

# Calderdale Health Improvement Resource Centre

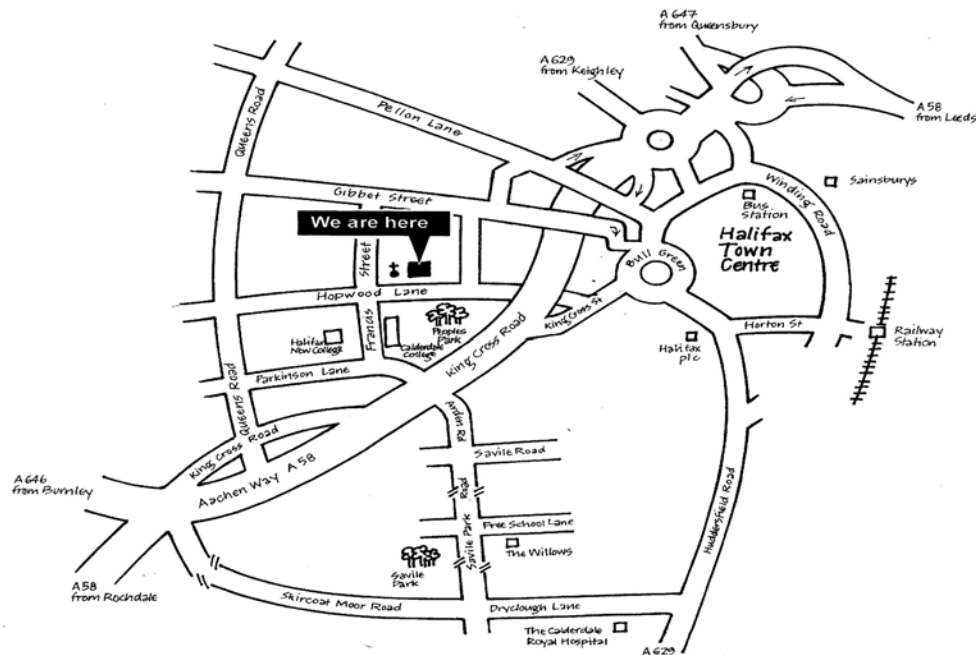
## Resources catalogue of materials for use with children and young people

The resources outlined in this catalogue are aimed at teachers, support workers, youth workers, carers and health professionals who work with children and young people.

To borrow items from the Centre, you will need to become a member of the library – this entails completing a registration form and providing identification (driving license etc). You must also live or work within the Metropolitan Borough of Calderdale.

Up to 6 items can be borrowed at any visit, usually for a three week period. If you require items for a longer period this can be arranged, providing other library members haven't booked the resource.

For contact details and opening times, please refer to back page.



<b>O: Materials for 5 – 25 year olds</b>	<b>Page</b>
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### **Key to resource cataloguing**

All resources are listed under the above section headings.

In each section we have listed materials in the following order:

- ➡ Videos
- ➡ Teaching packs/ training materials/ posters
- ➡ Books and reports

To easily find a type of resource, we have used the following codes:

- ➡ V = Video
- ➡ TP = Teaching pack/ training pack or poster
- ➡ TP/V = Pack with video
- ➡ BR = Book or report

**NB This list is a small part of the many other resources housed at School House**

**For more information on other materials, either call in or view the range of catalogues at:**

[www.calderdale-pct.nhs.uk/your-public-health/health-improvement-resource-centre/resource-essentials/](http://www.calderdale-pct.nhs.uk/your-public-health/health-improvement-resource-centre/resource-essentials/)

## O1 Children and Young People

### Books

O1 BR01/02	How old do I have to be to...
O1 BR14	Working together

## O2 Primary Schools

### Videos

O2 V01	Look after yourselves: 5-7 year olds
O2 V02	Safe and sorted: School Council experience in primary schools

