



Fairbanks North Star Borough School District

K-12 HEALTH CURRICULUM



APPENDIX

DRAFT FOUR: APRIL 6, 2016

TABLE OF CONTENTS

DECISION-MAKING WORKSHEET	2
FAIRBANKS COMMUNITY RESOURCES	3
TEEN EQUALITY WHEEL.....	5
TEEN POWER & CONTROL WHEEL.....	6
BULLYING POWER & CONTROL WHEEL	7
INTERNET SAFETY.....	8
LETTERS OF NOTIFICATION.....	16
TEACHER RESOURCES	18

DECISION-MAKING WORKSHEET

NAME _____

CLASS PERIOD _____

DATE _____

STEP 1: Define the problem. (What are you trying to decide?) _____

STEP 2: Brainstorm options. (There are always at least three options for every decision.)

Option 1

Option 2

Option 3

STEP 3: Consider the positive (pro) and negative (con) aspects of each alternative.

Option 1

Pros

Cons

Option 2

Pros

Cons

Option 3

Pros

Cons

STEP 4: Consider your values. (What do you think is right/wrong? Is it safe, healthy, legal? Does it respect your wishes and those of your parents?) _____

STEP 5: Make a decision: _____

STEP 6: Evaluate the decision. (Imagine what would have happened for the purpose of this exercise. What worked well? What didn't? Would you do anything different in the future?)

