

CDPH RESOURCE GUIDE

FOR SCHOOL-BASED HEALTH CENTERS



DEAR SCHOOL-BASED HEALTH CENTER DIRECTORS AND STAFF,

The School-Based Health Center (SBHC) Resource Guide is a collection of information about the public health programs and resources available to SBHC staff. Organized by topic, student grade-level, and intended audience, the guide was created to communicate the breadth of the California Department of the Public Health (CDPH) and CDPH partner services and supports available to SBHC's statewide. It is intended to facilitate SBHC access to content experts, technical assistance, training, and resources to support ongoing local SBHC activities on behalf of, and with, children and their families.

Recognizing your unique ability to reach children and families with critical health information and messages, the CDPH team is eager to work with you to ensure that all children are able to reach their full potential. We envision that this work may take place through a variety of connections with our staff and partners through their work on a host of public health issues, including safety and injury prevention, mental health, chronic disease prevention, oral health, environmental health, sexual health, substance abuse, infectious disease, nutrition, food security and physical activity.

In reviewing the guide, you will find dozens of educational resources such as posters, brochures and curricula that you can offer students, parents/guardians, and school staff served by your health center, as well as trainings and technical assistance available to your school and health center staff. Where resources are under development, we have provided recommendations for credible, current material.

Please contact Katharina Streng, 916-449-5371, SchoolBasedHealthCenterProject@cdph.ca.gov with questions or comments regarding this guide and to explore other ways in which our public health professionals, researchers, scientists, doctors, nurses, and other staff members can help you achieve our mutual goals of improving the health of California's families and communities.

KAREN L. SMITH, M.D., M.P.H.

State Public Health Officer and Director
California Department of Public Health





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ENVIRONMENTAL HEALTH

asthma

Cleaning with Microfiber Makes Classrooms Asthma-Safer for All

[Click here for the fact sheet](#)

This fact sheet provides best practices for cleaning with microfiber.

Audience: school staff

Grade level: K-12

Languages: English

Program: Work-Related Asthma Prevention Program

Production date: 2018



Healthy Cleaning & Asthma-Safer Schools: A How-To Guide

[Click here for the guide](#)

Explains how to switch to asthma-safer cleaning in simple, manageable steps. Ready-to-use tools and forms will help districts progress through each step, including publicizing safer cleaning successes within the school community. The guide also offers resources about green cleaning, asthma, and disinfection.

Audience: school staff

Grade level: K-12

Languages: English

Program: Work-Related Asthma Prevention Program

Production date: 2014



Healthy Cleaning & Asthma-Safer Schools

[Click here for the video](#)

The video introduces the how-to guide and features a school custodian whose asthma got worse on the job. Custodians and administrators across California also describe their successes using the guide.

Audience: school staff

Grade level: K-12

Languages: English

Program: Work-Related Asthma Prevention Program

Production date: 2014



Asthma in Schools: Emergency Response and the Self-Carry Law

[Click here for the video](#)

The video discusses asthma controller and quick relief medications, the purposes for which they are used, and the devices used to take the medications. It also provides information on how to determine whether a person's asthma is under control.

Audiences: health care providers, school staff

Grade level: K-12

Language: English

Program: California School Environmental Health and Asthma Collaborative

Production date: 2012



Asthma in Schools: Reducing Exposures to Indoor Asthma Triggers

[Click here for the video](#)

The video helps teachers and other school staff identify and reduce or eliminate asthma triggers in classrooms. It also provides downloadable resources that can be posted in the classroom.

Audiences: health care providers, school staff

Grade level: K-12

Language: English

Program: California School Environmental Health and Asthma Collaborative

Production date: 2012



Asthma in Schools: Reducing Exposures to Outdoor Asthma Triggers

[Click here for the video](#)

The video helps teachers and other school staff identify outdoor asthma triggers and steps they can take to reduce exposure to outdoor triggers without adversely impacting the students' physical activity needs. It also provides resources that can be used in the classroom and other school locations.

Audiences: health care providers, school staff

Grade level: K-12

Language: English

Program: California School Environmental Health and Asthma Collaborative

Production date: 2012



ENVIRONMENTAL HEALTH

lead poisoning prevention

Lead in Folk Remedies

[Click here for the brochure](#)

Gives information about folk remedies, and which remedies are often found to contain high levels of lead, broken down into geographical region. It is a helpful resource for immigrant and refugee populations.

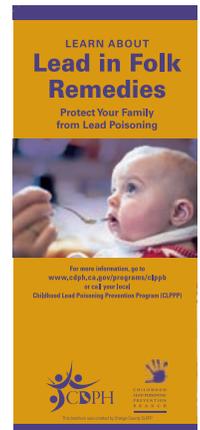
Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish, Simplified Chinese, Traditional Chinese, Arabic, Armenian, Dari, Farsi, Hindi, Hmong, Japanese, Khmer, Korean, Lao, Pashto, Punjabi, Russian, Tagalog, Urdu, Vietnamese

Program: Childhood Lead Poisoning Prevention Branch

Production date: April 2015



Is There LEAD in or Around Your Home?

[Click here for the brochure](#)

Provides information about lead poisoning, how to protect your family from lead poisoning, and photos and descriptions of sources of lead in and around the home.

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish, Simplified Chinese, Traditional Chinese, Arabic, Farsi, Hindi, Hmong, Korean, Lao, Pashto, Punjabi, Tagalog, Urdu, Vietnamese

Program: Childhood Lead Poisoning Prevention Branch

Production date: June 2014



Keep Your Newborn Safe From Lead

[Click here for the brochure](#)

This bilingual brochure, often used as a resource for pregnant teens, provides information to expectant parents about how to prevent lead poisoning in their newborn baby.

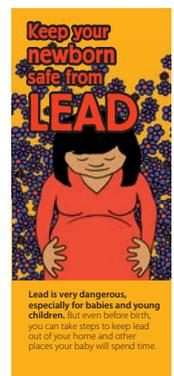
Audience: middle school, high school

Grade level: middle school, high school

Languages: English, Spanish

Program: Childhood Lead Poisoning Prevention Branch

Production date: February 2018



Lead in Traditional Ceramic Dishware

Warns individuals about the risk and danger of lead in traditional ceramic dishware.

Audience: parents/guardians

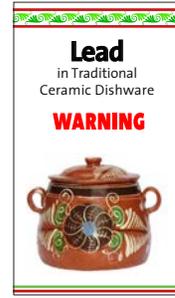
Grade level: K-12

Languages: English, Spanish

Program: Childhood Lead Poisoning Prevention Branch

Production date: July 2008

[Click here for the brochure](#)



Protect Your Child From Lead

This bilingual brochure provides a general overview of lead poisoning, how to prevent lead poisoning, and common sources of lead.

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish, Simplified Chinese, Traditional Chinese, Arabic, Armenian, Dari, Farsi, Hindi, Hmong, Japanese, Khmer, Korean, Lao, Pashto, Punjabi, Russian, Tagalog, Urdu, Vietnamese

Program: Childhood Lead Poisoning Prevention Branch

Production date: June 2016

[Click here for the brochure](#)



Repainting or Fixing Up Your Older Home

This bilingual brochure provides information about renovating, remodeling, and painting homes safely, in order to reduce the risk of lead poisoning. It also provides resources for testing homes for lead, hiring a certified lead professional, and disposing of household hazardous waste.

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish, Simplified Chinese, Traditional Chinese, Hindi, Hmong, Korean, Lao, Tagalog, Urdu, Vietnamese

Program: Childhood Lead Poisoning Prevention Branch

Production date: May 2018

[Click here for the brochure](#)



Well Fed = Less Lead

This bilingual brochure gives a general overview of lead poisoning, examples of healthy meals and snacks, and sources of lead.

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish

Program: Childhood Lead Poisoning Prevention Branch

Production date: February 2018

[Click here for the brochure](#)



Is Your Child at Risk for Lead Poisoning?

Click here for the checklist

Bilingual checklist with pictures of, and action items for, possible sources of lead in and around the home.

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish, Simplified Chinese, Traditional Chinese, Arabic, Armenian, Dari, Farsi, Hindi, Hmong, Japanese, Khmer, Korean, Lao, Pashto, Punjabi, Russian, Tagalog, Urdu, Vietnamese

Program: Childhood Lead Poisoning Prevention Branch

Production date: October 2016



Lead in Tap Water

Click here for the fact sheet

Bilingual fact sheet with information about how to reduce possible exposure to lead in tap water.

Audiences: parents/guardians, school staff

Grade level: K-12

Languages: English, Spanish

Program: Childhood Lead Poisoning Prevention Branch

Production date: August 2017



Learn Where Lead Can Be

Click here for the flyer

Depicts potential sources of lead.

Audiences: parents/guardians, health care providers

Grade level: elementary school

Languages: English, Spanish

Program: Childhood Lead Poisoning Prevention Branch

Production date: June 2017



Blood Lead Testing Guidance

Click here for the guidelines

Information about sample collection, avoiding lead contamination, and specimen labeling.

Audience: health care providers

Grade level: K-12

Language: English

Program: Childhood Lead Poisoning Prevention Branch

Production date: July 2016



California Management Guidelines on Childhood Lead Poisoning for Health Care Providers

Management guidelines for California providers caring for children with elevated blood lead levels.

Audience: health care providers

Grade level: K-12

Language: English

Program: Childhood Lead Poisoning Prevention Branch

Production date: September 2017



[Click here for the guidelines](#)

Standard of Care Guidelines on Childhood Lead Poisoning for California Health Care Providers

Regulations for California providers caring for children six months to six years of age, potential sources of lead, and guidance for families.