### Teaching Packs

O2 TP01	The world of drugs: Skills for life for the primary school child
O2 TP02	PSHE in practice: Resource pack for teachers in primary schools (with DVD)
O2 TP03	Cancertalk: An essential PSHE/PSE/PSD and citizenship pack for 7-11 year olds
O2 TP04	Cancertalk: Primary pack
O2 TP05	The good health guide to eating, drinking, working, resting & playing
O2 TP06	Thinking about drinking: KS2
O2 TP/V07	PSHE in practice: Resource pack for primary schools
O2 TP08	Cancer talk: Primary
O2 TP09	Ring of confidence
O2 TP10	Bridging the circle: Transition through quality circle time: Years 6 and 7
O2 TP11/12	Feelings bingo
O2 TP13	A way in
O2 TP14/15	Feelings dominoes
O2 TP16	Join the activators: Healthy lifestyle with CD Rom
O2 TP17	Health for life: A guide for health promoting schools
O2 TP18	Happy heart: 1
O2 TP19	Primary school SRE pack
O2 TP20	I am, I know, I can: PSHE and citizenship for 5-11 year olds
O2 TP25	Answers: Pack 2 (9-11 Years Olds)
O2 TP26/27/28/30	Condom demonstrator (Blue)
O2 TP29	Quality circle time in the primary classroom
O2 TP33	Photocopiable materials for use with the Jenny Mosley circle time model
O2 TP36	Welcome to our school
O2 TP42	Health education: Key stage 1: Teacher's resource book
O2 TP43	The walking bus
O2 TP44	Health education: Key stage 1 :Photocopiable pupil resource
O2 TP47	Promoting school drug education handbook
O2 TP48	Health education: Key stage 2: Teacher's resource book
O2 TP49	Health education: Key stage 1: Photocopiable pupil resource
O2 TP50	Health education: Key stage 2: Photocopiable pupil resource
O2 TP55	Getting personal: My body : Age 9- 11

O2 TP57	Getting personal: PSHE teachers' resource book No 2
O2 TP58	Our bodies: Photo pack teachers' book
O2 TP59	Keeping healthy: PSHE ideas book
O2 TP60	Sex education: PSHE ideas book
O2 TP61	The primary school smoking education pack
O2 TP69	The primary school smoking education pack
O2 TP70	The primary school smoking education pack
O2 TP71	Cancer talk: Primary pack
O2 TP72	Together safely: Developing a whole school approach to health & safety
O2 TP73	Skills for the primary school child: Part 2: Current issues in personal and social education
O2 TP74	Skills for the primary school child: Part 3: The world of drugs
O2 TP75	Skills for the primary school child: Part 4: Substance and solution
O2 TP76	Skills for the primary school child: Part 5: The world of alcohol
O2 TP77	Skills for the primary school child: Part 6: The world of tobacco
O2 TP 78	Large blow up cigarette
O2 TP 79	Small blow up cigarette
O2 TP 80	Giant cigarette packet
O2 TP 81	Box of snuff
O2 TP 82	Smoking prevention bingo game
O2 TP 83	Alcohol dilemmas game
O2 TP 84	Alcohol dilemmas game
O2 TP 85	Smoking, blood and blood vessels
O2 TP 86	Model penis
O2 TP 87	Toilet bag and toiletries
O2 TP 88	Body tabard (with Velcro organs)
O2 TP 89	Balanced diet felt food mat
O2 TP 90	Trolley of food

### Puppets

O2 TP 91	Humpfree camel, with sunglasses and stick
O2 TP 92	Fred, with red hair and mobile phone
O2 TP 93	Jack, with backpack
O2 TP 94	Matt, with hooded top
O2 TP 95	Sophie, with long pigtails
O2 TP 96	Rama, girl in sari
O2 TP 97	Emily, red hair wearing a pink skirt
O2 TP 98	Alistair, brown hair grey pants and waistcoat
O2 TP 99	Grandad
O2 TP 100	Grandma
O2 TP 101	Francis, dark skinned boy
O2 TP 102	Stephanie, dark skinned girl
O2 TP 103	Sally Swede, veggie gang
O2 TP 104	Colin Carrot, veggie gang
O2 TP 105	Casper Cabbage, veggie gang
O2 TP 106	Billie Broccoli, veggie gang
O2 TP 107	White mouse
O2 TP 108	Brown bear
O2 TP 109	Tortoise
O2 TP 110	Toucan
O2 TP 111	Toucan

