

Adolescent Health Education Resources Toolkit

VDH VIRGINIA
DEPARTMENT
OF HEALTH

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EDITORS

Joanna Pitts, BSN, RN, NCSN, CNOR
School Health Nurse Consultant
Virginia Department of Health

Tonishia Short
Special Projects Manager
Virginia Department of Health

Alana Harris
Youth Advisor
Virginia Department of Health

Olivia Washington
Youth Advisor
Virginia Department of Health

CONSULTING EDITORS

Anne McMillan
Graphic Designer
Office of Communications

Tracy White, MA, RN
School Health Specialist
Virginia Department of Education

Emily Yeatts
Reproductive Health Unit Supervisor
Virginia Department of Health

Rachel Brown
Adolescent Health Coordinator
Virginia Department of Health

Rita Miller
Tobacco Use and Dependence
Treatment Coordinator
Virginia Department of Health

Sarah Birckhead
Policy and Outreach Coordinator
Tobacco Control Program
Virginia Department of Health

Mark Boldt, MPH
Program Manager
Tobacco Control Program
Virginia Department of Health

Janet B. Wright, BSN, RN, NCSN
Independent School Nurse Consultant
School and Adolescent Health Specialist
Virginia Department of Health (Retired)

Youth Advisory Council
Virginia Department of Health

Virginia School Health Toolkit: Adolescent Health Education Resources

"Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors."

[Whole School, Whole Community, Whole Child \(WSCC\)](#), CDC



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Overview

What is Adolescent Health Education?

Adolescent Health Education is an important topic to cover in health education for all grade levels. When discussing topics, special consideration should be given to: age of student, target audience, and common school issues identified by administration, faculty, staff, and parents/guardians. Student input for identified areas of interest should also be considered. In addition to the resources provided in the K-12 School Health Toolkit, check with your local health department, or School Nurse Coordinator, for additional community-specific references, special programs, or potential guest speakers for supplemental guidance and recommendations.

Youth Advisory Council

Youth Advisory Councils are groups of young people who help support organizations. These councils are a great way to engage youth by incorporating their voice within organization-wide initiatives and foster social connectedness through adult partnership. There are several Youth Advisory Councils across the state that focus on a variety of community topics, including one with the Virginia Department of Health. Information on applying for, or starting your own Youth Advisory Council at your school, can be found on page 17.

Intended Audience

The recommendations, guidelines, and best practices found in this toolkit are intended for: School Nurses, school health staff, school administrators, teachers, students, counselors, parents/guardians/caregivers, and community stakeholders with an interest in Adolescent Health or School Health Programs.

The Role Of The School Nurse

The School Nurse plays a vital role in promoting K-12 School Health Programs within the school community. School Nurses can serve as a liaison, connecting students, staff, parents/guardians to community resources. Developing partnerships with organizations such as the: [local health department](#), [Virginia Medical Reserve Corps](#), [Virginia Health Catalyst](#), [ImmunizeVA](#), [bridge2resources](#), [Virginia Chapter of the American Academy of Pediatrics](#), and [local pharmacies](#) can support School Nurses with: hosting wellness/immunization clinics; conducting screenings; accessing healthcare providers; assisting with food insecurity initiatives; and so much more. School Nurses sit at the intersection of health and education which gives them a unique perspective to create safe, supportive environments that ensure students reach their optimal level of health for learning and overall well-being.

Personal Health & Wellness



STAY UP TO DATE ON YOUR VACCINES!

Request a copy of your child's immunization record.

www.vdh.virginia.gov/immunization/requirements

Healthy Sleeping Habits

Information on pediatric sleep disorders and common concerns for tips/resources for parents and educators based on age.

[cdc.gov/healthyschools](https://www.cdc.gov/healthyschools)

Recommended hours of sleep per day by age; and, guidelines to assist schools, parents, and professionals.

[cdc.gov/sleep](https://www.cdc.gov/sleep)

CDC basics about sleep, data and statistics, and resources about sleep and sleep disorders.

Check the Virginia Department of Health Adolescent Health Website for additional resources!



[Immunization Record Request Form | VDH](#)

Feeling Safe and Connected

Feeling safe and supported enhances a student's overall social and emotional well-being, and mental health. Educational handouts for interventions and ideas for school sponsored programs are available to support students, educators, parents/guardians, and school health staff with helping students feel a sense of belonging. **See Mental Health Toolkit and Flipchart for additional resources.**

[nih.gov](https://www.nih.gov) | [cdc.gov](https://www.cdc.gov) | [kidshealth.org](https://www.kidshealth.org) | [thetrevorproject.org](https://www.thetrevorproject.org) (LGBTQ+ youth)

Dental Hygiene and Oral Health

Proper dental hygiene improves confidence and decreases the risk of long-term health complications. School Nurses can promote dental hygiene in their school community by collaborating with community partners to provide education, host dental clinics, or provide free or low-cost resources.

