















Resource	Description
Amazing Me (Gr 4-5) 	Resources focusing on health, social-emotional learning, and body confidence. Includes a virtual fieldtrip, classroom presentations, activities and educator guides. <div style="text-align: right;">✓ Lesson Plans</div>
Association for Media Literacy (All ages) 	Teaching resources/ideas, pro-D and frameworks for teachers, parents, and students. Includes infographics on popular social media and sample plain language End User License Agreements for students to analyze. <div style="text-align: right;">✓ Lesson Plans</div>
Beyond Images (Gr 4-8) 	Includes activities that make a positive difference in combating appearance-based bullying and negative stereotypes. Explore key issues in society around body image, self-esteem, and media messaging. <div style="text-align: right;">✓ Lesson Plans</div>
BE REAL's BodyKind Curriculum (Gr 9-12) 	This curriculum provides four 50-min lesson plans to help increase body appreciation, self-esteem, and self-compassion. To access the curriculum for free, register on the site and watch the 70-min training video. <div style="text-align: right;">✓ Lesson Plans</div>
CRTL-F Digital Media Literacy (All ages) 	Videos, activities and case studies to support information literacy. CTRL-F is an evidenced-based 7 hour, 4 part program that equips students with the habits and skills needed to evaluate online information. The learning modules include videos, slide decks, activity sheets and assessments (Gr 7-12). <div style="text-align: right;">✓ Lesson Plans</div>
Common Sense Media (K-12) 	Unbiased information about social media. Includes talking tips about sharing/posting online, short videos, webinars, and information about the latest apps/websites. <div style="text-align: right;">✓ Lesson Plans</div>
ERASE (All ages) 	Resources for building safe and caring school communities: for students, parents, educators, and community partners. Available in English, French and other languages. <div style="text-align: right;">✓ Lesson Plans</div>
Healthy Schools BC (All ages) 	Educator-focused, evidence informed resources relevant across B.C. Searchable by grade and topic, resources are available in many topic areas to support the health and wellness of your school community. <div style="text-align: right;">✓ Lesson Plans</div>
Embody Eating Disorders Prevention (All ages) 	Resources for educators, parents & youth including body neutrality, body image, self-esteem, resiliency, social media, and a focus on health, not weight. <div style="text-align: right;">✓ Lesson Plans</div>



Looking for more resources or support? Contact: healthyschools@islandhealth.ca



Resource		Description	
Kids in the Know (K-8) 	Canadian Centre for Child Protection's interactive safety education program for educators and parents to teach personal safety strategies in an engaging and age-appropriate way that builds resiliency and reduces the likelihood of victimization online and offline.	✓ Lesson Plans	
Learning for Life Toolkit (Gr 4-7) 	Curriculum-linked, interactive resources to build digital health literacy. Includes resources addressing physical activity, healthy eating, sleep and social/emotional wellbeing.	✓ Lesson Plans	
Media & Digital Literacy (All ages) 	Information on various topics including media literacy, social networking, internet safety, cyberbullying & making sense of media messages.		
Media Smarts (K-12) 	Canadian media literacy resources searchable by grade and topic for educators, parents and youth. Includes digital & media literacy outcomes by province/territory and subject.	✓ Lesson Plans	
Ophea Internet Safety Resources (Gr 4-8) 	Resources for teachers and parents including engaging videos with discussion guides to help students develop safe & healthy online behaviours.	✓ Lesson Plans	
Privacy and Kids (Gr 4-12) 	Free, Canadian resources including lesson plans, activities, graphic novels, and more. Includes a privacy quiz to test online privacy knowledge. From the Office of the Privacy Commissioner of Canada.	✓ Lesson Plans	
Raising Digitally Responsible Youth Parents' Guide (All ages) 	Information on digital parenting, social media apps, video games, and geo-location. From the BC Ministry of Education and BC School Superintendents Association.		
Screen Time and Digital Media (All ages) 	Tips and advice for parents of school aged children and teens around managing screen time and digital media, from the Canadian Pediatric Society. Includes links to other resources.		
Teen Talk (Gr 8-12) 	Information on body image, media literacy, and eating disorders. Includes an FAQ section targeted at youth. Created by Manitoba's Sexuality Education Resource Centre.		
Weight Bias and Stigma in Schools (All ages) 	Information on how to reduce weight bias and stigma in schools; including what weight bias looks like, how to teach PHE in a weight inclusive way, & how to have a weight inclusive environment.	✓ Lesson Plans	