### Other models / packs

O2 TP 112	Set of teeth
O2 TP 113	Breast care display and booklet
O2 TP 114	Breast care display and booklet
O2 TP 115	Testicular cancer display and booklet
O2 TP 116	Beach ball (Smoking questions & answers)
O2 TP 117	Beach ball (Smoking questions & answers)
O2 TP 118	Beach ball (Smoking questions & answers)
O2 TP 119	Arteries with booklets: Heart disease and cholesterol
O2 TP 120	Arteries with booklets: Heart disease and cholesterol
O2 TP 121	Friendship stop sign
O2 TP 122	Tray with 3 glasses for drink driving
O2 TP 123	Tray with 3 glasses for drink driving
O2 TP 124	Pickled liver
O2 TP 125	Pickled liver
O2 TP 126	Jar of tar
O2 TP 127	Jar of tar
O2 TP 128	What's in tobacco smoke (Display case)
O2 TP 129	What's in tobacco smoke (Display case)
O2 TP 130	Cigarette : What is inside tube
O2 TP 131	Cigarette: What is inside tube
O2 TP 132	Contraception and pregnancy pack
O2 TP 133	Emotions pack
O2 TP 134	Sex education pack
O2 TP 135	Contraception and making love
O2 TP 136	Contraception and making love
O2 TP 137	Drug pics 1
O2 TP 138	Drug pics 1
O2 TP 139	Drug pics 2
O2 TP 140	Drug pics 2
O2 TP 141	DWI simulator D.W. eyes wreck your life
O2 TP 142	DWI simulator D.W. eyes wreck your life
O2 TP 143	Boozed and confused night time goggles
O2 TP 144	A days worth of fat (Bottle)
O2 TP 145	Sound smoking statistics
O2 TP 146	Sound smoking statistics
O2 TP 147	Body board
O2 TP 148	Body board
O2 TP 149	Definitely, positively, absolutely no!
O2 TP 150	Feelings (Cards)
O2 TP 151	Questions and answers drug, effect, legal fact (Cards)
O2 TP 152	The active school resource pack for primary schools
O2 TP 153	The active school resource pack for primary schools
O2 TP 154	The active school resource pack for secondary schools
O2 TP 155	The active school resource pack for secondary schools
O2 TP 156	The active school resource pack for secondary schools
O2 TP 157	The lyric: Video and book: Sex education for young people with physical disabilities
O2 TP 158	Wreck your life - Wall hanging
O2 TP 159	Wreck your life - Wall hanging
O2 TP 160	Cycle of change
O2 TP 161	Nutrition board game
O2 TP162/163	Organs of the body
O2 TP 164	Drug pics 2
O2 TP 165	Smoking: Blood and blood vessels

O2 TP 166	Pickled liver
O2 TP 167	Smoking beach ball
O2 TP 168	Furred artery
O2 TP169	Body tabard
O2 TP170/171	Clem's phlegm
O2 TP 172	Bash street kids: Fruity veggie news
O2 TP 173	Healthy lunchbox
O2 TP174	Germ powder and ultraviolet light
O2 TP 175	Grub: You can't live without it?
O2 TP176	Corn beanie
O2 TP 177	Celery beanie
O2 TP 178	Tomato beanie
O2 TP 179	Carrot beanie
O2 TP 180	Strawberry beanie
O2 TP 181	Lemon beanie
O2 TP 182	Orange beanie
O2 TP 183	Red apple beanie
O2 TP 184	Pear beanie
O2 TP 185	Pea pod beanie
O2 TP 186	Water melon beanie
O2 TP 187	Strawberry beanie
O2 TP 188	Pear beanie
O2 TP 189	Red apple beanie
O2 TP 190	Lemon beanie
O2 TP 191	Orange beanie
O2 TP 192	Carrot beanie
O2 TP 193	Corn beanie
O2 TP 194	Tomato beanie
O2 TP 195	Celery beanie
O2 TP 196	Pea pod beanie
O2 TP 197	Potato beanie
O2 TP 198	Potato beanie
O2 TP199	Pea Beanie
O2 TP200	Carrot Beanie
O2 TP201	Potato Beanie
O2 TP202	Celery Beanie
O2 TP203	Corn Beanie
O2 TP204	Tomato Beanie
O2 TP205	Melon Beanie
O2 TP206	Strawberry Beanie
O2 TP207	Pear Beanie
O2 TP208	Lemon Beanie
O2 TP209	Apple Beanie
O2 TP210	Orange Beanie
O2 TP211	Personal Hygiene Pack
O2 TP212	Personal Hygiene Pack
O2 TP213	Contraception & Making Love
O2 TP214	Contraception & Making Love
O2 TP215	Sex Education Pack
O2 TP216	Sex Education Pack
O2 TP217	Life Cycle of HIV
O2 TP218	Life Cycle of HIV
O2 TP219	Conception and pregnancy
O2 TP220	Conception and pregnancy
O2 TP221	Body Board