- [deltadentalva.com](https://www.deltadentalva.com) | *Smart Smiles, a standards aligned curriculum for grades K through 5, is available for free by visiting Delta Dental's website.*
- [vahealthcatalyst.org](https://www.vahealthcatalyst.org) | *Comprehensive list of resources and initiatives to enhance School-Based Oral Health programs.*

Additional Resources:

- [American Academy of Pediatrics, Children's Oral Health](#)
- [American Dental Association](#)
- [VDH Oral Health](#)



Personal Health & Wellness

Role Of The School Nurse

School Nurses play a vital role in promoting health and wellness. This includes **proper handwashing, personal hygiene, and routine wellness checks as a preventive measure to reduce the spread of viral infections.** In some instances, a child's only access to a licensed healthcare professional is through a visit to the school clinic. School Nurses can assist families with finding healthcare providers to ensure students reach their optimal level of health.



bridge2resourcesva.org

Access free, or low-cost resources in your community ranging from healthcare to housing.



[Health Department Locator](#)

Searchable database to locate a health department closest to your zip code.



[Printable Health Promotion Materials](#)

School nurses and other school personnel can find social media graphics, fact sheets, posters, and more here.



[CDC Hand Hygiene](#)

The CDC provides hand hygiene tips and guidelines for schools, early care, and education settings.



[Code of Virginia § 22.1-6.1.](#) Each local school board shall make menstrual supplies available, at all times and at no cost to students, **in the bathrooms of** each middle school and high school; and, if deemed appropriate for elementary school.

[Menstrual Hygiene Information | CDC](#)

safekids.org



Summer Safety and Wellness

Virginia Department of Health provides a [free webinar on Summer Safety!](#) Topics **include:** bug bites, summer camp first aid protocols, sunscreen protection, pool/water safety, bicycle safety, and much more! To access the webinar, click [here](#).

- [CDC Sun Safety](#) | The CDC provides information, resources, and sun safety tips for schools and employers.
- cancercoalitionofvirginia.org | CACV fosters relationships between healthcare systems, non-profits, community organizations and individuals to work together for a Virginia without cancer.
- [CDC What Works in Schools](#) | A CDC program that aims to increase the health and well-being of middle and high school students through education, health services, and supportive environments.

Bicycle and Pedestrian Safety

www.vdh.virginia.gov

VDH offers downloadable injury and violence prevention tip cards including bicycle and skate safety, playground safety, pedestrian safety, school bus safety, and more.

www.doe.virginia.gov

VDOE provides lesson plans on [Bicycle Safety](#) for grades K-12.

Healthy Eating and Nutrition



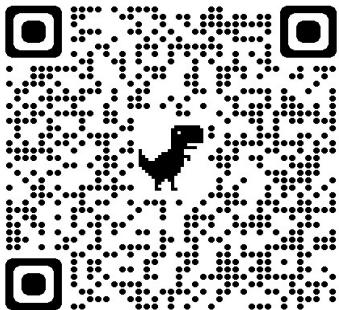
Physical Education

[Code of Virginia Section § 22.1-207](#) **Physical and health education** shall be emphasized throughout public school curriculum.

[VDH Recommendations](#)

A list of resources for daily physical activity goals across all age groups.

VDOE provides a variety of Instructional Resources and curriculum guidelines for physical and health education!



School Breakfast Programs

[Code of Virginia, Section 22.1-207.3](#) **School breakfast program.** Each school board shall establish a school breakfast program in any public school in which 25 percent or more of enrolled school-age children were approved eligible to receive free or reduced price meals in the federally funded lunch program during the previous school year.

VDOE, School Breakfast Programs

Research shows school breakfast programs increase student engagement, improve attendance rates, promote academic achievement, and enhance students' overall health. School breakfast initiatives include:

- **Breakfast After The Bell**
- **Grab and Go Breakfast**
- **Second Chance Breakfast**



School Nutrition Programs

[Code of Virginia, § 22.1-207.4.](#) **Nutritional guidelines for competitive foods.**



School Nutrition Calendar

The [School Nutrition Programs Calendar](#) provides information on upcoming training opportunities, webinars, conferences, and other [VDOE-SNP](#) events.

[Office of School Nutrition Programs](#)

nokidhungry.org

Healthy Hunger-Free Kids Act.

The legislation authorizes funding and sets policy for USDA's core child nutrition programs: The National School Lunch Program, the School Breakfast Program, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Summer Food Service Program, and the Child and Adult Care Food Program. The new standards align school meals with the latest nutrition science and the real-world circumstances of America's schools.



Eating Disorders

[Code of Virginia, § 22.1-273.2](#). Parent educational information regarding eating disorders for pupils in grades 5-12.