Audiences: parents/guardians, health care providers

Grade level: elementary school

Language: English

Program: Childhood Lead Poisoning Prevention Branch

Production date: 2011



[Click here for the guidelines](#)

Lead Poisoning Info Cards

Colorful and easy to understand informational cards covering a range of childhood lead poisoning prevention topics, including:

- Protect Your Child from Lead in Paint
- Protect Your Child from Lead in Dirt
- Protect Your Child from Lead in Jewelry
- Protect Your Child from Lead on the Job
- Has Your Child Been Treated for Stomach Ache?
- Getting Your Child Tested for Lead

Audience: parents/guardians

Grade level: elementary school

Languages: English, Spanish

Program: Childhood Lead Poisoning Prevention Branch

Production date: 2013



[Click here for the info card](#)

Simple Steps — Protect Your Child From Lead

Click here for the
poster

This bilingual poster provides simple steps
for protecting children from lead poisoning.

Audience: parents/guardians

Grade level: elementary school

Languages: English, Spanish

Program: Childhood Lead Poisoning Prevention Branch

Production date: May 2014



The Prevention of Childhood Lead Poisoning

Training

<https://bit.ly/2GJ415i>

Free online course provides information on the scope of lead poisoning
in California, common risk factors, most recent Centers for Disease Control
and Prevention, the role of anticipatory guidance and preventive measures,
and screening, follow-up and management for children at risk for lead
exposure. The course takes approximately one hour to complete, and
Continuing Medical Education credit is obtained upon completion.

Audience: health care providers

Grade level: elementary school

Language: English

Program: Childhood Lead Poisoning Prevention Branch

Production date: August 2016



Vaccines for Your Preteen

flyer

Flyer to educate parents about vaccines to help their preteen stay healthy through adolescence and beyond.

Audience: parents/guardians

Grade level: middle school

Languages:

English: [Click here for English](#)

Spanish: [Click here for Spanish](#)

Program: Immunization Branch

Production date: 2016



California Immunization Handbook for Child Care Programs and Schools

[Click here for the handbook](#)

The California Immunization Handbook (aka "Blue Book") reviews school immunization requirements, staff responsibilities, procedures for evaluating immunization requirements, and reporting obligations.

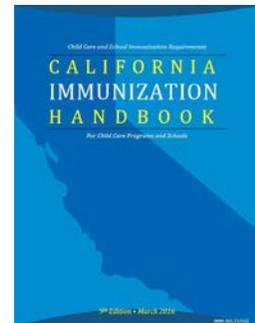
Audiences: school staff, health care providers

Grade level: K-12

Language: English

Program: Immunization Branch

Production date: 2016



California School Immunization Record

[Click here for the record](#)

California School Immunization Record (CSIR/Blue Card/PM286B)

Audience: school staff, health care providers

Grade level: K-12

Language: English

Program: Immunization Branch

Production date: 2014



No Shots? No Records? No School.

poster

Poster notifying parents/guardians that children need an up-to-date immunization record to be enrolled.

Audience: parents/guardians

Grade level: K-12

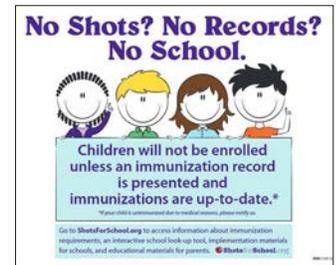
Languages:

English: [Click here for English](#)

Spanish: [Click here for Spanish](#)

Program: Immunization Branch

Production date: 2016



PROTECT Their Health for the Years Ahead

[Click here for the full length poster](#)

Poster informing parents/guardians of the vaccine recommendations for 11-12 year olds, with descriptions of the vaccines and space to add clinic information.

Audience: parents/guardians

Grade level: middle school

Languages: English, Spanish

Program: Immunization Branch

Production date: 2016



PROTECT Their Health for the Years Ahead

[Click here for the brief poster](#)

A briefer version of the poster listed above, informing parents/guardians of the vaccine recommendations for 11-12 year olds with space to add clinic information.

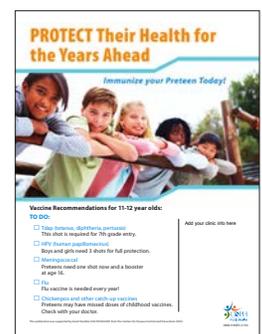
Audience: parents/guardians

Grade level: middle school

Languages: English, Spanish

Program: Immunization Branch

Production date: 2016



Notice of Immunizations Needed

template letter

Template letter to notify parent/guardian that their child needs immunization(s) to meet school requirements.

Audiences: school staff, health care providers

Grade level: K-12

Languages:

English: [Click here for English](#)

Spanish: [Click here for Spanish](#)

Program: Immunization Branch

Production date: 2015

NOTICE OF IMMUNIZATIONS NEEDED

Dear Parent/Guardian of _____

Our records show that your child needs the following immunization(s) to meet the requirements of the California School Immunization Law. Please call your doctor to schedule an appointment.

VACCINE	MISSING DOSE(S) NUMBER BELOW:
MM2 (MM) (1st dose for ages 7 years or older)	□ 1st □ 2nd □ 3rd □ 4th □ 5th
MM (MM) (2nd dose for ages 7 years or older)	□ 1st □ 2nd
MM (MM) (3rd dose for ages 7 years or older)	□ 1st □ 2nd □ 3rd □ 4th
MM (MM) (4th dose for ages 7 years or older)	□ 1st □ 2nd
MM (MM) (5th dose for ages 7 years or older)	□ 1st □ 2nd

YOU NEED TO DO ONE OR MORE OF THE FOLLOWING IMMEDIATELY:

- If your child (age) needs one or more of these immunizations marked above, bring the child to your doctor to get the immunization(s) as soon as possible. High-risk children should receive a dose for the immunizations marked above and the doctor's signature or stamp.
- If your child (age) needs one or more of these immunizations marked above, bring the child to your doctor to get the immunization(s) as soon as possible. High-risk children should receive a dose for the immunization(s) marked above. Bring to your child's updated immunization record the date immunization was given and the required immunization date (if applicable).
- If any of these immunizations were not given to your child because of medical reasons, please bring us a letter from your doctor (physician's signature).

Guide to Immunizations Required for School Entry

guide

[Click here for the guide](#)

Guide for school staff on immunization requirements for students.

Audiences: school staff, health care providers

Grade level: K-12

Language: English

Program: Immunization Branch

Production date: 2017

CALIFORNIA IMMUNIZATION REQUIREMENTS FOR K – 12TH GRADE (including transitional kindergarten)

GRADE	NUMBER OF DOSES REQUIRED OF EACH IMMUNIZATION**
K-12 Admissions	4 Polio¹ 3 DTaP² 3 Hep B³ 3 MMR⁴ 3 Varicella⁵
(7th-12th)⁶	1 Tdap⁷
7th-Grade Advancement⁸	1 Tdap⁷ 3 Varicella⁵

1. Requirements for K-12 admission also apply to include:
2. DTaP: 3 doses (ages 2, 4, 16-18) prior to enrollment.
3. Polio: 4 doses (ages 12 months, 18 months, 5 years, and 11-12 years) prior to enrollment. For children with medical conditions, the number of doses may vary.
4. MMR: 3 doses (ages 12 months, 18 months, and 4-6 years) prior to enrollment. For children with medical conditions, the number of doses may vary.
5. Varicella: 2 doses (ages 12 months and 4-6 years) prior to enrollment. For children with medical conditions, the number of doses may vary.
6. 7th-12th grade students must have received 1 dose of Tdap (ages 11-12 years) prior to enrollment. For children with medical conditions, the number of doses may vary.
7. Tdap: 1 dose (ages 11-12 years) prior to enrollment. For children with medical conditions, the number of doses may vary.
8. 7th-Grade Advancement: 1 dose of Tdap (ages 11-12 years) prior to enrollment. For children with medical conditions, the number of doses may vary.

Other Requirements:
 Hepatitis B: 3 doses (ages 12 months, 18 months, and 5 years) prior to enrollment.
 Polio: 4 doses (ages 12 months, 18 months, 5 years, and 11-12 years) prior to enrollment.
 MMR: 3 doses (ages 12 months, 18 months, and 4-6 years) prior to enrollment.
 Varicella: 2 doses (ages 12 months and 4-6 years) prior to enrollment.

INSTRUCTIONS:
 California schools are required to check immunization records for all new student admissions at TK, Kindergarten through 12th grade and all transfers entering by 7th grade (inclusive only).
UNCONDITIONALLY ADMIT: a child whose parent or guardian has provided documentation of any of the following for each immunization required for the child's age or grade as defined in table above:
 - Receipt of immunization.
 - A permanent medical exemption in accordance with 17 CCR section 85011.
 - A parent medical exemption (that expires on 12/31) in accordance with Health and Safety Code section 103031.
CONDITIONALLY ADMIT: any pupil who lacks documentation for unconditional admission if the pupil has:
 - A permanent medical exemption for the specific grade level (issued and not currently expiring) as per the terms of admission (as determined by interns listed in Conditional Admission Schedule, includes interim "SCHEDULE INCOMPLETE" list).
 - A temporary medical exemption from some or all required immunizations (17 CCR section 85010).

HE001 (1/16) California Department of Public Health Immunization Branch | Berkeley, CA

Be TB Free

flyer

tbc@cdph.ca.gov

Describes who is at risk for TB, why you should be tested, and the importance of taking medication if you have latent TB infection.