O2 TP222	Body Board
O2 TP223	Emotions pack
O2 TP224	Emotions pack
O2 TP225	The big heart book
O2 TP226	Balanced diet food mat
O2 TP227	Night time beer goggles
O2 TP228/229	Day time beer goggles
O2 TP230	Clem's phlegm
O2 TP231-33	Lil' ciggy plush doll
O2 TP234	The solution ball
O2 TP235	Lil' ciggy plush doll
O2 TP236	Casper cabbage
O2 TP237	What's in tobacco? Display case

### Books

O2 BR01	Citizenship & personal, social & health education: Book 3
O2 BR02	Citizenship & personal, social & health education: Book 4
O2 BR03	The circle book
O2 BR04	The circle book
O2 BR05	Cancer talk: Primary pack: PSHE/PSD for 7-11 year olds
O2 BR06	Circle time
O2 BR07	Circle time
O2 BR08	Children's activity ideas book: Resource for teachers and playleaders
O2 BR09	The very simple skipping ideas book
O2 BR10	Active fun with playground markings
O2 BR11	Working towards a whole school policy on self-esteem and positive behaviour
O2 BR12	Working towards a whole school policy on self-esteem and positive behaviour
O2 BR13	Bridging the circle: Transition through quality circle time
O2 BR14	Giraffes can't dance
O2 BR15	A quiet night in
O2 BR16	Fit for life 2: Physical activity sessions for 7 – 13 year olds
O2 BR17	What would you do? A kid's guide to tricky and sticky situations
O2 BR18	What do you think? A kid's guide to dealing with daily dilemmas
O2 BR19	Creating a more tolerant world: Teaching about racism
O2 BR20	Amazing Grace
O2 BR21	180 icebreakers to strengthen critical thinking and problem solving
O2 BR22	Can't you sleep, little bear?
O2 BR23	A huge bag of worries
O2 BR24	The three Rs: Respect, rights and responsibilities
O2 BR25	Connecting kids: Exploring diversity together
O2 BR26	How your body works
O2 BR27	Learning about my body
O2 BR28	Healthy eating
O2 BR29	Drug education: Including alcohol and tobacco
O2 BR30	Safety
O2 BR31	Physical activity
O2 BR32	Emotional health & well being
O2 BR33	Fit for life 1: Physical activity sessions for 4 – 9 year olds

O2 BR35	Health 2: Developing awareness of physical, social and emotional health for year 2
O2 BR36	Health 3: Developing awareness of health and personal development for year 3
O2 BR37	Health 4: Developing awareness of health and personal development for year 4
O2 BR38	Health 5: Developing awareness of health and personal development for year 5
O2 BR39	Health 6: Developing awareness of health and personal development for year 6
O2 BR40	Health 1: Developing awareness of health and personal development for year 1
O2 BR41/42	Important issues relating to the promotion of positive behaviour and self-esteem
O2 BR43	Here we go round: Quality circle time for 3-5 year olds
O2 BR44	Night noises
O2 BR45	Photocopiable materials for use with the Jenny Mosley circle time model
O2 BR46	The healthy wolf
O2 BR50	More quality circle time : Volume 2
O2 BR51-52	The Power of Puppets
O2 BR53-54	Helping Children Deal With Anger
O2 BR65	Active fun with playground markings
O2 BR66	Active fun with playground markings
O2 BR68	Effective I.E.Ps through circle time
O2 BR69	How to improve your school
O2 BR72	Let's talk opposites: Healthy living
O2 BR73	My action counting book: Exercise
O2 BR115	Germs make me sick
O2 BR120	Feeling good: Raising self-esteem in the primary school classroom