Mandated Parent Notification Required

Sample of [Eating Disorders Parent Information Sheet](#) (Word) for students in grades 5-12.

Optional Screening Program

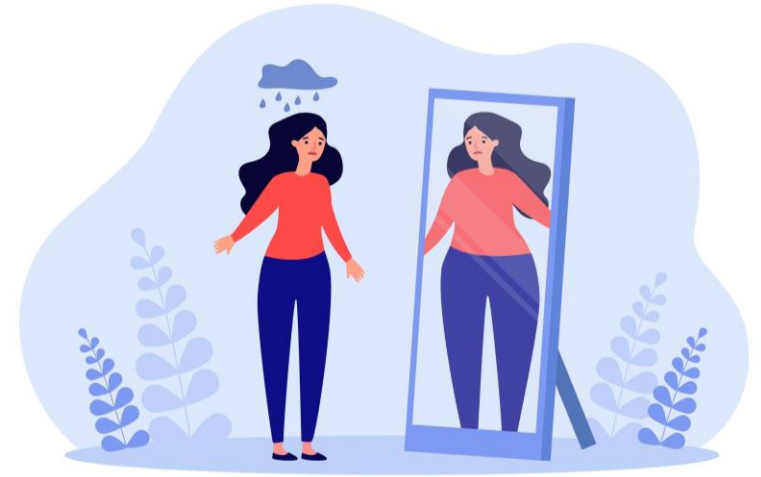
If schools conduct optional screening for eating disorders they may use the sample forms provided below:

- [Report of Eating Disorder Screening Form](#) (Word)
 - [Sample Eating Disorder Screening Opt-Out Form](#) (Word)
1. Screening for eating disorders may assist in early detection and referrals for follow up care.
 2. Screening tools should be evidence-based and age appropriate. Local policy should clearly indicate which grade levels are screened and which licensed school personnel will receive training.
 3. Division must provide educational information to parents/guardians of students whether the optional screening *is* or *is not* conducted.

Resources:

[Eating Disorder Hope](#)
[NEDA Educator Toolkit](#) | [NEDA Parent Toolkit](#)
[Academy of Nutrition and Dietetics \(AND\)](#)
[National Association of School Nurses \(NASN\)](#)
[Families Empowered and Supporting Treatment of Eating Disorders](#)

School communities are uniquely positioned to assist with prevention efforts for eating disorders.



Educate teachers, staff, counselors, coaches, and administrators on strategies for reducing negative risk factors and increasing protective factors.

Discuss topics such as body image, self-esteem, weight stigma, intuitive eating, and media literacy.



Encourage adults to serve as positive role models and resist the urge to comment on the physical appearance or weight of students.

Tobacco and Nicotine, Vaping, E-Cigarette Use

[Code of Virginia, Section, 221.1-207](#)
Physical and Health Education

[Code of Virginia, Section 32.1-73.8](#)
Youth Health Risk Behavior Survey

Vape Free Resources



[Quit Now Virginia](#)

Dial 1-800-784-8669 for free 24/7 phone, text and online support for Virginians 13+ who want to quit any tobacco or nicotine product.



[teen.smokefree.gov](#)

Tools, guides, and tips for teens who are looking to quit smoking.



[thisisquitting.com](#)

Text-based, confidential, 24 hours a day, 7 days a week, 365 days a year. To get started, text DITCHVAPE to 88709, or parents/guardians can text QUIT to 847-278-9715.

Partner with community organizations, or local substance use prevention coalitions, to host preventative education events!



What are the risks of tobacco and nicotine use? According to the [Campaign for Tobacco-Free Kids, an estimated 14, 400 kids in Virginia](#) try their first cigarette before the age of 18. Because adolescence is a critical period of growth and development, exposure to tobacco or nicotine may have lasting, adverse consequences on brain development, respiratory problems, reduced immune function, increased illness, tooth decay, gum disease and pre-cancerous gene mutations. Short term consequences include bad breath, irritated eyes and/or throat, increased heartbeat, and elevated blood pressure.

RECOMMENDATIONS

- Develop and enforce a non-punitive school policy on tobacco, e-cigarette, and vaping use.
- Provide instruction about short- and long-term consequences of tobacco, e-cigarette, and vaping use.
- Provide program-specific training and prevention education, especially reinforced for middle and high school students.
- Involves parents/guardians in supporting school-based interventions for tobacco, e-cigarette, and vaping use.
- Support cessation efforts among students and all staff.
- Assess the tobacco-use prevention program regularly.

ROLE OF THE SCHOOL NURSE

- 1 Educate.** Establish a good rapport with students, creating an open-door policy where students can have safe space conversations. Share community resources around school or social media.
- 2 Report.** Immediately report suspect cases of lung injury of unclear etiology and a history of e-cigarette or vaping product use within the past 90 days to your local health department.
- 3 Inquire** of students who report e-cigarette use or vaping within the last 90 days about signs and symptoms of respiratory illness.
- 4 Review** CDC guidance about patient management.

