



# 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](mailto: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



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## 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



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## 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.

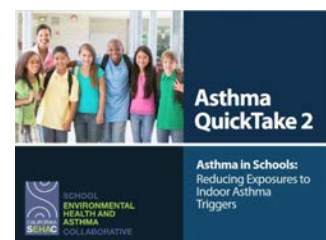
**Audiences:** health care providers, school staff

**Grade level:** K-12

**Language:** English

**Program:** California School Environmental Health and Asthma Collaborative

**Production date:** 2012



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## 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.

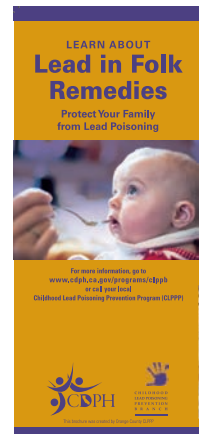
**Audience:** parents/guardians

**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.

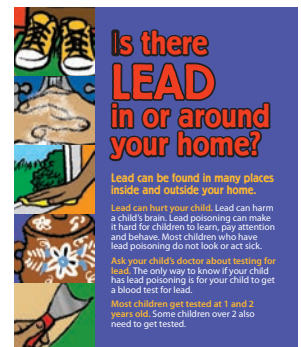
**Audience:** parents/guardians

**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

[Click here for the brochure](#)

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

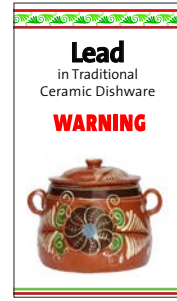
**Audience:** parents/guardians

**Grade level:** K-12

**Languages:** English, Spanish

**Program:** Childhood Lead Poisoning Prevention Branch

**Production date:** July 2008



## Protect Your Child From Lead

[Click here for the brochure](#)

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



## Repainting or Fixing Up Your Older Home

[Click here for the brochure](#)

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



## Well Fed = Less Lead

[Click here for the brochure](#)

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





## 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.

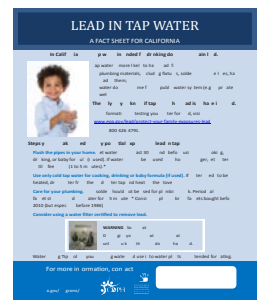
Audiences: parents/guardians, school staff

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.

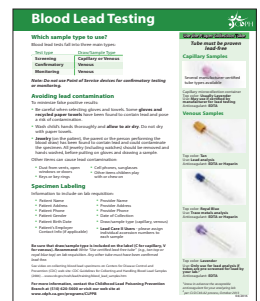
Audience: health care providers

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.

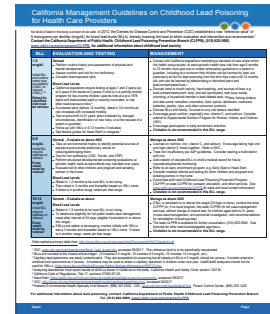
Audience: health care providers

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.

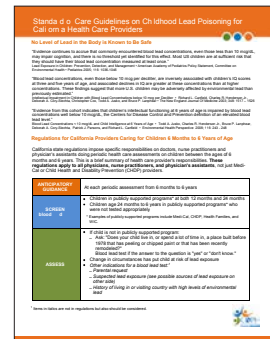
Audiences: parents/guardians, health care providers

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](#)

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## 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



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## 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

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# INFECTIOUS DISEASES

## immunizations

### Parents' Guide to Immunizations Required for School Entry

fact sheet

Guide for parents on immunization requirements for students.

Audience: parents/guardians

Grade level: K-12

Languages:

English: [Click here for English](#)

Spanish: [Click here for Spanish](#)