Prepared by Stefani Brown

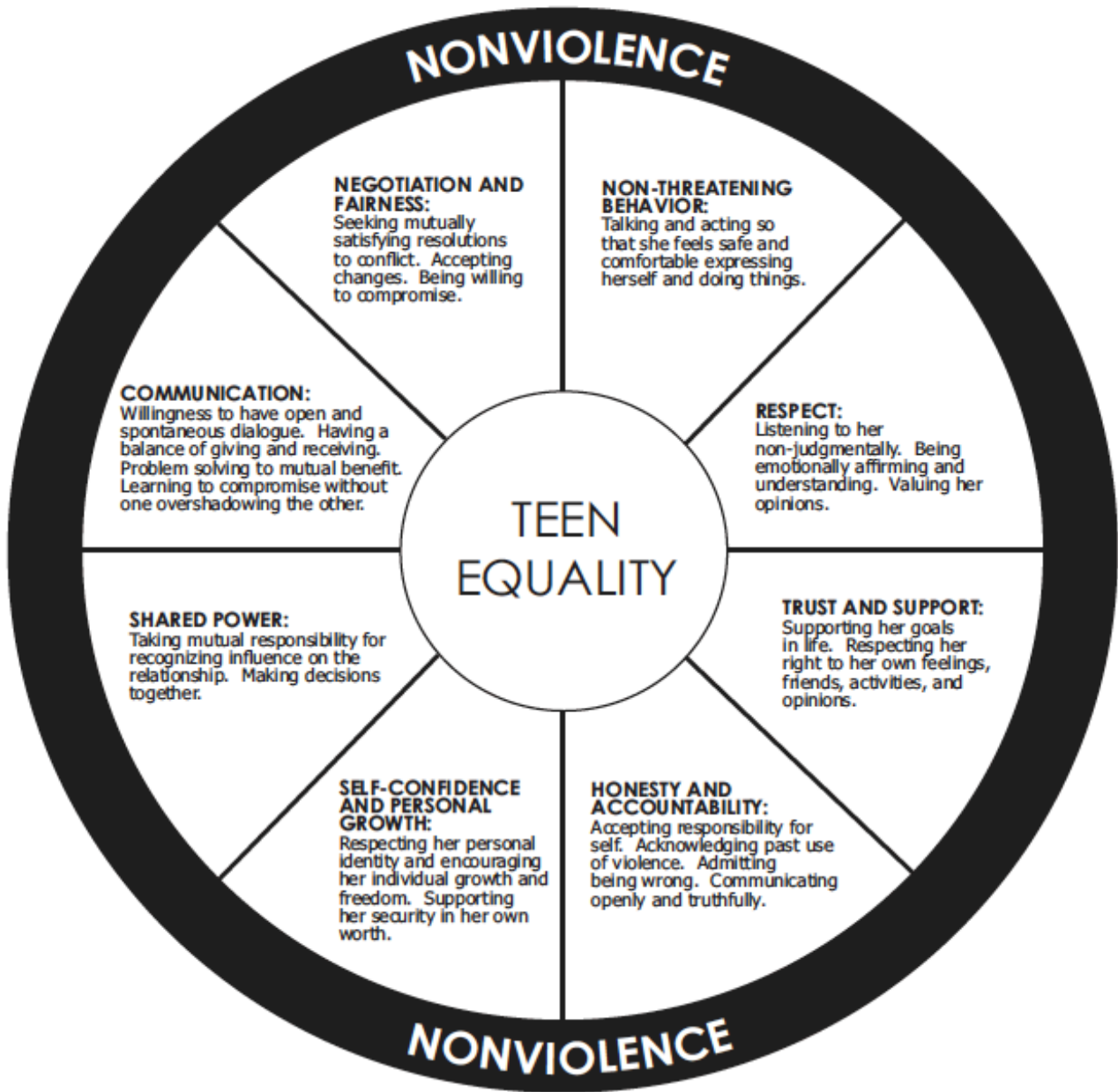
FAIRBANKS COMMUNITY RESOURCES

There is a variety of community resources of human and social services available to youth, adults, and seniors residing in the Fairbanks North Star Borough. Use the services of the school counseling office or their referrals as needed, in addition to the resources listed below.

ABUSE/VIOLENCE		
Domestic Violence Information	452-7273	www.dps.alaska.gov/ast/domesticviolence
Eielson Family Advocacy Program	377-2178	www.eielson.af.mil
Ft. Wainwright Family Advocacy Program	353-7317	www.wainwright.army.mil
Interior Alaska Center for Non-Violent Living	452-2293	www.iacnvl.org
Office of Children's Services	451-2650	www.dhss.alaska.gov/ocs
Resource Center for Parents & Children (RCPC)	456-2866	www.rcpcfairbanks.org
Women In Crisis Counseling & Assistance (WICCA)	452-2293	www.eielson.af.mil
ALCOHOL/DRUG ABUSE		
Adult Children of Alcoholics	456-6458	www.al-anon-ak.org
Alano Club	456-1604	www.alanoclubs.com
Alanon – Alateen	456-6458	www.al-anon-ak.org
Alcoholics Anonymous	456-7501	www.fairbanksaa.org
Eielson Alcohol & Drug Abuse Prevention & Treatment	377-3071	www.eielson.af.mil
Eielson Adolescent Substance Abuse Counseling Services	377-4727	www.eielson.af.mil
Fort Wainwright Army Substance Abuse Program	361-1370	www.wainwright.army.mil
Military Dependent Adolescent Substance Abuse Counseling Service	353-1382	www.wainwright.army.mil
Narcotics Anonymous	452-7372	www.akna.org/areas/fairbanks
Ralph Perdue Center, Youth Drug & Alcohol Program	452-6251	www.fairbanksnative.org/ralph_perdue_center.html
Regional Center for Alcohol & Other Addictions	456-1053	www.choosehelp.com/alaska
CONFLICT RESOLUTION		
North Star Youth Court	457-6792	www.nsync.org
North Star Youth Mediation Program	457-6792	www.nsync.org
COUNSELING/MENTAL HEALTH		
Eielson Family Life Consultants	388-0483	www.eielson.af.mil
Eielson Mental Health	377-3071	www.eielson.af.mil
Fairbanks Community Mental Health Services (FCMHS)	371-1300	www.acmhs.com
Fairbanks Counseling & Adoption	456-4729	www.fcaalaska.org
Fort Wainwright Family Life Consultants	388-2553	www.wainwright.army.mil
Fort Wainwright Social Work Services (families)	361-6285	www.alaska.amedd.army.mil
Hope Counseling	451-8208	www.hopecounselingcenter.org
New Life Program – Fairbanks Native Association	452-1274	www.oneskycenter.org
Pacific Rim Counseling	452-5252	
Parents, Families & Friends of Lesbians & Gays (PFLAG)	457-3524	www.fairbankspflag.org
Seven Secrets Counseling & Social Skills	590-0064	
STEPS	374-7881	
Sunny Denyaavee Center	455-4611	
Tanana Chiefs Behavioral/Mental Health Program	452-8251	www.tananachiefs.org/health