Audiences: K-12, health care providers, school staff, parents/guardians

Grade level: K-12

Language: English, Spanish

Programs: TB Free California/TB Control Branch



California Pediatric Tuberculosis Risk Assessment and User Guide

Click here for the risk assessment tool

Tool to identify asymptomatic children for latent TB infection testing.

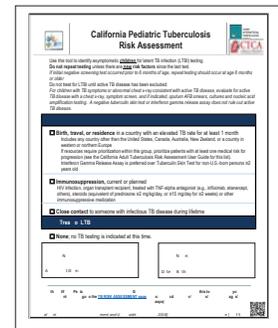
Audience: health care providers

Grade level: K-12

Language: English

Programs: CDPH, California TB Controllers Association & Curry International TB Center

Production date: September 2018



California School Employee Tuberculosis (TB) Risk Assessment Questionnaire

Click here for the risk assessment tool

Tool to identify adults with infectious TB to prevent them from spreading TB. Includes certification of completion to satisfy job-related requirements in the California Education Code and the California Health and Safety Code and user guide.

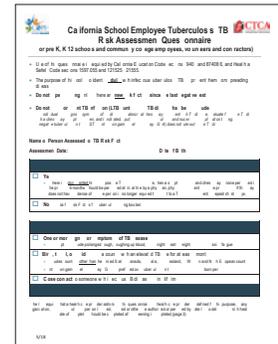
Audiences: school staff, health care providers

Grade level: K-12

Language: English

Programs: California Department of Public Health & California TB Controllers Association

Production date: June 2018



School Staff and Volunteers TB Risk Assessment - Frequently Asked Questions

Click here for the Frequently Asked Questions

Summary of updated state laws that require school staff working with children to be free of infectious TB, plus information regarding who may administer the TB risk assessment, who needs to complete a TB risk assessment, and specifically describes when a TB test is required and when it is not.

Audiences: school staff, health care providers

Grade level: K-12

Language: English

Programs: CDPH, California School Nurses Association, California TB Controllers Association

Production date: October 2016



LTBI: Opportunities for Preventing Tuberculosis

training

(510) 620-3000 or
tbc@cdph.ca.gov

In-person training providing an overview of latent TB infection screening, testing and treatment recommendations, and case discussions.

Audience: health care providers

Grade level: K-12

Language: English

Program: TB Control Branch



MENTAL HEALTH

Each Mind Matters

Click here for the brochures & fact sheets

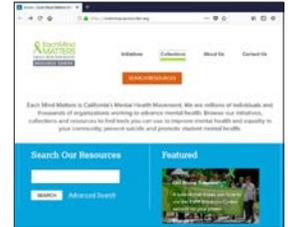
Resources for stigma and discrimination reduction, suicide prevention, and mental health.

Audiences: school staff, health care providers, parents/guardians

Grade level: K-12

Languages: English, Spanish

Program: California Mental Health Services Authority



A Guide to Increase Mental Health Services for Students

Click for the guide

This guide is created by Project Cal-Well, with input from the Student Mental Health Policy Workgroup, to assist schools and districts to build capacity to better address mental health challenges among students.

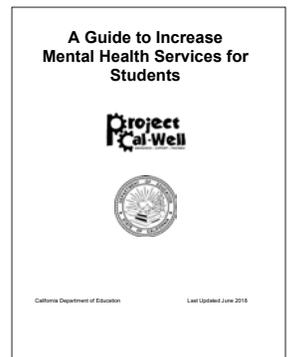
Audiences: school staff, health care providers

Grade level: K-12

Languages: English

Program: California Department of Education and Project Cal-Well

Production date: June 2018



Model Youth Suicide Prevention Policy

Click here for the model policy

This sample policy document is meant to serve as a model for local educational agencies (LEA). Following the passage of Assembly Bill 2246 (Chapter 642, Statutes of 2016), LEAs that serve pupils in grades seven to twelve, inclusive, must adopt a policy on pupil suicide prevention, intervention, and postvention before the beginning of the 2017-18 school year.

Audiences: school staff, health care providers

Grade level: middle school, high school

Languages: English

Program: California Department of Education

Production date: May 2017



K-12 Toolkit for Mental Health Promotion & Suicide Prevention

[Click here for the toolkit](#)

Evidence-based information about how to intervene in a crisis or after a suicide loss.
Audience: school staff, health care providers
Grade level: K-12
Language: English
Program: HEARD Alliance
Production date: 2013



Positive Youth Development Toolkit

[Click here for the toolkit](#)

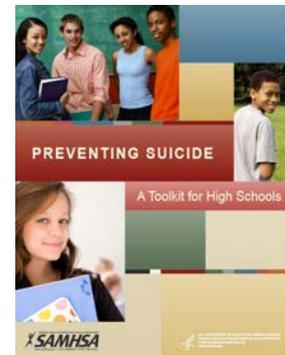
Positive Youth Development (PYD) is a strengths-based, holistic approach to working with youth to promote healthy development and outcomes. PYD focuses on the process of creating an environment that provides protective factors, which promote personal strengths and resilience.
Audience: school staff
Grade level: middle school, high school
Language: English
Program: California Adolescent Sexual Health Work Group



Preventing Suicide: A Toolkit for High Schools

[Click here for the toolkit](#)

This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health.
Audience: school staff
Grade level: high school
Language: English
Program: Substance Abuse and Mental Health Services Agency
Production date: 2012



The School Mental Health Referral Pathways Toolkit

Click here for the toolkit

Supports the cultivation of systems that improve the well-being of young people by providing targeted mental health supports at the earliest sign that a need is present. Provides best-practice guidance and practical tools and strategies to improve coordination and collaboration both within schools and between schools and other youth-serving agencies.

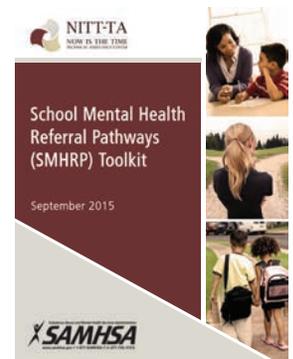
Audience: school staff, health care providers

Grade level: K-12

Language: English

Program: Substance Abuse and Mental Health Services Administration (SAMHSA)

Production date: 2015



Suicide.org

website

Resources for suicide prevention, awareness, and support.

Audiences: school staff, health care providers

Grade level: K-12

Language: English



PsychologyTools.com

website

Online library of therapy resources for topics ranging from addiction, anxiety, eating disorders, self-esteem, and more.

Audience: health care providers

Grade level: K-12

Languages: 48 different languages



NUTRITION

Potter the Otter: A Tale About Water

[Click here for the book](#)

Potter the Otter teaches his friends the importance of drinking water to stay healthy and hydrated.

Audience: elementary school

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2014



Potter, Potter the Healthy Otter

[Click here for the book](#)

This book highlights the importance of physical activity as Potter the Otter encourages his friends to put down the computer games, turn off the television, and go play!

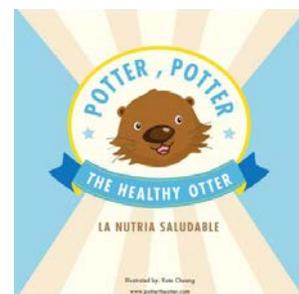
Audience: elementary school

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2015



Activities with Potter the Otter

[Click here for the activity book](#)

From coloring in your favorite characters to helping Potter find his lost water bottle, this book is filled with pages and pages of fun!

Audience: elementary school

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2016



Potter the Otter Activity Kit

[Click here for the activity book](#)

Three items in one! The activity kit includes *Potter the Otter's Market Adventure*, *Cooking with Potter the Otter*, and *Activities with Potter the Otter: Fruit and Veggie Fun* all packaged inside a convenient re-sealable envelope.

Audiences: parents/guardians, elementary school

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2017



Activities with Potter the Otter: Fruit and Veggie Fun

[Click here for the book](#)

The Potter the Otter series encourages young children and families to adopt healthy habits. Potter the Otter leads his friends on a quest to find fruits and veggies for a healthy lunch.

Audience: elementary school

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2017



Potter the Otter's Market Adventure

[Click here for the book](#)

Potter the Otter leads his friends on a quest to find fruits and veggies for a healthy lunch.

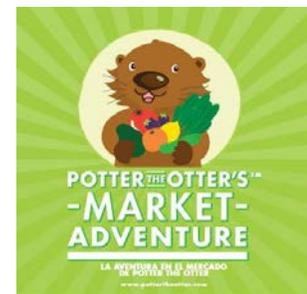
Audience: elementary school

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2017



Cooking with Potter the Otter

[Click here for the cook book](#)

Make healthy eating fun with these yummy fruit and veggie filled recipes from Potter the Otter and his friends!

Audience: parents/guardians

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2017



Harvest of the Month

Click here for the curriculum, brochures, support materials, and training

Harvest of the Month features ready-to-go tools and resources that can be used in diverse applications to support healthy eating and daily physical activity.

Audience: school staff, parents/guardians

Grade level: K-12

Language: English and Spanish

Program: Nutrition Education and Obesity Prevention Branch



PowerPlay! and School/ Afterschool Support

curriculum and brochures

Request via email:
NEOPB@cdph.ca.gov

The Power Play! initiative uses activities and messaging in environments where children live, learn, and play. Low-resource sites can use its school and afterschool models to provide nutrition education lessons and physical activity energizers, cafeteria-based promotions, and youth engagement projects.