## O3 Secondary Schools

### Videos

- O3 V01 Embarrassing Illnesses: 14-19 year olds  
O3 V04 Talking about it: Mental health

### Teaching Packs

- O3 TP01 Talking about it: Promoting mental health in schools  
O3 TP02 PSHE in practice: Resource pack for teachers in secondary schools (with DVD)  
O3 TP03 Cancer talk: Secondary  
O3 TP04 Mental health pack for schools  
O3 TP05 Sex education in schools: 11-16 study materials A  
O3 TP06 Watch over me : Teaching pack to accompany video  
O3 TP07 Cancertalk: Secondary pack  
O3 TP08 Personal and social education: Cross curricular themes: Yr 10  
O3 TP09 Sex drugs and alcohol  
O3 TP10 Cancertalk: An essential PSHE/PSE/PSD and citizenship pack for 11-16 year olds  
O3 TP11/12 Teaching & learning about HIV: Key stages 1-4  
O3 TP13 Raising self-esteem: 50 activities  
O3 TP15 Feelings  
O3 TP16 Anger control for children & teens  
O3 TP17 Draw on your emotions  
O3 TP18 Helping kids manage grief, fear & anger  
O3 TP19 Managing learning  
O3 TP20 Self-esteem: Set B  
O3 TP21 Positive participation  
O3 TP22 Streetwise  
O3 TP23 In control  
O3 TP24 Student stress management  
O3 TP25/26 Teaching & learning about HIV: Key stages 1-4  
O3 TP27 Thinking about drinking: KS3  
O3 TP28 Self-esteem: Pack A  
O3 TP29 Preventing accidents and coping with emergencies  
O3 TP30 Teaching & learning about HIV: Key stages 1-4  
O3 TP31 PSHE in practice: Resource pack for secondary schools  
O3 TP37 Personal and social education and cross curricular themes: year 7  
O3 TP40 Exploring equal opportunities  
O3 TP41 Effective publicity skills  
O3 TP43 Personal and social education and cross curricular themes: year 9/s2  
O3 TP44 Personal and social education and cross curricular themes: year 8/s1  
O3 TP/V47 Talking about it: promoting mental health in schools  
O3 TP48 Self-esteem: Set A  
O3 TP49 Self-esteem: Set B  
O3 TP54 Stress management for teenagers and students  
O3 TP55 Lifesize: Teaching materials exploring body image  
O3 TP56 The peer aid book  
O3 TP58 Positive participation  
O3 TP59 Mental health pack

O3 TP60 Mental health pack  
O3 TP61 Cancer talk: Secondary pack  
O3 TP65 Sex education: PSHE  
O3 TP66 Personal relationships: PSHE

**Books**

O3 BR01 Real gorgeous: The truth about body and beauty  
O3 BR02 Cancer talk: Secondary pack: PSHE/PSD, Citizenship/RME  
O3 BR03 Health 7: Developing awareness of health and personal development for year 7  
  
O3 BR04 PSHE: Alcohol  
O3 BR05 PSHE: Smoking  
O3 BR06 PSHE: Drugs  
O3 BR07 Secondary schools and sexual health services  
O3 BR21 No worries: Young people and mental health  
O3 BR44 Self-esteem: Mind matters  
O3 BR45 Loss and grief: Mind matters  
O3 BR46 Stress: Mind matters  
O3 BR48 Heart health  
O3 BR49 Accident prevention  
O3 BR50 Sexual health  
O3 BR51 Mental health  
O3 BR52 Cancer prevention  
O3 BR53 Yes, me!: A self-development programme for peer educators  
O3 BR54 The food mood guide  
O3 BR62 The struggle to be strong: True stories by teens  
O3 BR63 Taking the initiative: International perspectives on young people's involvement in public decision making

## O4 Young People Aged 16-25 years

### Teaching Packs

O4 TP03	Lifeskills 1
O4 TP04	Lifeskills 2
O4 TP05	Lifeskills 3
O4 TP06	Lifeskills 4
O4 TP07	Smokebusting
O4 TP09	Build your own rainbow
O4 TP12	Gamesters handbook 2
O4 TP16	Quality work with young people: Developing social skills and diversion from risk
O4 TP27	But you stand over six feet tall...
O4 TP30	Babysitting and more
O4 TP31	Positive participation
O4 TP32	A resource book on relationships: Let's work it out!
O4 TP33	A resource book on stress: Life's hassles
O4 TP34	A resource book on self-esteem: What if...?
O4 TP35	A resource book on actions: Should I...shouldn't I?
O4 TP36	A resource book on loss and grief: It hurts...