EMERGENCY/CRISIS		
American Red Cross of Alaska – Fairbanks	456-5937	www.redcross.org/local/ak/anchorage
Careline Crisis Intervention	452-4357	www.carelinealaska.com
Crisis Hotline for Domestic Violence & Rape (WICCA)	800-478-7273	www.iacnvl.org
Crisis Pregnancy Center Hotline	452-5683	
Eielson Sexual Assault Prevention & Response Program	377-7272	www.eielson.af.mil
Fairbanks Youth Advocates' The Door – Youth Shelter	374-5678	www.fairbanksyouthadvocates.org
Family Focus – Emergency Shelter	452-1274	
Love in the Name of Christ (Love INC)	452-5683	www.loveincfairbanks.org
National Runaway Switchboard	800-RUN-AWAY	www.1800runaway.org
Rape Emergency (IACNVL)	800-478-7273	www.iacnvl.org
Youth Suicide Prevention 24hr. Crisis Line	452-4357	
FAMILY/YOUTH SERVICES		
ADHD Assessment & Treatment – Rural Community Consultants	590-0931	
Alaska Center for Resource Families	479-7307	www.acrf.org
Big Brothers Big Sisters	452-8110	www.bbbsak.org
Care Net Pregnancy Center of the Tanana Valley	455-8255	www.carenetfairbanks.com
Eielson Airmen & Family Readiness Center	377-2187	www.eielsonforcesupport.com
Eielson Youth Center	377-3194	www.eielsonforcesupport.com
Fort Wainwright Youth Center	361-5437	www.wainwright.army.mil
Love Social Services Center	458-8400	
NAACP – Fairbanks Branch	456-2227	www.naacp.org
Offices of Children's Services	451-2650	www.dhss.alaska.gov/ocs
Resource Center for Parents & Children (RCPC)	456-2866	www.rcpcfairbanks.org
HEALTH SERVICES		
Bassett Army Community Hospital	361-5858	www.alaska.amedd.army.mil
Chief Andrew Isaac Health Center	451-6682	www.tanachiefs.org
Eielson Health & Wellness Center	377-9355	
Fairbanks Memorial Hospital (FMH)	452-8181	www.bannerhealth.com
Fairbanks Regional Public Health Center	452-1776	www.dhss.alaska.gov
Interior Community Health Center	455-4567	www.interiorhealthalaska.com
SUPPORT GROUPS		
ACCESS Alaska	479-7940	www.accessalaska.org
Alaska AIDS Help Line	800-478-2437	www.alaskanids.org
Alzheimer's Disease Family Support Group	452-2277	www.alzaska.org
American Cancer Society	458-6410	www.cancer.org
American Diabetes Association	457-1557	www.diabetes.org
Care Net Pregnancy Center of the Tanana Valley	455-8255	www.carenetfairbanks.com
Epilepsy Seizure Support Network	452-5585	www.epilepsysupportnet.org
Fort Wainwright ADD/ADHD Support Group (EFMP)	353-4243	www.usarak.army.mil/main
Hospice Services – Fairbanks Memorial Hospital	458-5550	www.bannerhealth.com
Interior AIDS Association	452-4222	www.interioraids.org
Interior Alaska Cancer Association	374-0974	www.interioralaskacancer.org
Interior Community Health Center	455-4567	www.interiorhealthalaska.com
Parents, Families & Friends of Lesbians & Gays	457-3524	www.fairbanksplag.org

EQUALITY WHEEL FOR TEENS



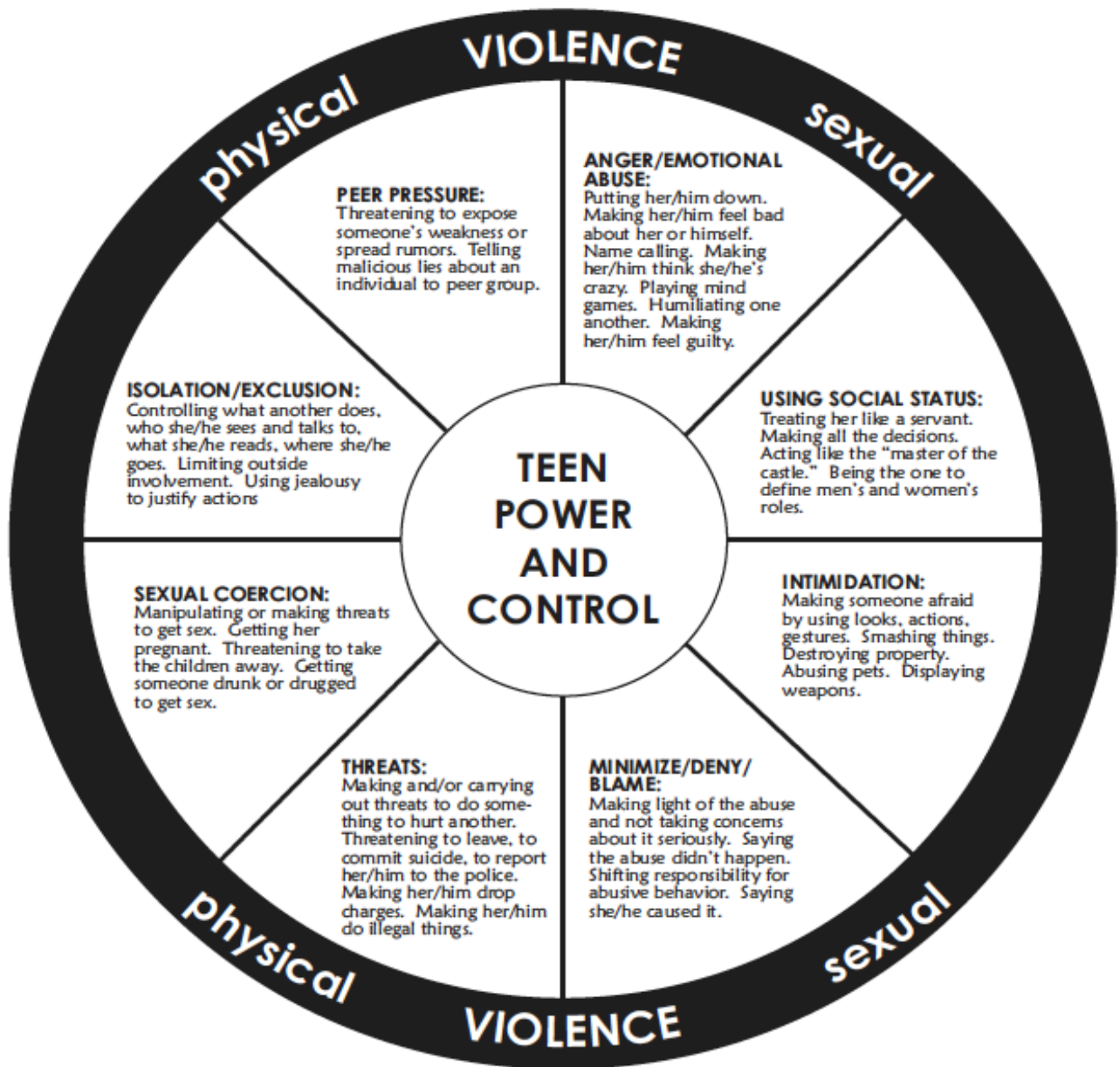
Adapted from:
 Domestic Abuse Intervention Project
 202 East Superior Street
 Duluth, MN 55802
 218.722.4134