Audience: school staff

Grade level: elementary school

Languages: English, Spanish

Program: Nutrition Education and Obesity Prevention Branch

Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention (CX3)

evaluation tool

Request via email:
NEOPB@cdph.ca.gov

Tools for collecting and measuring food quality, availability and affordability in low-income communities.

Audience: health care providers, school staff, parents/guardians

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: 2016



Guide for Presenting Rethink Your Drink at Fairs and Festivals

Click here for the guide

Outlines ways to use the Rethink Your Drink display materials at fairs and festivals to engage the public in a fun and interactive way in a conversation about healthy drink options.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: 2014

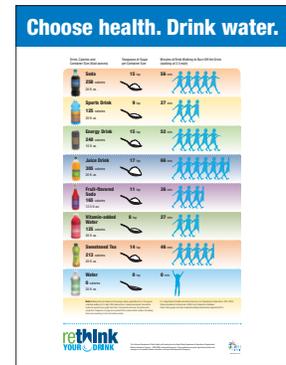


Choose health. Drink water.

Illustrates sugary drinks and water, the amount of sugar, and how much time it would take to walk those calories off.

[Click here for the poster](#)

Audience: middle school, high school
Grade level: middle school, high school
Languages: English, Spanish
Program: Nutrition Education and Obesity Prevention Branch
Production date: 2018



Rethink Your Drink Soda Reading Label Poster

Guide for reading nutrition labels on beverages.

[Click here for the poster](#)

Audiences: middle school, high school
Grade level: middle school, high school
Languages: English, Spanish
Program: Nutrition Education and Obesity Prevention Branch
Production date: 2017



Recipe Cards

recipe cards

Request an order form by emailing NEOPBcustomercare@cdph.ca.gov

Recipe cards for smoothies and flavored waters used to encourage drinking water and healthy beverages instead of sugary drinks. Cards include preparation instructions and nutritional information.

Audiences: school staff, parents/guardians
Grade level: K-12
Languages: English, Spanish
Program: Nutrition Education and Obesity Prevention Branch
Production date: 2012



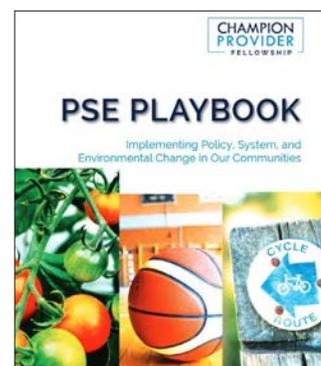
PSE Playbook: Implementing Policy, System, and Environmental Change in Our Communities

toolkit

<https://bit.ly/2moMis6>

Showcases examples of collaboration between providers and local health departments on Policy, System and Environmental (PSE) change interventions in various areas, including healthy food and beverage standards and food security.

Audience: school staff, health care providers
Grade level: K-12
Language: English
Program: Champion Provider Fellowship
Production date: 2018



Rethink Your Drink webinar series

Click here for the
training

Four-part recorded webinar informing and guiding listeners on how to use Rethink Your Drink materials:

1. A Deeper Look into Supporting Healthful Foods in Charitable Food Network
2. Healthy Hydration in Schools
3. Refresh Better! Get Started with Rethink Your Drink Implementation
4. Smile Better! Utilizing Rethink Your Drink to Promote Oral Health

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: 2017

School and Community Gardens webinar series

Click for the training

Three-part recorded webinar about school and community gardens:

1. Make An Agreement
2. Planning Your Garden for Long-Term Sustainability
3. Sustaining Your School Garden During the “Dog Days” of Summer

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: 2017



ORAL HEALTH

Dental Care Every Day: A Caregiver's Guide

[Click here for the booklet](#)

Details the important role caregivers play at home in maintaining good oral health for their family member or client with special needs.

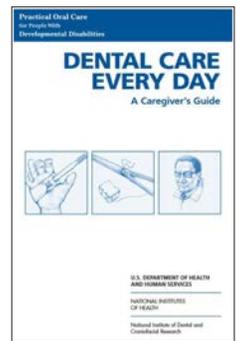
Audience: parents/guardians

Grade level: K-12

Language: English

Program: National Institute of Dental and Craniofacial Research

Production date: February 2012



A Healthy Mouth for Your Baby

[Click here for the brochure](#)

This easy-to-read brochure is for parents of infants or toddlers. It explains why baby teeth are important, gives tips on how to prevent early childhood tooth decay, and promotes the age one dental visit.

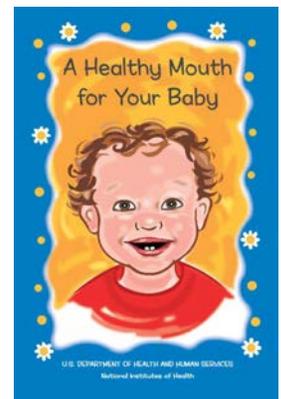
Audiences: middle school, high school

Grade level: middle school, high school

Languages: English, Spanish

Program: National Institute of Dental and Craniofacial Research

Production date: August 2017



Getting Fluoride for Your Child

[Click here for the brochure](#)

Describes benefits and sources of fluoride to prevent tooth decay in children.

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish

Program: National Maternal and Child Oral Health Resource Center

Production date: 2016



Oral Health & Learning

Click for the brochure

Information regarding the impact of oral health and overall health, learning, school attendance (chronic absences due to poor oral health), and learning, and school-based programs and policies to improve oral health.

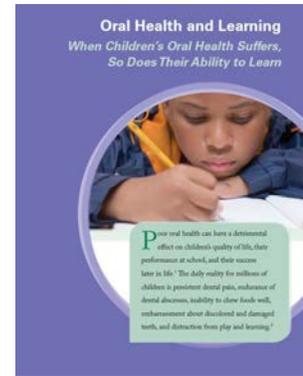
Audiences: parents/guardians, school staff, health care providers

Grade level: K-12

Language: English

Program: National Maternal and Child Oral Health Resource Center

Production date: 2013



Plaque: what it is and how to get rid of it

Click here for the brochure

This brochure shows how to brush and floss.

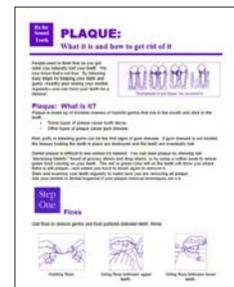
Audience: K-12

Grade level: K-12

Languages: English, Spanish

Program: National Institute of Dental and Craniofacial Research

Production date: 1999



Seal Out Tooth Decay

Click here for the brochure

This brochure is for parents of children ages 6-14. It explains what sealants are and why they are important for protecting teeth from decay. It also has a step-by-step description (with pictures) of how sealants are applied to teeth.

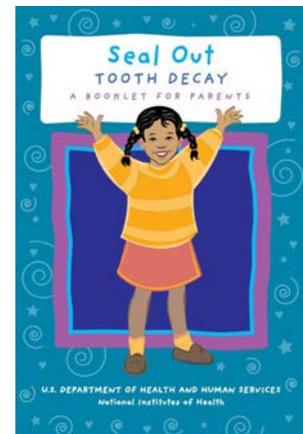
Audience: parents/guardians

Grade level: elementary school, middle school

Languages: English, Spanish

Program: National Institute of Dental and Craniofacial Research

Production date: August 2017



Open Wide and Trek Inside

Click here for the curriculum supplement

For use with students in first and second grades, this curriculum supplement focuses on oral health and the science of the oral environment.

Audience: school staff

Grade level: elementary school

Languages: English, Spanish

Program: National Institute of Dental and Craniofacial Research

Production date: 2000



Finding Low-Cost Dental Care

Click here for the fact sheet

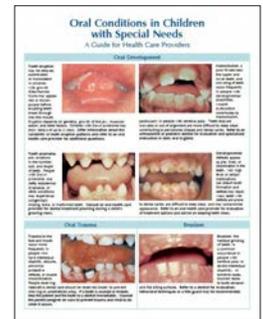
Suggests various sources of low-cost dental care.
Audience: parents/guardians
Grade level: K-12
Language: English
Program: National Institute of Dental and Craniofacial Research
Production date: 2015



Oral Conditions in Children With Special Needs

Click here for the fact sheet

Descriptions, photographs, and treatment recommendations for various oral conditions.
Audience: health care providers
Grade level: K-12
Language: English
Program: National Institute of Dental and Craniofacial Research
Production date: 2016



Seal America: The Prevention Invention

Click here for the manual

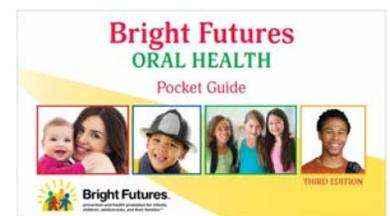
Assists health professionals in launching and sustaining school-based dental sealant programs.
Audience: health care providers
Grade level: K-12
Languages: English, Spanish
Program: National Maternal and Child Oral Health Resource Center



Bright Futures

Click here for the pocket guide

Tool for addressing the oral health needs of pregnant and postpartum women, infants, children, and adolescents.
Audience: health care providers
Grade level: K-12
Languages: English
Program: National Maternal and Child Oral Health Resource Center
Production date: 2016



Unaffordable Dental Care is Linked to Frequent School Absences

Click here for the policy paper

Describes the impact of chronic absence due to dental problems, and impact on learning and loss of Average Daily Attendance.

Audiences: school staff, health care providers

Grade level: K-12

Language: English

Program: The University of California, Los Angeles Center for Health Policy Research

Production date: 2009



National Maternal and Child Oral Health Resource Center

Click here for technical assistance & training

A national center serving the maternal and child health community with high-quality oral health technical assistance, training, and resources.