Program: Immunization Branch

Production date: January 2016

Vaccine	4-6 Years Old (Immunization Branch) (Immunization Branch)	7-12 Years Old (Immunization Branch)	7th-Grade*
<b>MM2 (MM, M, MR)</b>	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses of MM2 at 12-15 months and 18-24 months
<b>MM4 (MM, M, MR, MZ)</b>	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses of MM4 at 12-15 months and 18-24 months
<b>MM4V (MM, M, MR, MZ, V)</b>	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses of MM4V at 12-15 months and 18-24 months
<b>MM4V (MM, M, MR, MZ, V) + Hib</b>	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses of MM4V at 12-15 months and 18-24 months
<b>MM4V (MM, M, MR, MZ, V) + Hib + Hepatitis B</b>	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses of MM4V at 12-15 months and 18-24 months
<b>MM4V (MM, M, MR, MZ, V) + Hib + Hepatitis B + Polio</b>	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses 1st dose: 12-15 months 2nd dose: 18-24 months	2 doses of MM4V at 12-15 months and 18-24 months

**INSTRUCTIONS:**  
Children who are required to have immunization records for school entry must have their immunization records for all children ages 4-6, 7-12 years old, and all children attending in the grade indicated.

- Verify parents of required immunizations and other immunizations.
- Verify that the child has received the correct immunization record for the child's age and grade level. If the child is not immunized, the parent/guardian must bring the child to the Immunization Branch for a vaccine shot.
- Complete number of doses for the child's age and grade level.
- Determine whether child can be admitted.

**QUESTIONS?**  
Visit [ShotsForSchool.org](#) or call [\(800\) 458-5231](#)

### Vaccine Safety: Answers to Parents' Top Questions

Click here for the Frequently Asked Questions

FAQ for parents/guardians regarding vaccine safety.

Audience: parents/guardians

Grade level: K-12

Language: English

Program: Immunization Branch

Production date: 2018

**Vaccine Safety: Answers to Parents' Top Questions**

As a parent, you want to know the most reliable information about vaccine safety. Here are some answers to common questions. If you have more questions, visit [ShotsForSchool.org](#) or call [\(800\) 458-5231](#).

- What does it mean when a vaccine is approved?**  
The U.S. Food and Drug Administration (FDA) approves vaccines after a long and rigorous process. The FDA reviews the safety and effectiveness of the vaccine and the data from clinical trials. The FDA also monitors the safety of the vaccine after it is approved.
- What does it mean when a vaccine is recommended?**  
The Centers for Disease Control and Prevention (CDC) recommends vaccines that are safe and effective. The CDC also monitors the safety of the vaccine after it is recommended.
- What does it mean when a vaccine is required?**  
Some states require certain vaccines for school entry. The CDC recommends these vaccines because they are safe and effective.
- What does it mean when a vaccine is optional?**  
Some vaccines are optional. This means that you can choose whether or not to get the vaccine. However, getting the vaccine can help protect your child from serious illness.
- What does it mean when a vaccine is not recommended?**  
The CDC does not recommend certain vaccines for certain children. This is because the benefits of the vaccine do not outweigh the risks for these children.
- What does it mean when a vaccine is not approved?**  
The FDA does not approve certain vaccines because they are not safe or effective. The FDA also monitors the safety of the vaccine after it is approved.

### Ready for 7<sup>th</sup> Grade?

Click here for the flyer

Flyer to notify parents/guardians that the Tdap vaccine and two varicella (chickenpox) vaccine doses are required for all 7<sup>th</sup> graders.

Audience: parents/guardians

Grade level: middle school

Language: English

Program: Immunization Branch

Production date: 2011

**Ready for 7<sup>th</sup> Grade?**

Get the whooping cough shot if you haven't had it yet!

The Tdap vaccine is required for all 7<sup>th</sup> graders. Your school will send you reminder notices. Get your booster today!

[ShotsForSchool.org](#)

your info

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## 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



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## 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.

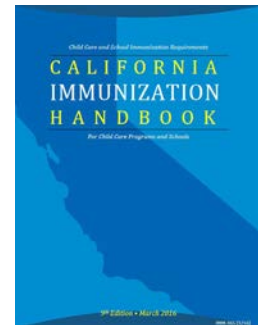
**Audiences:** school staff, health care providers

**Grade level:** K-12

**Language:** English

**Program:** Immunization Branch

**Production date:** 2016



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## 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.

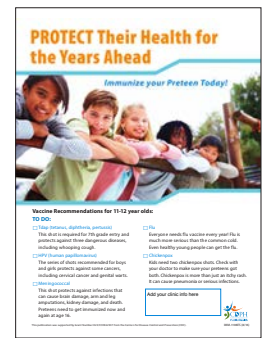
Audience: parents/guardians

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.