Tobacco and Nicotine, Vaping, E-Cigarette Use

Vapes Can Be *Incognito!*

Electronic Nicotine Delivery Systems (ENDS) are battery operated devices that allow the user to inhale an aerosol containing highly addictive nicotine. They are also known as e-cigarettes, but can go by many other names including: “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” and “tanks.” Using an e-cigarette is often called “vaping” or “JUULing.”

Due to their sleek design, ENDS vaping devices can often be disguised as ordinary objects such as: highlighters, markers, or USB drives. Some e-cigarette users might not consider themselves as smokers.



DID YOU KNOW?

- Nicotine can worsen anxiety, irritability, and impulsivity.
- Nicotine levels in ENDS are similar or higher to nicotine levels in cigarettes.
- Nicotine can impact learning, memory, concentration, and impulse control.
- Some youth use vaping devices out of curiosity, as a coping mechanism to ease feelings of stress or anxiety, out of boredom, or if they notice a family member or friend using.

YOU AND ME, TOGETHER VAPE FREE.

Tobacco Prevention Toolkit and Resources | Stanford Medical

Vaping devices can often be disguised as ordinary objects such as: highlighters, markers, or USB drives!

Youth Tobacco and Nicotine Use Toolkit

Toolkit provided by the Tobacco Free Community Coalition on youth tobacco and nicotine usage.



Stay Informed! VDH Tobacco Control Program provides newsletters and webinars. Sign up here: tinyurl.com/VATobaccoNewsletters.



Scan the QR code to view the **full toolkit** and **free resources** for schools, parents, and students made available on the [VDH website](https://www.vdh.virginia.gov).



More information available at:

- livevapefreeva.org
- www.cdc.gov/tobacco/e-cigarettes/health-effects.html
- truthinitiative.org/this-is-quitting-resources

Alcohol and Other Drug Use

[Code of Virginia, Section, 221.1-207](#)

Physical and Health Education

[Code of Virginia, Section 32.1-73.8](#)

Youth Health Risk Behavior Survey

[Code of Virginia, Section 221.1-206,](#)
**Instructions Concerning Drugs,
Alcohol and Substance Abuse.**

[8 VAC20-310-10.](#) **Health education program.**

Overview

Alcohol and drugs can cause significantly impaired judgment, lack of focus, and an inability to concentrate. They can also increase the incidence of a variety of aggressive acts, including domestic violence and sexual assault. Long term effects can vary depending on the substance but may include permanent damage to vital organs such as the brain, heart, pancreas and liver, a weakened immune system, and an increased risk of developing cancers. Data suggests early intervention strategies are most effective, as substance abuse increases significantly during the high school years.

1-800-662-HELP

SAMHSA's National Helpline is a:

- *Confidential*
 - *Free*
 - *24-hour-a-day*
 - *365-day-a-year service,*
- available in English and Spanish, for individuals facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.



VIRGINIA YOUTH SURVEY

The Virginia Youth Survey, provided by the Virginia Department of Health, reports provide information on health risk behaviors that may contribute to the leading cause of death, disability, and social problems among youth and adults within the Commonwealth.

[Virginia Youth Survey Data Briefs](#)

www.vfhy.org | **Virginia Foundation for Healthy Youth**

Recommendations

- 1 Tailor intervention programs to the unique needs of the school community.
- 2 Encourage parent/guardian participation in developing resources for school-based intervention and prevention programs.

[Youth Risk Behavior Surveillance System \(YRBSS\)](#)

A national school-based survey that monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including drug and alcohol use.

[Federal Programs: Safe & Drug Free School Act Toolkit](#)

VDOE provides resources for school personnel on program development and implementation, as well as community collaboration.

[Virginia Association of Community Services Boards \(VACSBs\)](#)

VDOE provides resources for school personnel on program development and implementation as well as community collaboration.

[SAMHSA: "Talk. They Hear You." Campaign](#)

A national youth substance use prevention program that shares information and resources for parents, caregivers, educators, and community members.