Audience: health care providers

Grade level: K-12

Languages: variety

Program: National Maternal and Child Oral Health Resource Center

Smile Better! Utilizing Rethink Your Drink to Promote Oral Health

Click here for the training

Recorded webinar on incorporating Rethink Your Drink into oral health programming.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: 2017

Championing Oral Health in Schools

Click here for the website

Variety of resources for school-based oral health programs and activities.

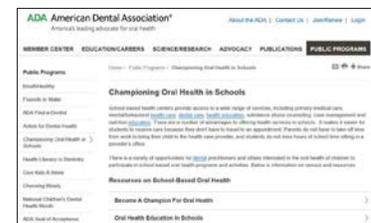
Audience: health care providers

Grade level: K-12

Language: English

Program: American Dental Association

Production date: 2018



The Tooth Decay Process: How to Reverse it and Avoid a Cavity

[Click here for the website](#)

How the tooth decay process starts and how it can be stopped.

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish

Program: National Institute of Dental and Craniofacial Research





PHYSICAL ACTIVITY

Potter, Potter the Healthy Otter

[Click here for the book](#)

Book highlighting the importance of physical activity as Potter the Otter encourages his friends to put down the computer games, turn off the television, and go play!

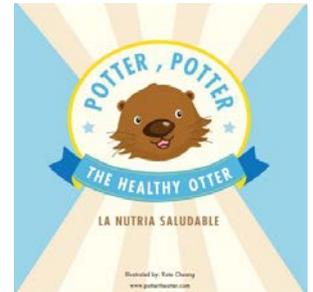
Audience: elementary school

Grade level: elementary school

Languages: English, Spanish

Program: Santa Clara First 5

Production date: 2015



Youth Physical Activities: The Role of Families

[Click here for the fact sheet](#)

Describes benefits, recommended duration, types, motivation, and parent partnering with schools.

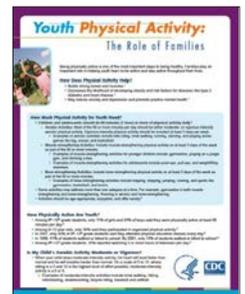
Audience: parents/guardians

Grade level: K-12

Language: English

Program: Centers for Disease Control and Prevention

Production date: 2009



California Nutrition and Physical Activity Guidelines for Adolescents

[Click here for the guide](#)

Designed to assist Adolescent Family Life Program case managers in improving the nutrition, physical activity, and healthy eating practices of clients.

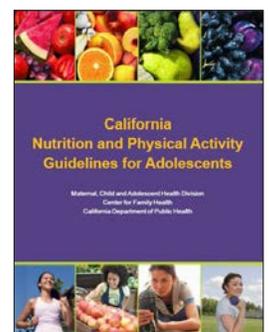
Audience: school staff

Grade level: middle school, high school

Language: English

Program: Maternal, Child and Adolescent Health Division

Production date: 2015



Comprehensive School Physical Activity Program: A Guide for Schools

Provides steps to follow to increase opportunities for students to participate in physical activity before, during, and after school.

Audience: school staff

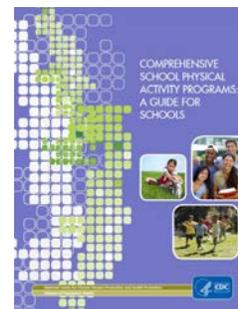
Grade level: K-12

Language: English

Program: Centers for Disease Control and Prevention

Production date: 2013

[Click here for the guide](#)



Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice

A step-by-step approach for developing and implementing a school recess plan, including both strategy and policy elements.

Audience: school staff

Grade level: elementary school, middle school

Language: English

Program: Centers for Disease Control and Prevention

Production date: 2017

[Click here for the guide](#)



Strategies for Recess in Schools

A guide to putting strategies for recess into practice.

Audience: school staff

Grade level: elementary school, middle school

Language: English

Program: Centers for Disease Control and Prevention

Production date: 2017

[Click here for the guide](#)



The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

This report looks at the link between physical activity and academic achievement, classroom behavior, and cognitive skills and attitudes.

Audience: school staff

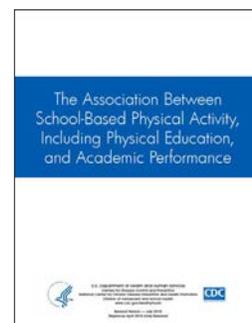
Grade level: K-12

Language: English

Program: Centers for Disease Control and Prevention

Production date: 2010

[Click here for the report](#)



Physical Activity Technical Assistance

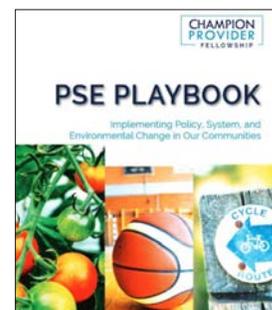
technical assistance
NEOPB@cdph.ca.gov

Customized technical assistance for physical activity in schools.
Audience: school staff, health care providers
Grade level: K-12
Language: English
Program: Nutrition Education and Obesity Prevention Branch

PSE Playbook: Implementing Policy, System, and Environmental Change in Our Communities

toolkit
[Click here for the
toolkit](#)

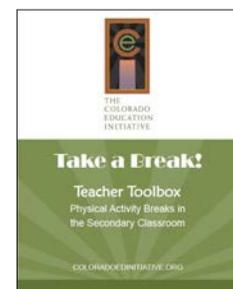
Showcases examples of collaboration between providers and local health departments on PSE change interventions in various areas, including structured physical activity.
Audience: school staff, health care providers
Grade level: K-12
Language: English
Program: Nutrition Education and Obesity Prevention Branch
Production date: 2018



Take a Break! Teacher Toolbox

[Click here for the
toolkit](#)

Compendium describing and demonstrating physical activities for the classroom.
Audience: school staff
Grade level: middle school
Language: English
Program: The Colorado Education Initiative
Production date: 2013



Involving Families in School Physical Activity (PA) Opportunities

[Click here for the
training](#)

Recorded webinar and slide deck about best practices and success stories for involving families in school PA activities and events.
Audience: school staff
Grade level: K-12
Language: English
Program: Nutrition Education and Obesity Prevention Branch
Production date: 2017

Physical Literacy: What is it and How Does it Support Physical Activity for Life?

[Click here for the training](#)

Recorded webinar and slide deck about how physical literacy is applied in a variety of physical activity settings, best practices, and resources.
Audience: school staff
Grade level: K-12
Language: English
Program: Nutrition Education and Obesity Prevention Branch
Production date: 2017



SAFETY & INJURY PREVENTION

child passenger safety

Stand Up Sofia – Do You Need A Booster Seat?

[Click here for the banner](#)

Demonstrates when the vehicle seat belt fits appropriately.

Audience: parents/guardians

Grade level: elementary school

Languages: English, Spanish

Program: I'm Safe

Production date: September 2018



CPS Parent Brochure

[Click here for the brochure](#)

Highlights laws and best practices for child passenger safety (CPS).

Audience: parents/guardians

Grade level: elementary school

Languages: English, Spanish

Program: Safe and Active Communities Branch

Production date: 2016



CPS Awareness Poster

[Click here for the poster](#)

Highlights California car seat laws.

Audience: parents/guardians

Grade level: elementary school

Languages: English, Spanish, Arabic, Chinese (simplified and traditional), Farsi, Hmong, Khmer, Korean, Punjabi, Russian, Tagalog, Vietnamese

Program: Safe and Active Communities Branch

Production date: 2016



Teen Driver Safety Tools

[Click here for tools](#)

Free evidence-based teen driver safety tools for teens, parents, educators, advocates, and policymakers used to enhance teen driver safety. These tools include fact sheets with teenage driving tips, videos, statistics, and educational curricula.

Audience: parents/guardians, school staff, high school

Grade level: high school

Language: English

Program: Children's Hospital of Philadelphia, Center for Injury Research and Prevention

CPS Technician Training

Provides training to become a nationally certified child passenger safety technician.

Audience: school staff, health care providers

Click here for the training

Grade level: elementary school

Language: English

Program: Safe Kids Certification

Car Seat Inspection Stations

Provides locations for car seat inspections and installations.

Audience: parents/guardians

Click here for the website

Grade level: elementary school

Program: National Highway Traffic Safety Administration

SAFETY & INJURY PREVENTION

dating abuse & rape prevention

Futures Without Violence: Safety Card

Click here for the card

Helps women recognize how their relationship impacts their health, as well as the lives of their children, and provides information on safety planning.

Audience: middle school, high school

Grade level: middle school, high school

Languages: English, Spanish

Program: Futures Without Violence

Production date: 2018



Expect Respect

Click here for the curriculum

A comprehensive approach to supporting vulnerable youth and creating safe and supportive learning environments.

Audience: school staff

Grade level: high school

Program: Expect Respect

Production date: 2018

In Touch With Teens

Click here for the curriculum

Information about power and control, elements of healthy relationships and healthy sexuality, and media literacy, as well as education on sexual harassment, sexual assault, and dating violence.

Audience: school staff

Grade level: middle school, high school

Program: Peace Over Violence

Mentors in Violence Prevention

Click here for the curriculum

This program focuses on young people as empowered bystanders who can confront abusive peers and support abused ones.

Audience: school staff

Grade level: high school

Program: Mentors in Violence Prevention Strategies

Relationship Smarts PLUS 4.0

Click here for the curriculum

Help teens learn how to make wise choices about relationships, dating, partners, sex, and more.