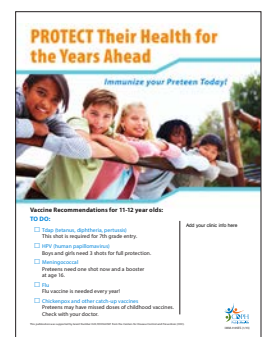
Audience: parents/guardians

Grade level: middle school

Languages: English, Spanish

Program: Immunization Branch

Production date: 2016







# INFECTIOUS DISEASES

## tuberculosis

### Taking Your 12 Doses of Medication to End TB

brochure

[tbc@cdph.ca.gov](mailto:tbc@cdph.ca.gov)

Provides information about how patients should take their 12 doses of latent tuberculosis (TB) infection medication and includes a tool to help patients remember when they took their treatment.

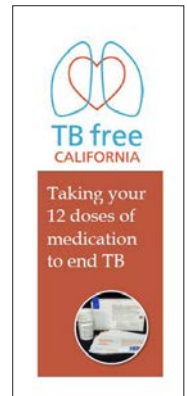
**Audience:** K-12, health care providers, school staff, parents/guardians

**Grade level:** K-12

**Languages:** English, Spanish, Vietnamese and simplified Chinese

**Program:** TB Control Branch

**Production date:** March 2017



### Fact Sheet: 12-dose Isoniazid (INH)/ Rifapentine Regimen for Latent TB Infection Treatment

Click here for the fact sheet

Provides information on the 12-dose “3HP” TB treatment regimen, including its advantages, correct dosing, who should be considered for the treatment, and drug-drug interactions.

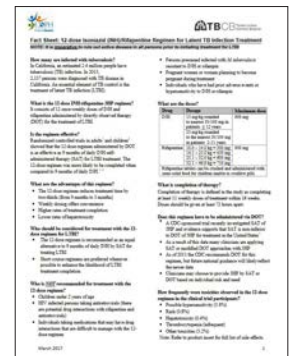
**Audience:** health care providers

**Grade level:** K-12

**Language:** English

**Program:** TB Control Branch

**Production date:** March 2017



### TB Elimination - Treatment of Latent Tuberculosis Infection: Maximizing Adherence

Click here for the fact sheet

Provides information on how to communicate to patients the value of treating LTBI, barriers to treatment adherence, and provides strategies for maximizing adherence.

**Audience:** health care providers

**Grade level:** K-12

**Language:** English

**Programs:** Division of TB Elimination, CDC

**Production date:** November 2011



## 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.

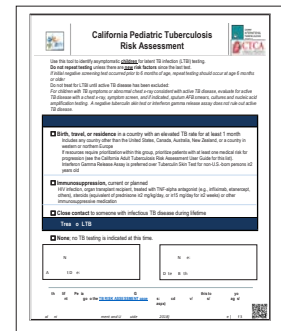
Audience: health care providers

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.

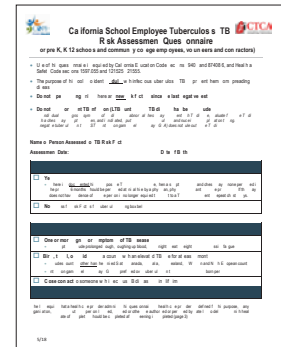
Audiences: school staff, health care providers

Grade level: K-12

Language: English

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

Production date: June 2018



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## 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



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## 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

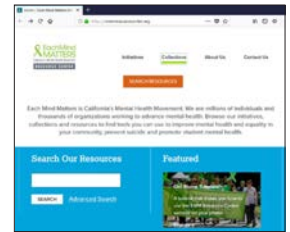
Resources for stigma and discrimination reduction, suicide prevention, and mental health.