Produced and distributed by:



NATIONAL CENTER
 on Domestic and Sexual Violence
training • consulting • advocacy
 4612 Shoal Creek Blvd. • Austin, Texas 78756
 512.407.9020 (phone and fax) • www.nodsv.org

TEEN POWER AND CONTROL WHEEL



Produced and distributed by:

Developed from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134



NATIONAL CENTER
on Domestic and Sexual Violence
training • consulting • advocacy
4612 Shoal Creek Blvd. • Austin, Texas 78756
512.407.9020 (phone and fax) • www.ndsv.org

BULLYING POWER & CONTROL WHEEL

Bullying is defined as a conscious, willful, deliberate and repeated hostile activity perpetrated by an abuser who possesses more physical and/or social power and dominance than the victim. It is frighteningly clear that when many normal people gain a measure of power over others they often cannot resist the urge to abuse it and treat those below them with cruelty, indignity and contempt.

Mediation between the bully and victim is not possible; in a true case of bullying, putting them together to work out their problems would simply re-victimize the victim. Although bullying is generally thought of as a childhood problem it takes many forms across the lifespan: sexual harassment, gang attacks, dating violence, assault, domestic violence, child abuse, harassment in the workplace, and elder abuse.



Developed by Kayte Anton at the YWCA Crisis Center in Enid, Oklahoma

Distributed by: NATIONAL CENTER on Domestic and Sexual Violence
 training • consulting • advocacy
 1612 Skid Creek Blvd. • Austin, Texas 78714
 tel: 512.487.9001 • fax 512.487.9000 • www.ndsv.org

This document is in the process of being updated.

INTERNET SAFETY



FAIRBANKS POLICE DEPARTMENT

NORTHWEST INTERNET CRIMES AGAINST CHILDREN TASK FORCE

- According to FBI crime statistics, Alaska leads the nation in per capita rates of sexual assault and sexual abuse of minors.
- FBI arrest rates of Internet child predators tripled between 2001 and 2005 and are on target to be even higher in 2006 and 2007.
- According to U.S. Census Bureau statistics, Alaska has the highest per capita usage of the Internet in the country.
- 69% of youth who establish online relationships live in small towns or rural areas. That describes virtually all of Alaska, making Alaska's youth particularly vulnerable to online predators.
- Isolation, weather, and increasing numbers of home computers are factors contributing to high Internet usage rates.
- On average, children/teens use the Internet approximately 5 hours per week. This does not include time using cell phones, text messaging, or regular telephone communications.
- 80% of youth use the Internet for homework, 70% for email, 69% for games, and 42% for IM (instant messaging) and chatting. Obviously, most use it for more than one purpose. IM and chat are the main places where children/youth are divulging more personal information than they realize and are also being exposed repeatedly to sexually suggestive material and pornography.
- Nationally, incidents of child exploitation reported to the National Center for Missing and Exploited Children (NCMEC) have grown from 4,573 reports in 1998 to 340,000 reports in 2005. But children and teens do not always report when they've been solicited or threatened online. A March 2006 survey by NCMEC reported that 14% of teens have actually met face to face with someone they had only known through the Internet.

This document is in the process of being updated.