Audience: school staff

Grade level: middle school, high school

Program: The Dibble Institute

Safe Dates Targets attitudes and behaviors associated with dating abuse and violence.
Audience: school staff
Click here for the curriculum Grade level: middle school, high school
Program: Hazeldon Betty Ford Foundation
Production date: 2010

Second Step Program Teaching essential communication, coping, and decision-making skills that will allow adolescents to navigate common pitfalls, such as peer pressure, substance abuse, and bullying (both face-to-face and online).
Audience: school staff
Click here for the curriculum Grade level: middle school
Program: Committee for Children
Production date: 2008

Shifting Boundaries Designed to reduce the precursors to dating violence by focusing on sexual harassment among young adolescents.
Audience: school staff
Click here for the curriculum Grade level: middle school
Program: Wellesley College
Production date: December 2010

The Fourth R – Healthy Relationships Plus Addresses violence prevention by promoting positive, healthy relationships.
Audience: school staff
Click here for the curriculum Grade level: middle school, high school
Languages: English, French
Program: Western Center for School Mental Health
Production date: 2015

Listing of Domestic Violence Organizations Across California Current list of domestic violence organizations by zip code.
Audience: K-12
Grade level: K-12
Language: English
Click here for the website Program: California Partnership to End Domestic Violence

Listing of Rape Crisis Centers by County Current list of Rape Crisis Centers in every county.
Audience: K-12
Grade level: K-12
Click here for the website Language: English
Program: California Coalition Against Sexual Assault (CALCASA)

SAFETY & INJURY PREVENTION

pedestrian & bicycle safety

California Pedestrian and Bicycle Safety Curriculum for Grades 4 and 5

[Click here for the curriculum](#)

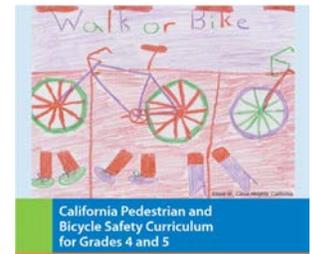
A series of nine lesson plans teach students the importance of pedestrian and bicycle safety skills, while also developing healthy habits that benefit both their physical development and academic performance.

Audience: school staff

Grade level: elementary school

Languages: English

Program: Safe and Active Communities Branch



Bicycle Safer Journey

[Click here for the video](#)

Three videos, one for each of three age groups, are accompanied by a quiz or discussion guide, and an educator's resource library. Provides an introduction to bicycle safety skills or an augmentation to a comprehensive curriculum.

Audience: school staff

Grade level: K-12

Languages: English, Spanish

Program: Federal Highway Administration



Pedestrian Safer Journey

[Click here for the video](#)

Three videos, one for each of three age groups, are accompanied by a quiz or discussion guide, and an educator's resource library. Provides an introduction to pedestrian safety skills or an augmentation to a comprehensive curriculum.

Audience: school staff

Grade level: K-12

Languages: English, Spanish

Program: Federal Highway Administration



Safe Routes to School Resources

Collection of resources to support local communities with creating, evaluating, and sustaining active transportation education and encouragement (non-infrastructure) programs.

Click here for the website

Audience: school staff, parents/guardians

Grade level: K-12

Language: English

Program: Safe and Active Communities Branch
Active Transportation Safety Program

Bike Safety: Tips for Youth

Highlights safe bicycle riding tips and rules of the road.

Audience: K-12

Grade level: K-12

Language: English

Program: National Highway Traffic Safety Administration

Production date: January 2013

Click here for the fact sheet



Easy Steps to Fit a Bicycle Helmet

Guide for fitting a bicycle helmet.

Audiences: K-12, parents/guardians

Grade level: K-12

Language: English

Program: National Highway Traffic Safety Administration

Production date: April 2006

Click here for the fact sheet



Prevent Pedestrian Crashes: Parents and Caregivers of Elementary School Children

Highlights common types of collisions between young pedestrians and motorists.

Audience: parents/guardians

Grade level: elementary school

Language: English

Program: National Highway Traffic Safety Administration

Production date: October 2008

Click here for the fact sheet



Tips for Preteens and Teens to Prevent Pedestrian Crashes

[Click here for the fact sheet](#)

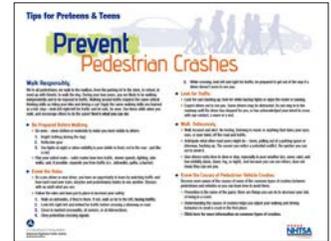
Highlights common types of collisions between young pedestrians and motorists.

Audience: middle school, high school

Grade level: middle school, high school

Language: English

Program: National Highway Traffic Safety Administration



Smart Cycling Quick Guide

[Click here for the guide](#)

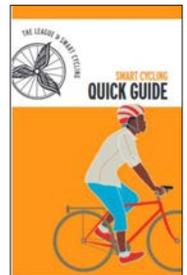
Booklet for purchase that outlines the basic rules of the road, components of a bicycle, and all of the information you need to ride a bicycle safely and confidently.

Audience: K-12

Grade level: K-12

Language: English, Spanish

Program: League of American Bicyclists



How Safe Routes to School Benefits Our Communities

[Click here for the infographic](#)

Highlights the multiple benefits of walking and bicycling to school.

Audience: school staff

Grade level: K-12

Language: English

Program: Safe and Active Communities Branch



Safe Routes to School Technical Assistance

[Click here for technical assistance or email atsp@cdph.ca.gov](#)

Assistance via phone and email to discuss Safe Routes to School related questions and related resources.

Audiences: school staff, parents/guardians

Grade level: K-12

Language: English

Program: Caltrans Active Transportation Resource Center

PSE Playbook: Implementing Policy, System, and Environmental Change in Our Communities

[Click here for the
toolkit](#)

Showcases examples of collaboration between providers and local health departments on PSE change interventions in various areas, including Safe Routes to School.

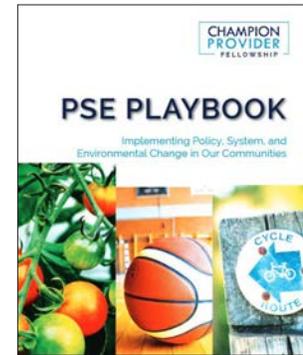
Audience: school staff, health care providers

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity
Prevention Branch

Production date: 2018



California School Crossing Guard Training

[Click here for the
training](#)

Four-part online training for new and existing crossing guards. Email ATSP@cdph.ca.gov to obtain access to the tests for each part of the online training.

Audience: school staff

Grade level: K-12

Language: English

Program: Safe and Active Communities Branch

California School Crossing Guard Training Guidelines

[Click here for the
training](#)

Provides local jurisdictions with the resources to train and vet new and existing crossing guards.

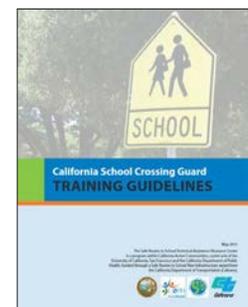
Audience: school staff

Grade level: K-12

Language: English

Program: Safe and Active Communities Branch

Production date: May 2015



**Active Transportation
Safety Program
Resources**

Resources for schools to support walking and bicycling to school through activities such as Walk to School Day, Bike to School Day, Walking School Buses, Bicycle Trains, Bicycle Rodeos.

Audience: school staff, parents/guardians

Click here for the website

Grade level: K-12

Language: English

Program: Safe and Active Communities Branch

**Safe Routes
to School Basics**

workshop

email atsp@cdph.ca.gov

Customized workshops for schools, school districts, and their communities on *Safe Routes to School Basics* and *Getting Started*.

Audience: school staff, parents/guardians

Grade level: K-12

Language: English

Program: Safe and Active Communities Branch



SCHOOL WELLNESS

PSE Playbook: Implementing Policy, System, and Environmental Change in Our Communities

[Click here for the
toolkit](#)

Showcases examples of collaboration between providers and local health departments on PSE change interventions in various areas, including school wellness.

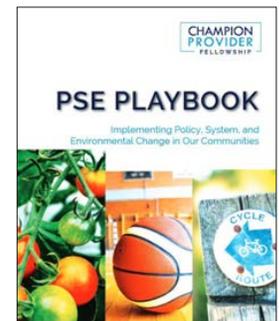
Audience: school staff, health care providers

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: 2018



Building the Case: Best Practices on Using Data for Local School Wellness Policy Implementation

[Click here for the
training](#)

Recorded webinar about building the case for local school wellness policies, including how to use data to support the link between student wellness and academic achievement, best practices, and resources and research to guide and support implementation.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: September 2017

Getting Your School Wellness Policy Committee Engaged and Moving Forward

[Click here for the training](#)

Recorded webinar covering school wellness policy committees, including steps to build an effective team, using the CDC's Whole School, Whole Community model, and strategies for keeping committees engaged.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: September 2017

Local School Wellness Policies Basics: What You Need to Know to Put Your Wellness Policy in Place

Recorded webinar about school wellness policies basics, including an overview of local school wellness policies, assessment of local school wellness policy language, and supporting resources.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: September 2017

[Click here for the training](#)

Local School Wellness Policy Implementation: Planning to put Your Policy into Action

Recorded webinar about putting your school wellness policy into action, including accessing the School Health Index online tool to support implementation, prioritizing policy elements, and including strategies for communication and monitoring when developing your implementation plan.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: September 2017

[Click here for the training](#)

Resources for Assessing the Quality of School Health Policies and Practices, and Improvement Plan Implementation

Recorded webinar covering how to use the School Health Index and how to use the Action Plan to set goals and identify beneficial resources.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: September 2017

[Click here for the training](#)

Local School Wellness Policy Resources

Information regarding the 2016 Local School Wellness Policy (LSWP) requirements, background, compliance, training, resources, and policy guidance, for Local Education Agency.