**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.

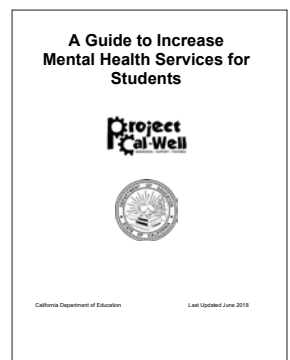
**Audiences:** school staff, health care providers

**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.

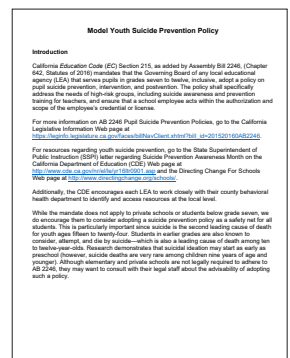
**Audiences:** school staff, health care providers

**Grade level:** middle school, high school

**Languages:** English

**Program:** California Department of Education

**Production date:** May 2017





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## 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.

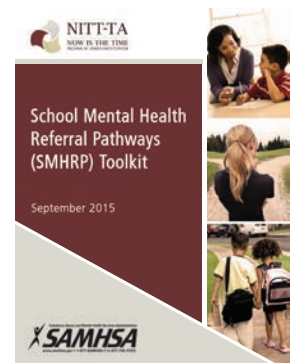
**Audience:** school staff, health care providers

**Grade level:** K-12

**Language:** English

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

**Production date:** 2015



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## Suicide.org

website

Resources for suicide prevention, awareness, and support.

**Audiences:** school staff, health care providers

**Grade level:** K-12

**Language:** English



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## 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.

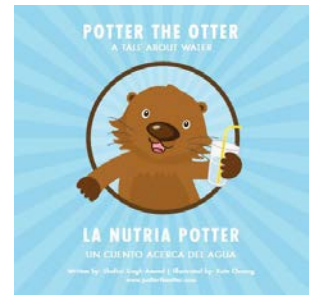
**Audience:** elementary school

**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!

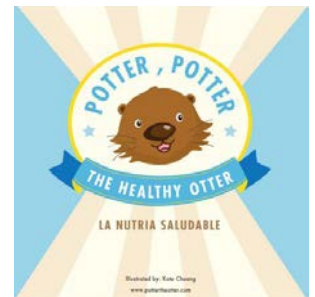
**Audience:** elementary school

**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



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## 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



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## 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



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## 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



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## 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



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## 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



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## 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.

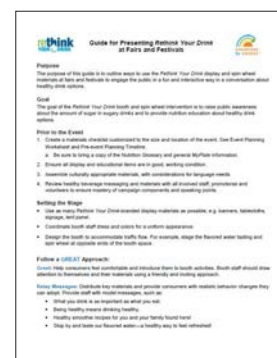
**Audience:** school staff

**Grade level:** K-12

**Language:** English

**Program:** Nutrition Education and Obesity Prevention Branch

**Production date:** 2014

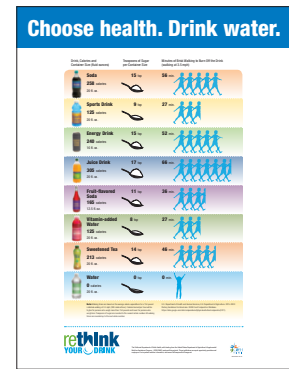


## Choose health. Drink water.

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



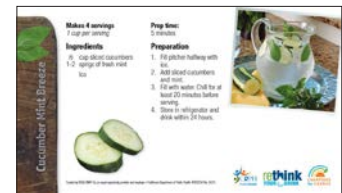
## Recipe Cards

recipe cards

Request an order form by emailing [NEOPBcustomercare@cdph.ca.gov](mailto: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



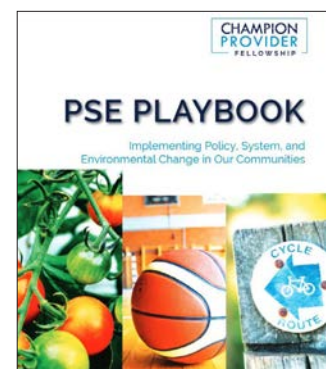
## PSE Playbook: Implementing Policy, System, and Environmental Change in Our Communities

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



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## **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

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# 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.