FAIRBANKS POLICE DEPARTMENT NORTHWEST INTERNET CRIMES AGAINST CHILDREN TASK FORCE

A 5 year follow-up study regarding online victimization of youth, released in August, 2006, shows the following:

- While the Internet holds tremendous potential for today's kids, misuse of the Internet to prey on youth remains a serious problem, requiring action by legislators, families, communities and law enforcement.
- A smaller proportion of youth received unwanted sexual solicitations, but there was a disturbing new trend of solicitors asking youth to provide sexual pictures of themselves. In addition, the number of aggressive solicitations in which they attempted offline contact with youth did not decline, and there was a large increase in the percentage of unwanted solicitations and harassment from people known to the youth.

The risks to children detailed in the 5-year follow-up study include:

- Unwanted sexual solicitations (1 in 7 youth)
- Unwanted exposure to sexual material (1 in 3 youth)
- Harassment – threatening or other offensive behavior directed at them, also called cyber bullying (1 in 11 youth)
- There was an increased use of blocking programs, filtering, and monitoring software with more than half the parents in the second study reporting its use. In spite of that, there were an increased number of children that were being exposed to unwanted sexual material and online harassment.
- The number of events reported to law enforcement increased, but was still on 9% for unwanted solicitations and 3% for unwanted sexually explicit materials.
- The results of the study call for a more aggressive prevention plan. Parents are the front line of that effort for the children in your lives.

This document is in the process of being updated.



FAIRBANKS POLICE DEPARTMENT

NORTHWEST INTERNET CRIMES AGAINST CHILDREN TASK FORCE

1. **START EARLY (BUT LATER IS BETTER THAN NEVER)** – Internet safety issues intersect with many other life lessons and can be addressed over time. From the beginning of their Internet use, we want to set appropriate boundaries and be careful of creating false expectations about their privacy rights in this arena. As with any rules, we’ll have more success if they are not arbitrary, but consistent and reasonable.
2. **BE THE PARENT** – We are responsible for them until they are 18. This includes education, values, social skills, spiritual life, health, sexuality, and safety. The Internet can impact all of those. Just as we provide seatbelts, knee pads, and bike helmets, we also need to attend to their safety online, both as a learning experience and to protect them from harm. We need to be just as confident regarding the Internet as in any other area and keep the lines of communication wide open, whether we understand all the technology or not. One conversation won’t do it; this needs to be ongoing as the needs and dynamics in the family change.
3. **THEME OF PARENTING** – Most parents have some overarching principles and goals in raising children. These goals influence our styles of discipline, household rules and responsibilities, extracurricular activity choices, finances, and social relationships. Internet use rules will be more successful where they mesh with your larger goals for parenting.
4. **MAKING A PLAN** – Each family must discuss these issues and decide which rules work for them. There is no “one size fits all” response; differences in the family situation need to be accounted for. Many of these issues have been addressed by others so, if you’d rather not reinvent the wheel, consider using some of their experiences.
5. **PRIVACY** – There should be no secrets while children live at home. Privacy can be respected, but issues that touch on personal safety are always subject to being checked. The Internet is a wonderful tool, but it does bring safety concerns. Children need to know up front that Internet use can be monitored. “My job is to be responsible for you until you are 18. While you are learning to protect yourself, I can’t do my job if I don’t periodically check in.” So long as it is consistently applied, kids learn to accept it, even if they would not choose it. Even good kids can be led astray or make mistakes, so do not let the privacy claim keep you from being a vigilant parent. Parents used to find a “Playboy” under their son’s mattress, but things are not so easily found now.

This document is in the process of being updated.

6. **CONSISTANCY** – Internet rules for the household should be just another set of directions that focus on protecting and teaching our children. Explain the rules to the kids. Work some of them out together. Periodically review them. Be consistent and persistent. Consequences for not complying with the rules need to be known and applied. As always, keep the lines of communication open and be responsible in terms of the child’s age, attitude, and demonstrated level of responsibility.
7. **KEEPING UP WITH THE KIDS** – Accentuate all the positive uses of the Internet and affirm good choices that they are making in other areas of their lives. Give them guidance in using the Internet responsibly. Do things together online, such as playing games or searching for information. If necessary, acknowledge that they may be technologically more proficient and invite them to teach you and share information with you. Become knowledgeable enough to know how to monitor, verify, and periodically check your child’s Internet use, just as you would with anything else your child is doing. You don’t have to know geometry to be able to monitor whether your child is completing homework on time.
8. **MONITOR COMPLIANCE WITH THE RULES** – This is the hard work part. There is computer monitoring software to “spy” on kids’ computer use, but talk to other users to get the pros and cons. Some parents just make sure that they always have access to their child’s computer and all passwords. Kids can sometimes circumvent the protections so, if you have determined this is a concern, it may become necessary to visually monitor all Internet use. Be aware also that material can be saved to a disk. Some servers will allow you to get a copy of your kids’ emails. Tell them this is happening and then spot check it. If necessary, you can take over the account by changing their password and, if necessary, close the account.
9. **TELLING KIDS WHAT YOU WILL DO** – There is no reason to hide from your children that you will monitor their computer use and Internet browsing history on a regular but undisclosed basis. They should know that you will put things in place to this and that you will tell them about any concerns you have. You do not necessarily need to tell them exactly what is in place. You need to actually check periodically. Explain the reasons for it, and don’t apologize.
10. **ACCESS TO COMPUTERS AND THE INTERNET** – This is influenced by the age and maturity of your kids and the physical set-up of your house. The conventional wisdom is to have the family computer in a public area for easy viewing by anyone. This is not always practical, however, because audio may disturb someone else or the common area is also where the TV is. Many families now have multiple computers to meet the needs of parents to do financial and personal communications and kids to do homework or play games. Children sometimes graduate from using the parent’s computer to using a computer in a common area to having a computer in their room.