Alcohol and Other Drug Use

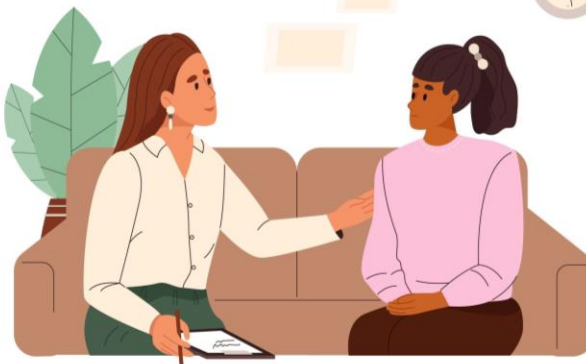


Opportunities to Talk with Youth

The *Substance Use Prevention Communications Toolkit* provides some opportunities to talk with youth, how to promote engagement, starting frames, and special considerations for healthcare professionals:

1. **Natural opportunities for brief conversations** with youth occur during physicals, such as when taking a social history or reviewing behavioral health screening results.
2. **Think about how you present yourself to the teen.** Scrubs and a white coat may be intimidating to some students. Get on a similar level and maintain eye contact to build rapport.
3. **Consider** attending sports games, **hosting health fairs**, youth programs, and other school events.
4. **Avoid fear-based messaging and medical jargon.**

"As a School Nurse, I'm here to support you and give you information and resources so you can make informed choices."



[bridge2resources](https://www.bridge2resources.org/)

"WHAT you say and the WAY you say it, MATTERS!"

Virginia Young Adult Survey (2022)

The YAS is a statewide survey of young adults ages 18-25 funded by the Department of Behavioral Health and Developmental Services (DBHDS), Office of Behavioral Health and Wellness (OBHW). Its purpose is to better understand young adults' experiences with substance use, mental health, and other related topics to provide targeted prevention services across Virginia.

Community Service Board Locator

Search for the CSB closest to you by zip code, city, or county. Community service boards provide comprehensive services in developmental disabilities, early intervention, mental health, prevention and substance use disorders.

[Youth Substance Use Resources and Programs In Central & Northern Virginia](#)

[curbthecrisis.com](https://www.curbthecrisis.com/)

Check out Curb the Crisis, it provides education on the opioids, rescue and treatment options, and resource locators in Virginia.

Naloxone

For guidance, review the *Virginia School Health Guidelines*, *Virginia Department of Health* webpage, and local school division policies.

Code of Virginia [§ 22.1-277](#).

Suspensions and expulsions of students generally.

Code of Virginia [§ 54.1-3408](#)

Professional use by practitioners.

Code of Virginia [§ 8.01-225 \(19\)](#).

Persons rendering emergency care, obstetrical services exempt from liability.

[HB 732](#) | *Public elementary and secondary schools; policies and requirements relating to naloxone.*

[HB 1504](#) which amended the Code of Virginia [§22.1-272.1](#).

Parental Notification Executive Order Twenty Eight

WHAT IS NALOXONE?

Naloxone is a prescription medication that reverses opioid overdoses. It can also be found under the name Narcan. VDH, VDOE, and DBHDS permits every K-12 public school to procure undesignated stock naloxone. Private schools wishing to obtain naloxone should consult with their accrediting agency.

vdh.virginia.gov/naloxone

HOW CAN SCHOOLS OBTAIN NALOXONE?

Schools will complete order forms and provide a standing order for naloxone from VDH for the purchase of naloxone or participation in a free Naloxone in Schools program.



Public K-12 schools are eligible for no-cost naloxone through VDH. Availability may vary.

[Naloxone Distribution to Community Partners \(K-12 Schools\)](#)

WHERE WILL SCHOOLS ACQUIRE NALOXONE?

Use the flowchart to acquire Naloxone for your school: [Naloxone Process Flowchart for Schools](#).

TRAINING & RESOURCES

- [REVIVE!](#) *An opioid overdose and naloxone education program for the Commonwealth of Virginia.*
- [VDOE School Health Guidance, Resources, & Required Training](#)
- [Best Practices for Administration of Naloxone In School Setting \(Word\)](#)
- [Naloxone Administration Procedures Form for School Health Personnel](#)
- [Procedures to Administer Naloxone in the School Setting](#)
- [School Crisis Emergency Management and Medical Emergency Response Plan](#)

[It Only Takes One](#)

curbthecrisis.com

Medical Cannabis Products

[Code of Virginia § 22.1-277](#). Suspensions and expulsions of students generally.

[Code of Virginia § 54.1-3408.3](#). Certification for use of cannabis for treatment.

[Code of Virginia § 18.2-251.1:1](#). Possession or distribution of cannabis oil; public schools.

[HB 2218](#) | Pharmaceutical processors; permits processors to produce & distribute cannabis products.

[HB 1720](#) | Cannabidiol oil and THC-A oil; possession or distribution at public school.

[SB 1632](#) | Cannabidiol oil and THC-A oil; possession or distribution at public school.

WHAT IS CBD and THC-A OIL?

Cannabidiol (CBD) or tetrahydrocannabinol acid (THC-A) oil are chemicals found in a cannabis plant. Students with medical conditions requiring medical grade cannabis products must have authorization from a licensed healthcare provider and complete the [Student Form for Administration of CBD or THC-A Oil](#). Medical cannabis products are pharmaceutically processed and FDA approved.