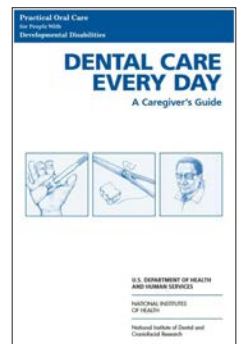
**Audience:** parents/guardians

**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.

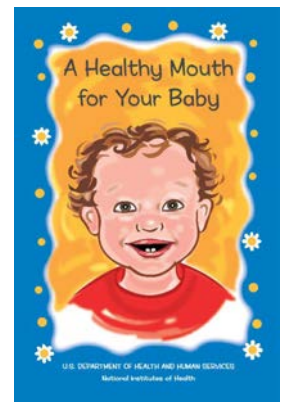
**Audiences:** middle school, high school

**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.

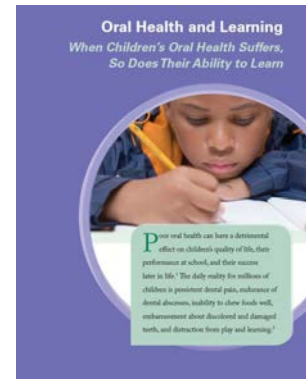
**Audiences:** parents/guardians, school staff, health care providers

**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.

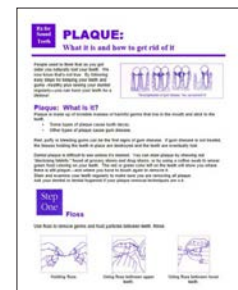
**Audience:** K-12

**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.

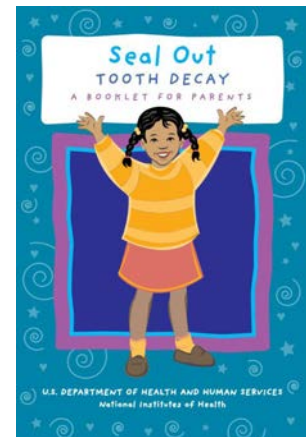
**Audience:** parents/guardians

**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

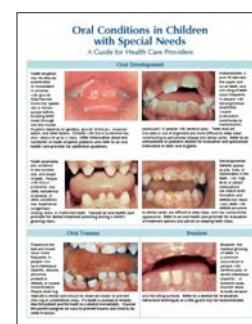
Suggests various sources of low-cost dental care.  
Audience: parents/guardians  
Grade level: K-12  
Language: English  
Program: National Institute of Dental and Craniofacial Research  
Production date: 2015



## 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

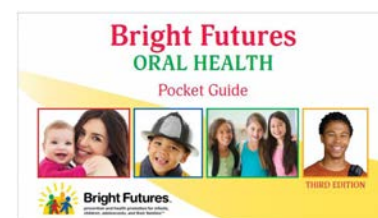
Assists health professionals in launching and sustaining school-based dental sealant programs.  
Audience: health care providers  
Grade level: K-12  
Languages: English, Spanish  
Program: National Maternal and Child Oral Health Resource Center



## 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





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## 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.

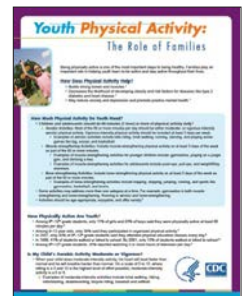
Audience: parents/guardians

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.

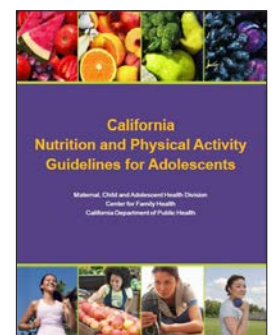
Audience: school staff

Grade level: middle school, high school

Language: English

Program: Maternal, Child and Adolescent Health Division

Production date: 2015



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## 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

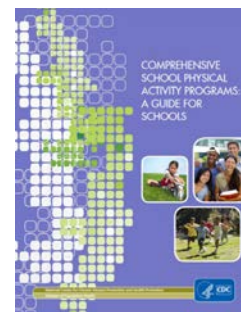
Grade level: K-12

Language: English

Program: Centers for Disease Control and Prevention

Production date: 2013

[Click here for the guide](#)



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## 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](#)



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## 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](#)



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## 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

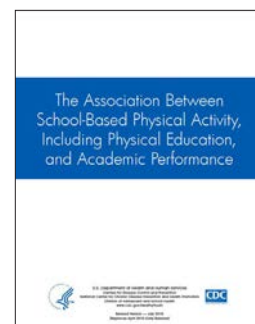
Grade level: K-12

Language: English

Program: Centers for Disease Control and Prevention

Production date: 2010

[Click here for the report](#)



