to Healthy Living”
2. United Streaming: “Eating for your Future – It’s the Inside Tract.”
3. “Prescription for Learning: Eating Disorders”
4. United Streaming: “Reality Matters – Obesity and Nutrition”
5. United Streaming: “Overcoming Eating Disorders”
6. United Streaming: “Face It: Abusive Relationships Hurt”
7. Abstinence Only: “The Rules Have Changed”
8. United Streaming: “Don’t Suffer in Silence”
9. United Streaming: “A-Z of your Head”
10. United Streaming: “Learning to Like Yourself Skills for Healthy Living”
11. Parenting and Parental Awareness Videos – State of Texas Curriculum
12. United Streaming: “Human Body Pushing Limits – Strength”
13. United Streaming: “HIV/AIDS 101”
14. United Streaming: “The Miracle of Life”
15. United Streaming: “Babies Can’t Say “No”: Substance Abuse During Pregnancy”
16. United Streaming: “Smoking – The Toxic Truth”
17. United Streaming: “Skills for Healthy Living – Teens and Alcohols”
18. United Streaming: “Just One More”
19. United Streaming: “Club Drugs: Dancing with Danger”
20. United Streaming: “The Teen Files with Leeza Gibbons”
21. United Streaming: “Flipped Drugs”