This document is in the process of being updated.

11. **USER RULES** – It is possible to teach responsible use of computers in the child’s room, but that needs to include parental access and monitoring. Reasonable rules can include length of time to be online, where the child can go online, and sharing of all passwords. If passwords get changed so that the parent cannot access accounts, consequences need to be in place. Some parents never allow Internet use behind closed doors, or walk into their child’s room randomly. If your child minimizes their screen when a parent comes in the room, check it out.

12. **OTHER SUGGESTIONS** – Many parents treat Internet use at home as a privilege; for example, when grades are acceptable and homework is done. If the Internet is essential for homework, that should not affect your ability to control and limit access for other purposes. If the home has more than one computer, some parents control when the children can have Internet access through the parent’s computer. The child must request and explain the planned use. If the child uses email, you can require access to their password and periodically sign in to check their messages and history. Parents should have password protection for their own computer and keep the passwords unavailable to the kids.

13. **LEARN HOW TO ACCESS A CHAT ROOM** – You will be surprised what goes on. Some of it is the same silliness that our parents would have heard if they listened in on our conversations with our friends. But a chat room includes groups of people, many of whom don’t know each other, so the dynamics are very different. The lack of face-to-face contact means that participants miss a lot of visual clues that we rely on in assessing people we meet.

This document is in the process of being updated.



FAIRBANKS POLICE DEPARTMENT
NORTHWEST INTERNET CRIMES AGAINST CHILDREN TASK FORCE

WHAT IS THE DANGER?

Let's first remember that our youth are volunteering, playing sports, getting good grades, doing mission work, having fun in church, helping out at home, driving safely, and resisting all kinds of temptations of their own. The purpose of this meeting is not to scare you to death or send you home to unplug the computer (although that can be a very tempting solution), but to encourage and empower you to be better parents in this unfamiliar arena. We hope to alert you to some concerns, but always realize that the Internet is here to stay and it's a powerful learning and information and communication tool in all of our worlds.

The most serious danger to young people online, whether chatting in chat rooms or instant messaging (IM) with someone they do not know, is the high potential for contact with sexual predators. Predators still do lurk on playgrounds or in malls, but far more of them now hang out in chat rooms and have IM capabilities. For many, their ultimate goal is to lure a young person into a face-to-face contact which can lead to sexual abuse, sexual assault, and even more violent contacts. For some predators, seeing images of teens and talking about sexual subjects is enough. But, regardless of whether a teen ever meets up with a predator, the secondary consequences of unregulated Internet chat are also of concern:

- Exposure to pornography and sexual images. Statistics show that online pornography is the fastest growing of all Internet business; it is even bigger than eBay and estimated to bring in several billion dollars a year. It is so profitable that it is not limited to pedophiles, people who are sexually attracted to children.
- Exposure to sexualized extensions of otherwise harmless conversations.
- Use of Web cams and file sharing to encourage creation of sexual images for financial gain. In extreme cases, this has led to prostitution of both male and female teens, including in Alaska, because of its financial potential.
- Becoming desensitized to the subject matter because it becomes familiar, even "normal."

This document is in the process of being updated.