### Books

O4 BR01	Improving access to sexual health services for young people in further education
O4 BR07	Holistic approach to health education in youth work
O4 BR20	Adolescence: Positive approaches for working with young people
O4 BR21	The new youth games book
O4 BR28	From disaffection to social inclusion
O4 BR31	The art of youth work
O4 BR32	Actions: Mind matters
O4 BR33	Health promotion with young people
O4 BR34	Health promotion with young people
O4 BR36	The struggle to be strong: How to foster resilience in teens

## **O5** **Young People with Learning Difficulties**

### **Video**

O5 V01                      That's my life

### **Teaching Pack**

O5 TP10                     Understanding disability

## **O6** **Curriculum Development**

### **Teaching Packs**

O6 TP10                     Personal & social education No 1: An integrated programme  
O6 TP11                     Personal & social education No 2: An integrated programme  
O6 TP12                     Personal & social education No 3: An integrated programme  
O6 TP13                     Personal & social education No 4: An integrated programme  
O6 TP14                     Personal & social education No 5: An integrated programme  
O6 TP18                     Whole school – healthy school  
O6 TP19                     How to set up a PSE programme  
O6 TP24                     Breakfast clubs..... A head start

### **Books**

O6 BR01                     Stand up for us: Challenging homophobia in schools  
O6 BR02                     Healthy living blueprint for schools  
O6 BR03                     Promoting children and young people's participation through the NHSS  
O6 BR04                     Promoting emotional health and wellbeing through the NHSS  
O6 BR05                     Children's health services: An introductory guide for people working with children  
O6 BR06                     Youth justice and schools: An introductory guide for people working with children  
O6 BR07                     Children's social services: An introductory guide for people working with children  
O6 BR08/09                 Children's education services: An introductory guide for people working with children  
O6 BR10                     A whole school approach to PSHE and citizenship  
O6 BR11                     Promoting our children's health in schools  
O6 BR12                     Youth health promotion: From theory to practice in school & community  
O6 BR13                     Addressing inclusion and inequalities through PSHE and citizenship  
O6 BR15                     Governor training: A quick guide  
O6 BR16                     Working with parents: A quick guide  
O6 BR17/18                 Children's education services  
O6 BR19/21                 Addressing inclusion and inequalities through PSHE and citizenship  
O6 BR20                     Equal opportunities: A quick guide  
O6 BR22                     Managing conflict: A guide for the individual teacher  
O6 BR23                     Can boys do better?

O6 BR24	School inclusion: The school, the family & the community
O6 BR25	Health related behaviour questionnaire Report: 1991 survey
O6 BR26	Peer counselling in schools: A time to listen
O6 BR29	A curriculum for personal & social education
O6 BR30	Playtimes & playgrounds
O6 BR31	It makes life easier to write a policy on behaviour
O6 BR32	It makes life easier to write a policy on bullying
O6 BR33	The national curriculum for England: Science: Key stages 1-4
O6 BR34	The national curriculum for England: Citizenship: Key stages 3-4
O6 BR35	The national curriculum for England: Physical education: Key stages 1-4
O6 BR36	The national curriculum handbook for secondary teachers in England: Key stages 3-4
O6 BR37	The national curriculum handbook for primary teachers in England: Key stages 1-2
O6 BR38	If it makes my life easier to write a policy on equal opportunities
O6 BR39	Preparing successful healthy educated citizens
O6 BR41	School evaluation matters
O6 BR42	Alcohol: Support & guidance for schools
O6 BR43	Tackling homophobic bullying in schools
O6 BR44	Enabling inclusion: Blue skies.....dark clouds?
O6 BR45	Health for all children

In addition to the resources listed here, the library contains many more topic-specific materials, as well as health promoting leaflets, laminated posters, videos, dvds and visual aids



# Contact Details

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# Opening Times

Monday – Friday: 9.00am – 4.00pm



Calderdale **NHS**

*improving health, improving lives*