Audience: school staff

Grade level: K-12

Language: English

Program: California Department of Education

[Click here for the website](#)

California Local School Wellness Policy Collaborative

[Click here for the website](#)

Resources for school districts to activate their local school wellness policies, including: establish a successful wellness team, assess the quality of a district policy, motivate and educate parents, find spending flexibility with the local control funding formula, and get moving with sample action plans and model policies.

Audience: school staff

Grade level: K-12

Language: English

Program: California Local School Wellness Policy Collaborative

Refreshing Your Local School Wellness Policy

[Click here for the workshop](#)

In-person workshop to guide schools in refreshing their Local School Wellness Policy.

Audience: school staff

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: September 2017



SEXUAL HEALTH

sexual & reproductive health

California Healthy Youth Act (CHYA) Summary of Requirements

[Click here for the guidelines](#)

CHYA requires that school districts ensure all pupils in grades seven to 12, receive comprehensive sexual health education and HIV prevention education. This webpage includes legal requirements for education in these areas and additional resources for quality instructional programs.

Audiences: school staff, health care providers

Grade level: middle school, high school

Language: English

Program: California Department of Education

Core Competencies for Providers of Adolescent Sexual and Reproductive Health Programs/ Services

[Click here for the guidelines](#)

Represents the foundation of professional capabilities that all providers should strive to possess in order to deliver effective, sensitive, and appropriate sexual and reproductive health programs and services to adolescents.

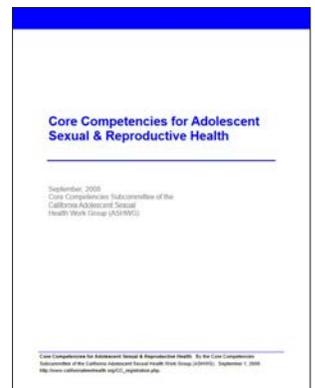
Audiences: school staff, health care providers

Grade level: middle school, high school

Language: English

Program: Adolescent Sexual Health Work Group

Production date: 2008



Condom Access Project (CAP)

[Click here for promotional materials](#)

Aims to increase adolescents' access to free condoms by addressing some of the significant barriers to condom use that still exist for youth, including cost, discomfort around asking others for and purchasing condoms, and difficulty locating condoms.

Audiences: middle school, high school

Grade level: middle school, high school

Language: English

Program: Essential Access Health



HookUp

Click here for promotional materials

A text message service that sends weekly tips about sexual and reproductive health to youth. To subscribe, text “hookup” to 877877.

Audiences: middle school, high school

Grade level: middle school, high school

Languages: English, Spanish

Program: Essential Access Health



Resources to Support Local Implementation of Comprehensive Sexual Health Education in California Schools

Click here for the resource list

Links to resources for implementing comprehensive sexual health education in California, including resources around minor consent and confidentiality laws and students rights to access sensitive services during the school day.

Audiences: school staff, health care providers

Grade level: K-12

Language: English

Program: Adolescent Sexual Health Work Group

Production date: June 2017

Positive Youth Development Tool Kit

Click here for the toolkit

PYD is a strengths-based, holistic approach to working with youth to promote healthy development and outcomes. PYD focuses on the process of creating an environment that provides protective factors, which promote personal strengths and resilience.

Audiences: school staff

Grade level: middle school, high school

Languages: English

Program: California Adolescent Sexual Health Work Group

Production date: November 2017



Sexual Health Educator (SHE) Training Program

Click here for the training

Training program for educators who want to build their knowledge and capacity in sexual health and sexuality education.

Audiences: school staff, health care providers

Grade level: K-12

Language: English

Program: Sexually Transmitted Diseases Control Branch

Production date: 2016

Talk With Your Kids

Promotes family communication and features tips for parents and trusted adults on how to communicate with children about their bodies, health, and relationships.

Click here for the website & promotional materials

Audience: parents/guardians

Grade level: K-12

Languages: English, Spanish

Program: Essential Access Health

Teen Health Law

Provides information on laws from minor consent and confidentiality to child abuse reporting, insurance regulations, and more. The website's initial focus is on laws that impact adolescent reproductive health care delivery in California.

Click here for the website

Audiences: school staff, health care providers, middle school, high school

Grade level: middle school, high school

Language: English

Program: The National Center for Youth Law



TeenSource

A teen-friendly website with youth-generated blogs, a clinic finder, birth control, STD information, information on teen rights, and more.

Click here for the website

Audiences: middle school, high school

Grade level: middle school, high school

Languages: English, Spanish

Program: Essential Access Health



Your Health, Your Rights

Overview of person's rights and resources to get reproductive health care.

Click here for the website

Audiences: middle school, high school

Grade level: middle school, high school

Languages: English, Spanish

Programs: American Civil Liberties Union and ACCESS Women's Health Justice



Get Yourself Tested (GYT)

Click here for promotional materials

The Get Yourself Tested national campaign increases awareness about STDs and how to prevent them, links young people to STD testing services, and promotes a more open dialogue with partners and health care providers. GYT promotional materials and provider resources are available through the GYT website.

Audiences: middle school, high school, health care providers

Grade level: middle school, high school

Languages: English, Spanish

Program: Centers for Disease Control and Prevention



Chlamydia and Gonorrhea Patient-Delivered Partner Therapy (PDPT) Distribution Program

Click here for the treatment program

Provides eligible clinics with free, pre-packaged partner treatment medication to give to patients who test positive for chlamydia or gonorrhea and have partners who are otherwise unable or unlikely to be treated.

Audience: health care providers

Grade level: middle school, high school

Language: English

Program: Essential Access Health



SUBSTANCE ABUSE

cannabis

Cannabis Information for Health Care Providers

Click here for the fact sheet

Effects of cannabis on birth weight, fetal growth restriction, neurodevelopment, brain development, school performance, and mental health.

Audience: health care providers

Grade level: K-12

Language: English

Program: California Cannabis Health Information Initiative

Production date: October 2017



Pregnant and Breastfeeding Women and Cannabis

Click here for the fact sheet

How cannabis affects birth weight, THC in breastmilk, the health risks of exposing babies and children to second-hand smoke, and guidance for talking to a doctor about cannabis use.

Audiences: middle school, high school

Grade level: middle school, high school

Languages: English, Spanish

Program: California Cannabis Health Information Initiative

Production date: October 2017



Responsible Use of Cannabis

Click here for the fact sheet

Keeping children safe: storage, second-hand smoke, driving under the influence, and poisoning risks from edible products.

Audience: parents/guardians

Grade level: K-12

Language: English

Program: California Cannabis Health Information Initiative

Production date: October 2017



What Parents and Mentors Need to Know about Cannabis

Click here for the fact sheet

How cannabis affects youth, including mental health, brain development, lungs, driving, and educational and professional goals of youth, and talking tips for parents and mentors.

Audiences: school staff, parents/guardians

Grade level: K-12

Language: English

Program: California Cannabis Health Information Initiative

Production date: October 2017



Youth and Cannabis

Click here for the fact sheet

How cannabis affects health, brain development, educational and professional goals of youth and the legal consequences of under-age use.

Audiences: middle school, high school

Grade level: middle school, high school

Language: English

Program: California Cannabis Health Information Initiative

Production date: October 2017



SUBSTANCE ABUSE

opioids

Operation Prevention: Combating Opioid Misuse

resources

Click here for resources

A comprehensive, no-cost, science-based program for young people ages 8-18 to combat opioid misuse. Includes virtual field trips, parent resources, English and Spanish language standards aligned K-12 tools, and a national peer-to-peer video challenge.

Audience: K-12, school staff, parents/guardians, health care providers

Grade level: K-12

Languages: English, Spanish

Programs: Drug Enforcement Administration and Discovery Education

SUBSTANCE ABUSE

tobacco

Risks from Smoking

Click here for the infographic

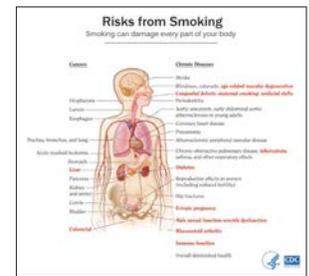
Visual illustration of the harmful effect of tobacco use on various parts of the body.

Audience: health care providers

Grade level: middle school, high school

Language: English

Program: Center for Disease Control and Prevention Office of Smoking and Health



Smokeless Tobacco: Health Effects

Click here for the website

A wide array of educational resources about smokeless tobacco.

Audiences: school staff, health care providers, parents/guardians

Grade level: K-12

Language: English

Program: Center for Disease Control and Prevention Office of Smoking and Health



California Tobacco Facts and Figures: A Retrospective Look at 2017

Click here for the report

This report highlights the rates of tobacco use, health effects, tobacco industry marketing, and usage of tobacco cessation services.

Audience: school staff, health care providers

Grade level: middle school, high school

Language: English

Program: California Tobacco Control Program

Production date: 2018



New Tobacco Use Prevalence Among California Adults and Youth 2016

Click here for the PowerPoint

Slide deck showing the latest prevalence of tobacco use among California adults and youth.