MEDICAL CANNABIS IN SCHOOLS

✘ Student self-carry of prescription medication is prohibited (inhalers and epi-pens are an exception.)



Use of **medical cannabis products** must be approved by the local school board.



A licensed health care provider must provide an official order for medical cannabis. The authorization must also be signed by a parent/legal guardian.



School health personnel must be adequately trained to administer medication in K-12 settings.



Non-medical grade CBD and THC oils can be found in food items, such as gummies or candy. It is recommended students do not share, or consume, unpackaged food items with peers.



Empower parents/guardians to have conversations with their child about cannabis use.

[Talking About Cannabis: A Toolkit](#)



VDOE provides educational materials concerning health and safety risks for K-12 schools. [Code of Virginia § 18.2-371.2](#)

RESOURCES

- [Superintendent Memo | CBD and THC-A Oil Administration Required School Form](#) (Word)
- [Student Form for Administration of CBD/THC-A Oil](#) (Word)
- [Youth Prevention Toolkit](#) | [Parent Toolkit](#)



[Stanford REACH Lab Resource Page](#)



"Local school boards should consult with their school board attorneys in their development of local policies and procedures for the administration of CBD or THC-A oils in their schools."

School Safety and Unintentional Injury Prevention

[Code of Virginia, Section 22.1-207,](#)
Physical and Health Education

[Code of Virginia, 22.1.-279.8,](#)
School Safety Audits, School Crisis,
Emergency Management and Medical
Emergency Response Plans Required

[Code of Virginia, § 22.1-279.3:1,](#)
Reports of certain acts to school
authorities

CDC provides free workbooks to support violence prevention efforts in schools. Booklets focus on a specific violence types such as:

- **Child Abuse and Neglect**
- **Intimate Partner Violence**
- **Sexual Violence**
- **Suicide**
- **Youth Violence**

To download the workbooks, click [CDC Resources for Action.](#)



Overview

School violence represents a threat to not only an individual, but to the safe learning environment within the school community. It can cause physical, mental and emotional harm to those involved, and that impact may be felt for years to come. Often, those who are perpetrating the violence are seeking attention and in need of assistance. The individual may be experiencing violence, abuse, neglect at home, or feel alienated and without a support network, expressing their anger and frustration through violent behaviors. If a student is identified as expressing a desire to cause harm or commit a violent act, school administrators, counseling staff, and the parents should be notified immediately. It is imperative that every threat is taken seriously, and that appropriate action is taken.

Defining Violent Behaviors

School violence can occur going to and from school, on school property, en route to, or during, school-sponsored activities, and is a subset of youth violence.

The Centers for Disease Control and Prevention (CDC) defines youth violence as “the intentional use of physical force or power to threaten or harm others by young people ages 10-24”.

Violent behaviors may include the following:

- **Fighting (examples: punching, slapping, kicking)**
- **Bullying**
- **Weapon use**
- **Cyberbullying**
- **Gang violence**



Resources

- [Sexual Violence Prevention](#)
- [Suicide Prevention](#)
- [Teen Dating Violence](#)
- [Youth Violence and Bullying Prevention in Schools](#)

School Safety and Unintentional Injury Prevention

School nurses can partner with students, parents, administrators, and school personnel, as well as those in the community to help understand and address the concerns. Each school and surrounding community can work together in assessing the school climate for violence potential and/or signs of violence; thus, identifying interventions that can be directed towards individuals or small groups, relationships between various groups at school, or focused on the entire community.

Resources

Mental Health Resources

- [CDC Mental Health Matters](#)
- [Teen Health Hub | Washington Department of Health](#)
- [Mental Health Resources | BIPOC Community](#)

Department of Criminal Justice

[K-12 School Safety and Threat Assessment, School Curriculum & Resources](#)

[School Health Index](#)

An online self-evaluation and planning tool for schools to identify the most effective policies and practices to reduce youth health risk behaviors.

[Mental Health Flipchart for School Nurses](#)

A flipchart of strategies to support School Nurses in handling a mental health crisis in their clinic or school building. Resource was developed in collaboration with VDH, VA-AAP, and the REACH institute.



Meeting the psychological safety needs of students and staff is top priority. It establishes a baseline of trust, promoting feelings of security that further enhances both academic performance and social/emotional learning.



Youth Mental Health First Aid Training

Training course for parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens on how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.



Family Life Resources

[Code of Virginia, § 22.1-207, Physical and Health Education.](#)

Developing health education programs that **promote youth development and open communication around sexual health is ideal**. School health staff can create safe, supportive spaces and may be able to assist youth in preparing for such conversations with their parents/guardians.

[Code of Virginia, § 22.1-207.1, Family Life Education.](#)

[Code of Virginia, § 22.1-23.3, Treatment of transgender students; policies.](#)

EDUCATIONAL PROGRAMS

For district specific programs and education, contact the Health Educator of the local health department.