- Internet chat and information sharing accelerates the process of sexually abusing children and allows it to happen at a distance from the victim. Most sexual abuse involves a “grooming” process to gain the child’s compliance with the adult’s demands. This can be accomplished online with numerous potential victims before the predator ever meets the child. The same type of grooming devices that pedophiles use to gain a child’s trust are used online: sexual “games,” desensitizing the child, making the child feel “special,” isolating the child from parent and peers, normalizing conduct that is dangerous for the child with images of other children or teens engaged in sexual conduct or wearing sexually suggestive clothing.
- Isolation from other “real” friends and activities so that the Internet chat takes up large parts of their free time and can become a “secret” which is also isolating.
- Isolation of already lonely teens by tapping into their fears and insecurities, sharing their interests, feeding their egos. This can draw such kids away from other sources of help such as parents, peers, teachers, or counselors.
- Convincing girls to share provocative or nude pictures as part of a “contest” or potential modeling opportunities is common. Soliciting “glamour shots” first can desensitize them and make it easier to send more and more personal images. This can be accompanied by offers of money or promises to send them to modeling agencies. Nothing protects the girl from having those images sent to others.
- Sharing of a tremendous amount of child erotica and child pornography, including images of themselves, again to “normalize” it, and inviting youth to share images of themselves.
- Not only sexual predation, but sharing of other risky teenage behavior such as what is commonly called the “choking game.”
- It is also a gateway for communicating about other more common concerns for parents such as drug use, smoking, use of inhalants, and alcohol use.
- Along with the risk of being exposed to unwanted sexual information or solicitation, youth are at risk because of the casual, or even unknowing, sharing of personal information. This can put both the teen and other family members at risk. Predators can collect large amounts of information from very limited information posted on a site or exchanged in a chat. Even online shopping by teens from sites you do not approve can result in sharing of credit card and personal information that can be misused.
- It’s not just about chat rooms. You also need to understand safe Web browsing practices and how to protect your computer from viruses and spyware. Some of it is very sophisticated and is used by stalkers to keep track of or access victim communications.

This document is in the process of being updated.

- MySpace and other popular chat sites (Xanga, Bebo, and Facebook) do have separate areas for different age groups, but they have no means of verifying the truth of the information being provided. Teenaged girls, thinking they were talking to “Matt,” a “cool 18 year old,” found out they were actually talking to an undercover investigator who gathered a lot of information from their MySpace postings. It could have been a predator.
- Other similarly popular sites have almost no redeeming social value. More than 900 Alaskan girls, ages 12 to 17, in Anchorage and Mat-Su alone, were identified this year as subscribers to WouldYouHitThis.com. At this site, girls post pictures and profiles of themselves to get a “hitability rating.” This electronic popularity contest not only elevates physical traits and sexuality above character but also puts those girls at a heightened risk of being targeted by predators. It also becomes a source of bullying or harassing; for example, by spreading someone’s low “hitability” rating scores.
- In a chat room, the predator has to engage in “conversations” to get information, but on sites like MySpace they can access large amounts of information by reading the user’s profile, a listing of personal information ranging from age, address, hobbies, and interests to family members, their addresses, measurements, sexual orientation, and more. There is a public as well as a private profile. The profiles often contain pictures as well as blog entries and commentary from friends. Some users think they can be protected because they get to accept or deny access to the full content of their profiles. But, because many sites keep track of and post the number of “friends” a user has, it puts pressure on kids to be “popular” by racking up large numbers of “friends.”

LETTER OF NOTIFICATION

SAMPLE: ELEMENTARY

**This sample letter should be adapted to each building's needs.
A copy should be provided to the building administrator.**

(Date)

Dear Parent or Guardian,

As part of the _____ grade curriculum, your child will be learning about (e.g., personal safety, personal hygiene, human reproduction). The lesson(s) (or unit of study) will be taught by (name, and position if appropriate) and will include (list topics). Instruction (or lessons) will begin on (date).

If you have any questions regarding the lesson(s) or content, please contact _____ at (phone number) or _____ at (phone number).

We understand that you may choose to teach these important lessons to your child yourself. If so, and you prefer that your child NOT participate in this unit, please [e.g., notify me in writing or call me at (phone number)].

Sincerely,

(Teacher, Counselor, Nurse)
(phone number)

copy: Principal

LETTER OF NOTIFICATION

SAMPLE: SECONDARY

**This sample letter should be adapted to each building's needs.
A copy should be provided to the building administrator.**

(Date)

Dear Parent or Guardian,

This semester your son or daughter is enrolled in the FNSBSD's required health class. This class will cover a variety of topics including:

Abstinence	Depression/Suicide	Nutrition/Fitness
Anger Management	Diseases	Peer Pressure/Refusal Skills
Birth Control	Drugs	Personal Safety
Bullying	Eating Disorders	Relationships
Communication	First Aid/CPR	Reproduction
Community Resources	Goal Setting	Respect/Abuse
Conflict Resolution	Grief/Loss	Sexually Transmitted Diseases: HIV/AIDS
Crime/Gangs	Media	Stress
Decision-making	Mental Disorders	Vitamins/Food Supplements

I realize many of these topics are sensitive and care will be taken to ensure that they are presented in an appropriate manner. Instruction may include presentations from knowledgeable professionals in the community. It may also include well-prepared student presentations.

The Board of Education provides for parents/guardians to request that their child not participate in specific class sessions. After evaluating the course content and classroom approach, you may exercise this option by contacting me. Material from these class sessions will not be included in your child's final evaluation.

Every teacher endeavors to give students the message that family values should guide them in personal decision-making. Parents can help make that message effective by taking this opportunity to discuss and reinforce family values with their child. Please do not hesitate to contact me if you have questions or would like further information.