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### Physical Activity Technical Assistance

technical assistance  
NEOPB@cdph.ca.gov

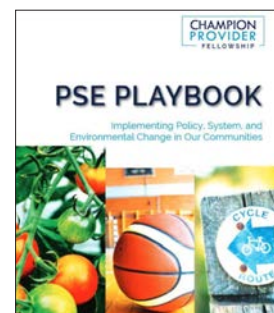
Customized technical assistance for physical activity in schools.  
Audience: school staff, health care providers  
Grade level: K-12  
Language: English  
Program: Nutrition Education and Obesity Prevention Branch

---

### 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

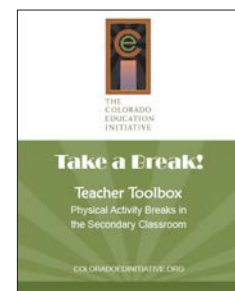


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### Take a Break! Teacher Toolbox

[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



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### 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

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### 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

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# 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

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# SAFETY & INJURY PREVENTION

## *dating abuse & rape prevention*

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### **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



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### **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

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**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

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**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

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**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

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**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

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**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

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**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)

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# SAFETY & INJURY PREVENTION

## *pedestrian & bicycle safety*

### California Pedestrian and Bicycle Safety Curriculum for Grades 4 and 5

[Click here for the curriculum](#)

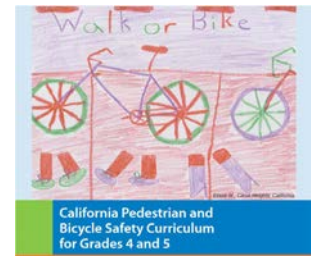
A series of nine lesson plans teach students the importance of pedestrian and bicycle safety skills, while also developing healthy habits that benefit both their physical development and academic performance.

**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



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## 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



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## 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



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## Prevent Pedestrian Crashes: Parents and Caregivers of Elementary School Children

Highlights common types of collisions between young pedestrians and motorists.

Audience: parents/guardians

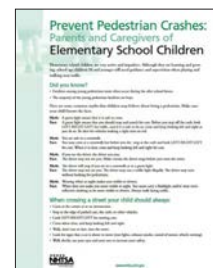
Grade level: elementary school

Language: English

Program: National Highway Traffic Safety Administration

Production date: October 2008

Click here for the fact sheet



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## Tips for Preteens and Teens to Prevent Pedestrian Crashes

[Click here for the fact sheet](#)

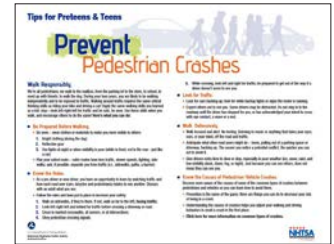
Highlights common types of collisions between young pedestrians and motorists.

Audience: middle school, high school

Grade level: middle school, high school

Language: English

Program: National Highway Traffic Safety Administration



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## Smart Cycling Quick Guide

[Click here for the guide](#)

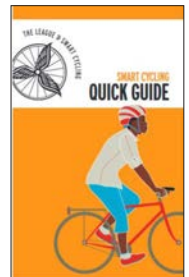
Booklet for purchase that outlines the basic rules of the road, components of a bicycle, and all of the information you need to ride a bicycle safely and confidently.

Audience: K-12

Grade level: K-12

Language: English, Spanish

Program: League of American Bicyclists



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## 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



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## 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.

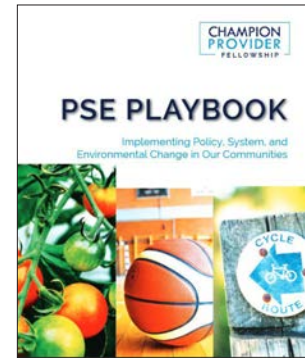
**Audience:** school staff, health care providers

**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](mailto: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.

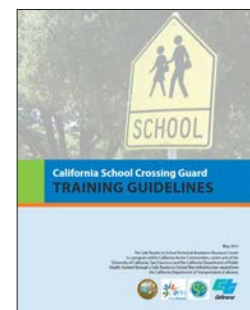
**Audience:** school staff

**Grade level:** K-12

**Language:** English

**Program:** Safe and Active Communities Branch

**Production date:** May 2015





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**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](mailto: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

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# SCHOOL WELLNESS

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## **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.