"Creating regular opportunities to talk with children and youth can have a big impact on their emotional health and overall well-being." [CDC](#)

Sexual Health Resources



[VDH Sexual Health FAQs](#)

Answers to frequently asked questions by teens provided by the Virginia Department of Health.



[Title X Clinic Locator](#)

Provide confidential reproductive health services for teens:



[Model Practices On Ensuring Privacy, Dignity, and Respect For All Students and Parents In Virginia Schools](#) (Word document)

VDOE provides a framework for engaging with students and parents of diverse backgrounds. Each school board shall adopt policies that are consistent with but may be more comprehensive than the model policies.



Our role as school health personnel is to prioritize student safety!

[VDH Resources for Pregnant Teens](#)

List of resources for unplanned teen pregnancy, provided by the Virginia Department of Health.



[Resource Mothers](#)

A program that seeks to lower infant deaths and low birth weight rates in Virginia's pregnant and parenting teens. Any pregnant teen, 19 years or younger, is eligible for the [program](#). The program's main goal is to improve birth outcomes for the teen and the baby.


[Your Reproductive Rights](#)

Information on your right to access care and have it covered by your insurance or other health care coverage if you have it, where to go if you don't have coverage, and how to get information if you don't know.



Family Life Resources

WHAT IS MANDATORY TO REPORT TO PARENTS/GUARDIANS?

NOT MANDATORY

-  **Not required to report a minor seeking family planning/STI services.***
[Code of Virginia § 54.1-2969.](#)
-  **Not required to report confirmed or suspicion of teen pregnancy.***
[Code of Virginia § 54.1-2969.](#)

MANDATORY

-  **Required to report sexually transmitted infection cases (STIs)* per the [Virginia Reportable Disease List](#).** Work with local health department for reporting protocol.
[Regulations for Disease Reporting and Control](#)
-  **Required to report nonconsensual sexual activity and suspicion of sexual abuse (between minors, or a minor and an adult).***
[Code of Virginia, § 63.2-100.](#) | [Code of Virginia § 63.2-1512.](#)

*Consider local school division policy, mandatory reporting requirements, HIPPA, and FERPA regulations. For additional information, refer to the VDOE [Child Abuse Recognition and Intervention Training](#) webpage.

ADDITIONAL RESOURCES

- [Guidelines for the Prevention of Sexual Misconduct & Abuse in Virginia Public Schools](#) (Word)
- [Virginia Department of Social Services](#)
- [Child Protective Services \(CPS\)](#)
- [Child Abuse and Neglect: Recognizing, Reporting, and Responding for Educators](#)

How To Report Child Abuse or Neglect

Virginia: 804-786-8536

Out-of-State: 1-800-552-7096

[Virginia Mandated Reporters](#)

[Local Departments of Social Services](#)

Sexually Transmitted Diseases (STDs)

[Learn More About STDs](#)

VDH provides Information on sexually transmitted disease prevention and testing in Virginia.

Sexually Transmitted Infections

[Virginia Reportable Disease List](#)

Family Life Education

virtualvirginia.org/PL

Virtual Virginia offers free, Professional Learning (PL) training for elementary, middle, and high school teachers, and school personnel, responsible for instructing [Family Life Education](#) (per VDOE standards of learning).

Engaging With Students: School Nurse Perspective

YOUTH HEALTH SERVICES

Why is one-on-one time with a healthcare provider important?

Allowing adolescents one-on-one time with their healthcare providers can help them build trusting relationships and discuss more sensitive topics.



Conversation Starters

Try The O.A.R.S Approach!

- O** **Open-ended Questions:** Engage students in conversation by requiring more than a simple yes/no answer.
- A** **Affirmations:** Show appreciation and understanding; or, compliment them, highlighting student strengths and positive behaviors.
- R** **Reflections:** These statements offer your interpretation of what was said and are used to express empathy and show that you're paying attention.
- S** **Summaries:** Highlight the important parts of the conversation that took place. Start with: "Let me see if I've been hearing you correctly..."

RESOURCES

[Substance Use Prevention Communications Toolkit](#)
[6 Ways To Build Rapport With Students](#)
[Guide on How to Build Trust and Rapport With Youth](#)
[CDC School Connectedness Infographic Shareables](#)

MEET STUDENTS WHERE THEY ARE!

Building Rapport

- 1** Make yourself visible. Stand in the hallway in between classes, pop into classrooms, or attend sporting events after school.
- 2** Sponsor a club, or solicit student volunteers to help with health fairs and wellness clinics.
- 3** Take sincere interests in students lives. Ask open-ended questions, and invite students to stop by the clinic to check-in.
- 4** Develop a monthly newsletter to share with students and families, that includes community resources, personal wellness tips, and upcoming events.