Sincerely,

(Teacher)
(phone number)

copy: Principal

TEACHER RESOURCES

Topic	Link
<p>Alaska Internet Circle of Safety A resource for teaching youth to be responsible online citizens.</p>	<p>www.akla.org</p>
<p>American Heart Association, Children’s Health Lesson plans, activities, games, and jump rope/basketball skills tips to help students live strong and healthy lives.</p>	<p>www.heart.org/HEARTORG/Educator/Educator_UCM_001113_SubHomePage.jsp</p>
<p>Arctic Health Research Building at UAF Tour UAF’s state-of-the-art microbiology lab and a larger, more efficient lab support space that greatly enhances research and academic programs.</p>	<p>www.uaf.edu/campusmap/buildings/arctic-health/#</p>
<p>Bullying.org Dedicated to increasing the awareness of bullying and to preventing, resolving, and eliminating bullying in society.</p>	<p>www.bullying.org/index.cfm</p>
<p>Center for Alaska Native Health Research (CANHR) A UAF research facility that works with tribal groups and health care agencies to frame research questions, develop methodologies and procedures, and to interpret and apply data to prevention and treatment.</p>	<p>www.uaf.edu/canhr</p>
<p>Centers for Disease Control and Prevention, Injury Center Several topics for safety and prevention (with activities) for preventing fire deaths and injuries.</p>	<p>www.cdc.gov/injury/index.html</p>
<p>Healthy Futures Tips and activities to empower Alaska’s youth to build the habit of daily physical activity.</p>	<p>http://healthyfuturesak.org</p>
<p>Interior Alaska Center for Non-Violent Living Presentations and workshops are available related to non-violent behavior. Suggested topics include: personal safety, safe/unsafe touch, conflict resolution, communication skills, bullying, healthy relationships, and teen dating violence.</p>	<p>www.iacnvl.org/home</p>

Topic		Link
CyberSmart! Online workshops which give educators a hands-on experience in 21 st century skills to meet the learning needs of today's students.		www.cybersmart.org
iKeepSafe Tips to teach youth the importance of protecting personal information and avoiding inappropriate places on the Internet		www.ikeepsafe.org
McGruff - The Crime Dog The National Crime Prevention Council's website for kids (includes: games, videos, tips, etc.)		www.mcgruff.org
NetSmartz Workshop An interactive, educational program of the National Center for Missing & Exploited Children (NCMEC) that provides age-appropriate resources to help teach youth how to be safer on- and offline.		www.netsmartz.org
The Legacy Project	<i>LifeDreams Activities:</i> Explores personal development and creating your life, including the hopes and dreams you have throughout your lifetime.	www.legacyproject.org/activities/activitiesld.html
	<i>Life List:</i> Set goals for things to do, learn, explore, see, and achieve in your lifetime.	www.legacyproject.org/activities/lifelist.html
	<i>Dreamer Profile:</i> Inspired by the text, illustrations, and quotations in <i>Dream</i> , this profile will help uncover what kind of dreamer you are.	www.legacyproject.org/activities/dreamerprofile.html

Topic		Link
Mayo Clinic	Child Safety: How to prevent falls.	http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20046124
	Nutrition for Kids: Guidelines for a Healthy Diet	http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335
National Fire Protection Association	Safety Information: Provides several programs to help eliminate fire deaths and injuries through effective public education and information.	http://www.nfpa.org/safety-information
	For Educators: Offers information and tools to help teachers teach youth about important fire and life safety issues.	http://www.nfpa.org/safety-information/for-public-educators
Safe Kids Worldwide A global organization dedicated to protect youth from unintentional injuries, which is the number one cause of death to children in the U.S.		www.safekids.org
State of Alaska's Emergency Medical Services Injury Prevention Program Educational materials		http://dhss.alaska.gov/dph/Emergency/Pages/ems/programs/emsc/default.aspx
United States Dept. of Agriculture (USDA)	Choose MyPlate: Illustrates the five food groups that are the building blocks for a healthy diet.	www.choosemyplate.gov

Topic		Link
USDA (cont.)	<i>Team Nutrition:</i> An initiative to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers.	www.fns.usda.gov/tn/team-nutrition
Dietary Guidelines The Nation's go-to source for nutrition advice. These recommendations help Americans make healthy food and beverage choices and serve as the foundation for vital nutrition policies and programs across the U.S.		http://health.gov/dietaryguidelines
Centers for Disease Control and Prevention	The Health Education Curriculum Analysis Tool (HECAT)	www.cdc.gov/healthyyouth/hecat
	National Health Education Standards	http://www.cdc.gov/healthyschools/sher/standards/index.htm
Society of Health and Physical Educators Standards SHAPE America National PE Standards		http://www.shapeamerica.org/standards/pe/