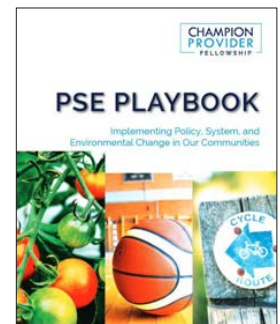
Audience: school staff, health care providers

Grade level: K-12

Language: English

Program: Nutrition Education and Obesity Prevention Branch

Production date: 2018



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## **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

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**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 districtis 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

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# 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.

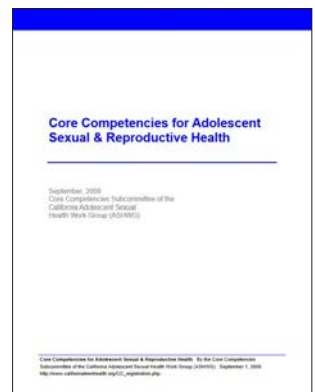
**Audiences:** school staff, health care providers

**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

Click here for the website & promotional materials

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

**Audience:** parents/guardians

**Grade level:** K-12

**Languages:** English, Spanish

**Program:** Essential Access Health

---

## Teen Health Law

Click here for the website

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.

**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

Click here for the website

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

**Audiences:** middle school, high school

**Grade level:** middle school, high school

**Languages:** English, Spanish

**Program:** Essential Access Health



---

## Your Health, Your Rights

Click here for the website

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

**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





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## What is JUUL?

Facts about JUUL, an electronic smoking device

Click here for the website

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

**Grade level:** middle school, high school

**Language:** English

**Program:** Truth Initiative



---

## California Youth Advocacy Network

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.

Click here for the website

**Audience:** school staff

**Grade level:** high school

**Language:** English

**Program:** California Youth Advocacy Network



---

## The California Smokers' Helpline

Free tobacco cessation counseling resources and tools for providers, educators, and residents (adults and youth).

Click here for the website

**Audiences:** school staff, health care providers, parents/guardians, middle school, high school

**Grade level:** middle school, high school

**Language:** English

**Program:** California Smokers' Helpline



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## Tobacco Education Clearinghouse of California

Free tobacco educational materials of various types and in various languages

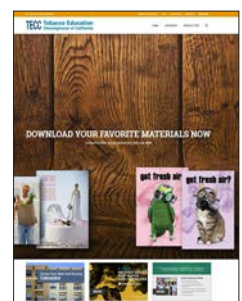
Click here for the website

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

**Grade level:** middle school, high school

**Languages:** multiple

**Program:** Education Training Research Associates





# CDPH PROGRAM DIRECTORY

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## Active Transportation Safety Program

Click here for the website  
[caatpresources.org](http://caatpresources.org)  
[atsp@cdph.ca.gov](mailto: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.

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## 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](mailto: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.

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## Childhood Lead Poisoning Prevention Branch (CLPPB)

[Click here for the website](#)

(510) 620-5600

[PDSS@cdph.ca.gov](mailto: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.

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## Immunization Branch

[Click here for the website](#)

(510) 620-3737

[immunizationbranch@cdph.ca.gov](mailto: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](mailto: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.

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## Office of Health Equity

[Click here for the website](#)

(916) 445-4139

[OHE@cdph.ca.gov](mailto: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.

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## Rape Prevention and Education (RPE) Program

[Click here for the website](#)

[sac@cdph.ca.gov](mailto: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](mailto: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](mailto: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.

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## **Tuberculosis Control Branch**

Click here for the website

(510) 620-3000

[tbc@cdph.ca.gov](mailto: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.

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## **Vehicle Occupant Safety Program**

Click here for the website

[sac@cdph.ca.gov](mailto: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](mailto: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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[SchoolBasedHealthCenterProject@cdph.ca.gov](mailto:SchoolBasedHealthCenterProject@cdph.ca.gov)  
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