Health Education Research

Centers for Disease Control and Prevention (CDC)
- Health Education Curriculum Analysis Tool (HECAT) assessment tool to help school districts, schools, and others conduct a clear, complete, and consistent analysis of health education curricula based on the National Health Education Standards and CDC's Characteristics of an Effective Health Education Curriculum.
  - https://www.cdc.gov/healthyyouth/hecat/
- Adolescent and School Health Data, Statistics, and Resources
  - http://www.cdc.gov/HealthyYouth/index.htm
- Parent Resources
  - https://www.cdc.gov/healthyyouth/audiences/parents.htm

Society of Health and Physical Educators (SHAPE America)
- Health Education in the 21st Century A Skills-based Approach
- Guidance Documents and Position Statements

Child Trends
http://www.childtrends.org/
- Independent research on a variety of child health topics. Searchable database

Sexuality Information and Education Council of the United States (SIECUS)
http://www.siecus.org/
- Comprehensive education about sexuality, and advocates the rights of individuals to make responsible sexual choices

Prevent Violence
http://www.preventviolence.info/EvidenceBase
- Research on the effectiveness of interventions to prevent violence

ETR
http://www.etr.org/
- Science-based innovative solutions in health and education designed to achieve transformative change in individuals, families and communities

RMC Health
https://www.rmc.org/health-education-skills-models/
- Sample rubrics for skill-based health education by grade band

Teaching Sexual Health
https://teachingsexualhealth.ca/
- Parent and teacher resources including sample lessons
Health Education Resources

**Kids Health**
http://kidshealth.org/
- Physician-reviewed information and advice on children’s health and parenting issues

**National Physicians Center**
https://www.physicianscenter.org/
- Educational and family resources on a variety of child health topics

**USDA Choose MyPlate**
https://www.choosemyplate.gov/
- Information and resources on dietary health for students, parents, and educators.
  Resources available in multiple languages

**Healthy Teen Network**
http://www.healthyteennetwork.org/
- Promotes better outcomes for adolescents and young adults by advancing social change, cultivating innovation, and strengthening youth-supporting professionals and organizations

**Go Ask Alice**
https://goaskalice.columbia.edu/
- Health question and answer resource at Columbia University

**Iowa Department of Public Health (IDPH)**
- Child and Adolescent Health
  - https://idph.iowa.gov/family-health/child-health
- Adolescent Health: https://idph.iowa.gov/adolescent-health
  - Lets Talk Health: https://sites.google.com/a/iowa.gov/adolescent-life-course-application/?invite=CLveztUG
- Personal Responsibility Education Program
  - https://idph.iowa.gov/family-health/prep
- Sexual Risk Avoidance Education
  - https://idph.iowa.gov/family-health/sexual-risk
- Sexual Violence Prevention
- HIV/AIDS
  - http://idph.iowa.gov/hivstdhep/hiv/resources
- HPV
  - http://www.idph.iowa.gov/immtb/immunization/hpv

**Centers for Disease Control (CDC)**
- Child Abuse and Neglect Prevention
- Violence prevention
  - https://vetoviolence.cdc.gov/about
- Preventing Teen Dating Violence
• [https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html](https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html)

• HIV/AIDS

**Advocates for Youth**
- Advocates for youth and champions efforts that help young people make informed and responsible decisions about their reproductive and sexual health

**FUTURES Without Violence**
- Resources for parents on how to start and have a conversation about healthy relationships and dating violence, information on warning signs, and interactive tools/quizzes to explore the topics

**Break the Cycle**
- Resource for youth aimed toward getting more bystander intervention. Offers a short video and teen dating violence curriculum

**Love is Respect**
[https://www.loveisrespect.org/](https://www.loveisrespect.org/)
- Resources to empower youth to prevent and end dating abuse

**That's Not Cool**
[http://thatsnotcool.com](http://thatsnotcool.com)
- Interactive website for teens that provides resources to help them understand how to “draw the line” if being harassed by texting or a dating partner; resources for responding, games and vignettes to help understand healthy/unhealthy dating situations

**Iowa Internet Crimes against Children Task Force**
[http://www.iaicac.org/Pages/presentationform.aspx](http://www.iaicac.org/Pages/presentationform.aspx)
- Training for parents, teachers, students and other community members on issues related to internet exploitation and prevention measures

**Iowa Safe Schools**
[https://www.iowasafe](https://www.iowasafe)
- Student, educator, and parent resources to provide safe, supportive learning environments for LGBTQ and allied youth

**National Center for Missing and Exploited Children**
[http://www.netsmartz.org/InternetSafety](http://www.netsmartz.org/InternetSafety)
- Educator resources for internet safety with K-12 teaching materials, presentations, and additional resources