

Growth & Development

Early Identification Resources

Grade JK-1 (up to age 6)

- **Nipissing District Developmental Screens (NDDS)** are developmental screening tools available to parents, caregivers, and early years professionals working with children up to the age of six. NDDS help determine if a child's development is progressing as it should. The screens are a checklist that requires "Yes" or "No" answers to a series of developmental questions. This helps parents and early years professionals to know what to expect from a child at a specific age. Each checklist explores a child's development in the areas of: vision, hearing, speech, language and communication, physical movement, understanding, emotional awareness, interacting with others, and independence. Checklists are available in 1-2 months, 4 months, 6 months, 9 months, 12 months, 18 months, 24 months, 30 months, 3 years, 4 years, 5 years, and 6 years. They are available in English, French, Chinese, Spanish, and Vietnamese. The NDDS is not a substitute for professional advice. NDDS can be ordered at no charge by calling and requesting an order form York Region *Health Connection* at 1-800-361-5653. Online interactive screens are also available at www.ndds.ca
- **Red Flags: A Quick Reference Guide for Early Years Professionals** (developed by the York Region Early Identification Community Planning Network in collaboration with many community partners). The Red Flags Guide is intended to be used by any professional working with young children and their families. A basic knowledge of healthy child development is assumed. Red Flags will assist professionals in identifying when a child could be at risk of not meeting his or her expected health outcomes and/or developmental milestones. Use of this document will help teachers to identify the need for further investigation by the appropriate discipline. Red Flags can be ordered by calling York Region *Health Connection* at 1-800-361-5653 or the document can be downloaded from the York Region website at www.york.ca/redflags

For more information about children's growth and development visit York Region Community and Health Services website at www.york.ca/parenting. Early Identification program staff are also available for consultation and support on issues related to NDDS screening tool and the Red Flags document information and order forms. Contact Aldona Ollen RN PHN at (905) 830-4444 ext 3076

Manuals and Curriculum Resources

Grade 5-6

- **The Always Changing Program (OPHEA)**. A curriculum-linked resource designed to teach students in grade 5/6 about growth and development, puberty, personal hygiene and self esteem. It is available in English and French. It includes a free video and teachers guidebook, free booklets for girls, boys and parents, and free product samples. Download the order form from www.ophea.net/vibrantfaces.cfm. Send your order form to either of the following: Always Changing Program, 20 Torbay Road, Markham, Ontario, L3R 1G6, Fax: 1-800-420-3616, e-mail: alwayschanging_vibrantfaces@ptm-health.com, No charge.

Grades 5-9

- **Healthy Teens Series** (Sunburst Media). The Healthy Teens Series includes teaching packages on four different topics. They are: *The New Me: About Girls*; *The New Me: About Boys*; *Good Hygiene*; and *Nutrition and Exercise*. Each package includes a 15-minute DVD and video, and a teacher's guide with discussion questions, suggested activities, student handouts, and suggested readings for educators, parents, and students. These programs address many of the questions and concerns young teens have as they approach the onset of puberty. Each program gets Grade 5-9 students talking about the physical, emotional and social changes adolescents face, and encourages them to develop the essential habits of good health and hygiene. They help young teens gain an understanding of where they are in their journey toward adulthood. Order from Kinetic Video at 1-800-263-6910. Cost \$479.95 for the set (each topic may be purchased separately)

Grades 5-12

- **F.L.A.S.H. (Family Life And Sexual Health)** (Jane Stongle M.Ed., copyright 1991/ 2007, Seattle & King County Department of Public Health). F.L.A.S.H. is a comprehensive online sexuality curriculum. It is designed for students in grades 5-12 and secondary special education. It addresses such issues as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles. Free downloadable lesson plans for all grades. Available online at <http://www.metrokc.gov/health/famplan/flash/>. No charge.

Grades 7-8

- **The Vibrant Faces Program** (OPHEA). This program is designed to promote a healthy and active lifestyle to adolescent females in Grades 7 and 8. The program addresses issues such as perceived incompetence, self-esteem, body image, puberty and motivation. It is provided free of charge to schools and is available in English and French. It contains a Teacher Guidebook, Student Guidebooks, and free product samples. Download the order form from www.ophea.net/vibrantfaces.cfm. Send your order form to either of the following: Vibrant Faces Program, Address: 20 Torbay Road, Markham, Ontario, L3R 1G6, Fax: 1-800-420-3616, Email: alwayschanging_vibrantfaces@ptm-health.com. No charge.

Grades 7-10

- **Healthy Sexuality - Choices Not Chances** York Region Community & Health Services, (YRC&HS). This resource kit provides educators with ready to use information, materials and hands-on examples of birth control methods and protection devices related to healthy sexuality as outlined in *The Ontario Curriculum Grades 7-10, Health and Physical Education, 1998*. It includes resource materials (teacher/student resource charts, fact sheets and pamphlets). The kit also includes examples of birth control methods and protection devices for STIs. Available in the Media Resource Library at YRDSB and online at www.york.ca/healthyschools. No charge.

Tip Sheets

- **Parent Health Connection: Talking to your Kids about Sexuality** (YRC&HS). This fact sheet outlines strategies for parents to openly communicate with their children about

healthy sexuality. Available from York Region Community and Health Services. Call York Region *Health Connection* at 1-800-361-5653. No charge.

Websites

Sexuality and U

www.sexualityandu.ca

This website is administered by the Society of Obstetricians and Gynaecologists of Canada. It provides credible and up-to-date information and education on sexual health to teens, adults, parents, teachers, and health professionals. The Teacher's section includes facts, statistics, tips for sex education as well as teaching tools to use in the classroom.

Educators Online Resources – Puberty and menstruation

www.teachingteens.com

This website contains tips to communicate with parents and students on puberty education, detailed background information on puberty and menstruation to help teachers create their own classroom discussions and activities, and free classroom materials.

For more information, call York Region Community and Health Services *Health Connection* at 1-800-361-5653 or visit www.york.ca.