Virginia Department of Health, Youth Advisory Council

WHO WE ARE

The **Virginia Department of Health's Youth Advisory Council** is a VDH initiative to get adolescents more involved in decisions regarding their community's well-being. VDH YAC applications open before the fall of each year. Applicants are required to be youth between the ages of 14-21 and should have a vested interest in public health. More information can be found on the [Adolescent Health Hub webpage](#).

YOUTH ADVISORS

Youth Advisors are young adults employed on the Adolescent Health Team at the Virginia Department of Health. They work to provide input and feedback on current VDH initiatives to ensure that existing projects cater to youth. Additionally, they are working to engage adolescents in public health through **Virginia's Youth Advisory Council**.

For questions, email:

youthadvisors@vdh.virginia.gov



Interested in learning more?

Scan the QR code to access the VDH Youth Advisory Council application.

"I joined the youth advisory council to make a difference in my community. As a student, daughter, older sister, and friend in today's world, I want to make a difference in youth public health in Virginia." -VDH YAC Member



"I joined the Youth Advisory Council, because I am invested in my community and want to contribute in meaningful ways to the mental health crisis that is affecting youth today. I have found my local volunteer experiences to be very rewarding, which is why I am so excited at the opportunity to be involved in public health at the state level." -VDH YAC Member

"I feel as if no matter how serious or life-threatening Mental Health can be, some households and some schools don't promote it or talk about it or spread little to no awareness at all about any form of Mental Health. I believe we as the youth, as the future, need to start speaking up about mental health issues and struggles that are serious and some that are even less talked about." -VDH YAC Member



www.vdh.virginia.gov/adolescent-health-hub

Empower youth with the information, resources, and access they need to make informed decisions about their health.



Starting Your Own Youth Advisory Council (YAC)

PURPOSE

Youth Advisory Councils or YACs, are created within organizations to engage youth in community projects or to simply provide a safe place for youth to express thoughts and concerns about adolescent health related topics.

[Youth-Centered Resources and Outreach for Community Partners](#)

How to Start a YAC At Your School



- Establishing collaborative partnerships between students, parents/guardians, and school staff is an integral part of the YAC!



- If school nurses or other staff are finding it hard to connect with their school community, creating a youth advisory council or board may serve as a great way to establish rapport, identify concerns, and find solutions to problems unique to your school community.



- Through adult-student partnerships, YAC promotes a safe space to collaborate. Refer to the **Getting Started** section for additional resources.

YOUTH ENGAGEMENT

Additional opportunities to partner with youth-centered, established councils and advisory boards across the state:

- [Virginia Department of Health Statewide Youth Advisory Council](#)
- [Mayor's Youth Academy](#)
- [Mentor VA Youth Ambassadors](#)
- [Fairfax County Youth Council](#)
- [Youth Move VA Advisory Board](#)
- [VSDV Action Alliance Youth Action Council](#)
- [4-H Youth in Action Program](#)
- [Equality VA](#)



GETTING STARTED

- [CDC Youth Advisory Council Information](#)
- [GameChangers: Establishing a Youth Advisory Council Toolkit](#)
- [Pacer Center Youth Advisory Board Toolkit](#)

Digital Bulletin Board of Printable Resources

A list of resources and printables for school health staff to share with their respective school communities.



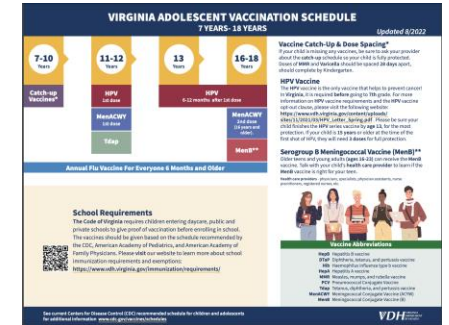
[Know When To Wash Your Hands At School](https://www.cdc.gov/handwashing) CDC



[Supporting A Loved One Deal With Mental and/or Substance Use Disorders](https://www.samhsa.gov/mental-health/young-adults) | SAMHSA



BACK TO SCHOOL CHECKLIST:
[Newly Enrolled Students / \(Spanish\)](#)
[Currently Enrolled Students / \(Spanish\)](#)



[Virginia Adolescent Vaccination Schedule \(7-18\)](https://www.vdh.virginia.gov/adolescent-vaccination-schedule) / [Spanish](#)

Adolescent Health Specific Resources

- [Adolescent and School Connectedness Posters](#) (CDC)
- [Adolescent Health Care Resources for Teens](#) (AAP)

Tobacco Free Community Coalition
Scan the QR code to view the full toolkit and free resources for schools parents, and students.



[Infographics & Shareables \(CDC Healthy Youth\)](#)