Audience: school staff, health care providers

Grade level: middle school, high school

Language: English

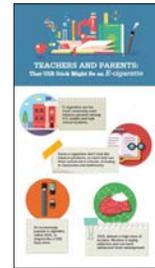
Program: California Tobacco Control Program

Production date: 2016

TEACHERS AND PARENTS: That USB Stick Might be an E-Cigarette

Click here for the infographic

An infographic about USB-shaped e-cigarettes.
Audiences: school staff, parents/guardians
Grade level: middle school, high school
Language: English
Program: Centers for Disease Control and Prevention, Office of Smoking and Health



Talk With Your Teen About E-Cigarettes: A Tip Sheet for Parents

Click here for the tip sheet

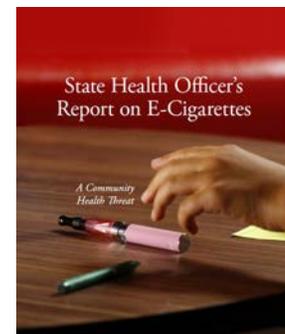
Facts about e-cigarettes and tips for parents/guardians on how to impart the information to teenagers.
Audience: parents/guardians
Grade level: middle school, high school
Language: English
Program: U.S. Surgeon General
Production date: 2016



State Health Officer's Report on E-Cigarettes: A Community Health Threat (2015)

Click here for the report

Provides information about the risks associated with e-cigarettes, the rapidly increasing use of these devices among adults and youth, and how the current unrestricted e-cigarette marketing is impacting our youth.
Audiences: school staff, health care providers, parents/guardians
Grade level: K-12
Language: English
Program: California Tobacco Control Program
Production date: 2015



E-Cigarettes and Liquid Nicotine (Alert)

Click here for report

Facts about nicotine exposure via e-liquids.
Audiences: school staff, health care providers, parents/guardians
Grade level: middle school, high school
Language: English
Program: American Association of Poison Control Centers



What is JUUL?

Click here for the website

Facts about JUUL, an electronic smoking device
Audiences: school staff, health care providers, parents/guardians
Grade level: middle school, high school
Language: English
Program: Truth Initiative



California Youth Advocacy Network

Click here for the website

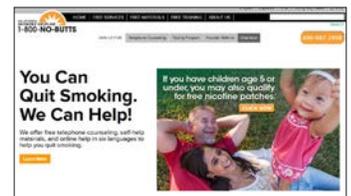
The California Youth Advocacy Network changes the tobacco use culture in California's high schools, colleges and universities, military installations, and other youth and young adult communities by providing knowledge, skills, and tools to create local change for healthier communities.
Audience: school staff
Grade level: high school
Language: English
Program: California Youth Advocacy Network



The California Smokers' Helpline

Click here for the website

Free tobacco cessation counseling resources and tools for providers, educators, and residents (adults and youth).
Audiences: school staff, health care providers, parents/guardians, middle school, high school
Grade level: middle school, high school
Language: English
Program: California Smokers' Helpline



Tobacco Education Clearinghouse of California

Click here for the website

Free tobacco educational materials of various types and in various languages
Audiences: school staff, health care providers, parents/guardians
Grade level: middle school, high school
Languages: multiple
Program: Education Training Research Associates





CDPH PROGRAM DIRECTORY

Active Transportation Safety Program

Click here for the website
caatpresources.org
atsp@cdph.ca.gov

The Active Transportation Safety Program works as part of Caltrans' Active Transportation Resource Center to provide technical assistance, training, and resources to support state and local efforts, including those focused on Safe Routes to School, to promote active transportation (e.g. walk and bicycle commutes) and enhance safety for pedestrians and bicyclists.

California Cannabis Health Information Initiative

Click here for the website
(916) 558-1784

The California Cannabis Health Information Initiative is committed to raising awareness about how cannabis affects our bodies, minds, and health. Priorities include protecting the health of pregnant and breastfeeding women, infants, and youth, and promoting the role of parents and mentors in preventing cannabis use. The Initiative provides science-based fact sheets which can be downloaded and printed, a community toolkit, and videos and other digital resources for sharing on social media.

California Office of Oral Health

Click here for the website
(916) 552-9900

The California Office of Oral Health works to improve the oral health of all Californians through prevention, education, and organized community efforts. It provides strategic advice and leadership to oral health stakeholders throughout the state, building oral health workforce capacity and infrastructure, and implementing and evaluating evidence-based best practices in oral disease prevention.

California Tobacco Control Program

Click here for the website
(916) 449-5500
CTCPInbox@cdph.ca.gov

For nearly 30 years, CTCP has led the fight to keep tobacco out of the hands of youth, help tobacco users quit, and ensure that all Californians can live, work, play, and learn in tobacco-free environments. It is the longest running, most comprehensive tobacco control program in the nation. CTCP leads statewide, regional, and local health programs, services, and activities that promote an environment truly free of tobacco.

Childhood Lead Poisoning Prevention Branch (CLPPB)

Click here for the website
(510) 620-5600
PDSS@cdph.ca.gov

The Childhood Lead Poisoning Prevention Branch (CLPPB) provides lead poisoning prevention education and resources, care management, and environmental investigations to lead-burdened children, and oversees California's Lead-Related Construction Program. CLPPB contracts with local health jurisdictions to provide these services at the local level, and provides the services directly in non-contracted counties.

Immunization Branch

Click here for the website
(510) 620-3737
immunizationbranch@cdph.ca.gov

The Immunization Branch provides leadership and support to public and private sector efforts to protect the population against vaccine-preventable diseases.

Maternal, Child, and Adolescent Health Division

Click here for the website
(866) 241-0395

The Maternal, Child and Adolescent Health (MCAH) Division works to improve the health and well-being of women, infants, children, and adolescents throughout the state.

All of our programs focus on clinical linkages and community engagement around improving adolescent health. We work to promote and enhance strengths, skills, and supports for adolescents to improve their health and reduce disparities. We promote healthy adolescent reproductive and sexual behaviors to improve health outcomes, promote healthy relationships, and improve preconception health. Our programs provide building blocks for healthy relationships, healthy pregnancies, and healthy families.

Nutrition Education and Obesity Prevention Branch

Click here for the website
(916) 449-5400
neopb@cdph.ca.gov

Through statewide, regional, and local partnerships, programs, and policy initiatives, we promote healthy eating, physical activity, and food security with an emphasis on communities with the greatest health disparities.

The Nutrition Education Obesity Prevention Branch (NEOPB) supports the *Champion Provider Fellowship Program*, which empowers, trains, and supports healthcare providers to use their expertise and respected voices to improve the health communities through local policy, systems, and environmental changes. The NEOPB also implements the *Harvest of the Month* initiative, which promotes California-grown fruits and vegetables using school- and community-based interventions.

Office of Health Equity

[Click here for the website](#)

(916) 445-4139

OHE@cdph.ca.gov

The Office of Health Equity was established to provide a key leadership role to reduce health and mental health disparities to vulnerable communities. A priority of this groundbreaking office is building of cross-sectoral partnerships. The office consults with community-based organizations and local governmental agencies to ensure that community perspectives and input are included in policies and any strategic plans, recommendations, and implementation activities.

Rape Prevention and Education (RPE) Program

[Click here for the website](#)

sac@cdph.ca.gov

The Rape Prevention and Education Program (RPE) funds Rape Crisis Centers across California in order to implement and evaluate sexual violence primary prevention projects. Prevention strategies include the implementation of comprehensive school-based programs that include teaching a classroom curriculum, involving youth leaders in school-wide campaigns, training school staff, and developing a school sexual violence prevention policy.

Safe and Active Communities Branch

[Click here for the website](#)

sac@cdph.ca.gov

The Safe and Active Communities (SAC) Branch is the focal point for the CDPH's injury prevention efforts to reduce intentional and unintentional injuries. Program efforts include the following: Rape Prevention and Education; Domestic Violence Prevention; Teen Dating Violence Prevention; Violence Prevention Initiative; National Violent Death Reporting System; Child Maltreatment Prevention; Fatal Child Abuse and Neglect Surveillance; Unintentional Childhood Injury Prevention; Prescription Drug Misuse and Overdose Prevention; Vehicle Occupant Safety; Crash Medical Outcomes Data; Active Transportation Safety; and Older Adult Falls Prevention.

Sexually Transmitted Disease (STD) Control Branch

[Click here for the website](#)

(510) 620-3400

stdcb@cdph.ca.gov

The mission of the STD Control Branch is to reduce the transmission and impact of sexually transmitted diseases and viral hepatitis in California. The branch supports the prevention efforts through providing statewide leadership, guidance, training, technical assistance, surge capacity, and safety net support for delivering services throughout the state. We carry out this mission by collaborating with local health jurisdictions and stakeholders in the public and private sectors.

Tuberculosis Control Branch

Click here for the website

(510) 620-3000

tbc@cdph.ca.gov

The California Tuberculosis (TB) Control Branch provides leadership and resources to prevent and control tuberculosis. The vision of the TB Control Branch is to speed the decline of TB morbidity and mortality.

Vehicle Occupant Safety Program

Click here for the website

sac@cdph.ca.gov

The Vehicle Occupant Safety Program (VOSP) coordinates child passenger safety (CPS) efforts across California. VOSP sustains essential CPS partnerships that link state and local policy, enforcement, and educational efforts to enhance effectiveness of local program implementation and CPS services. VOSP supports CPS technical capacity through the statewide CPS Technician Training System that trains and recertifies California CPS Technicians.

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These resources are current as of the date of publication. As resources are constantly evolving, please direct inquiries regarding updates to SchoolBasedHealthCenterProject@cdph.ca.gov. Resources and support for school-based health center services and activities may also be available through your local health department. Visit <https://bit.ly/2MWgR8k> for contact information.

Compiled & designed by Brown•Miller Communications, Inc.



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