



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

March/April 2010

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Featured Resource

HHS for Kids

Need health information in a hurry? Background information for a lesson you are updating or developing? An activity for a class or for a teacher to use in a classroom? Something for parents?

HHS for Kids has health information on a wide range of topics in one central site. Because it is posted by the U.S. Department of Health and Human Services, it is credible, too!

Information is divided into sections for All Kids, Youth, Girls, Parents, Educators/Teachers, Health and Science and Other Federal Kids' Sites. The presentations also vary from providing information to interactive quizzes.

Access HHS for Kids at <http://www.hhs.gov/kids/> to learn and enjoy!

Kick Butts Day - March 24, 2010

On Kick Butts Day, sponsored by the Campaign for Tobacco-Free Kids, thousands of kids across the country stand up against Big Tobacco and adults stand up for kids. The focus is to get youth involved in educating, rallying and advocating their peers to start fighting back against the marketing, merchandising and social pressures that are persuading youth to start using tobacco. Start in your school by incorporating this new DVD in classroom activities.

McGruff's Kids Files: Tobacco



McGruff the Crime Dog® and his teenage friend Jason utilize interviews with health experts and smokers to help students discover some "burning issues" about tobacco use. Information is presented on how cigarette advertisers target young people in their ads and the dangers of secondhand smoke. Be sure and remind students that the legal age for tobacco use in New Jersey is 19, not 18.

DVD, 16 minutes

Request: AV DVD S02

The following videos are also available

Dusty the Dragon, Grade 2, 11 min., AV S18

Smokeless - Not Harmless, High school, 5 min, AV S39

Tobacco: Just Say Know, Grades 5-9, 13 min, AV DVD S01

Burn Awareness

Reckless use and improper storage of gasoline and injuries resulting from scald burns caused by hot liquids, steam or foods, lead to thousands of young children being burned every year.

The Story of Austin Bailiff

This brief video emphasizes the dangers of playing with gasoline and targets a teen and tween audience. Austin Bailiff is a teen who was severely burned after experimenting with fire and gasoline. Bailiff has endured months of surgeries, skin grafts and therapy, and has missed out on playing football, wrestling and his 8th grade graduation. **Warning: video contains images that might be**

disturbing to younger audiences. View the video on [YouTube](#).

DVD

Request: AV DVD IC01



Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895
www.bergenhealth.org • 201-634-2709

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

Tips for Teens: The Truth about Inhalants - Produced by the US Dept. of Health and Human Services, this brightly colored pamphlet includes topics such as *Get the Facts, Before You Risk It* and *Know the Signs*. Intended to appeal to early teens and preteens.

Fitness. What's In It for Me? - A full-color brochure that emphasizes that students can choose the type of activity that is right for them. Includes lots of tips and suggestions. For early teens and teens.

Social Smoking. What It Is and How It Hurts You. - Addresses the myths surrounding social smoking. Emphasizes that any smoking can be addictive and harmful.

Smoke Alarm Safety Checklist - A one-page checklist developed by the National Fire Prevention Association. Younger students can take it home and go over the list with their parents. The change to daylight savings time makes a perfect time to check homes for smoke alarms.

Mixed Up Mess. A one-page black and white list of scrambled names of poisons commonly found in the home. Use with late elementary grades to supplement a lesson on home safety.

Name: _____

School/
Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ email: _____

Mail your completed form to:
 Health Promotion Resource Center / Bergen County Department of Health Services
 327 E. Ridgewood Avenue, Room 301 ■ Paramus, NJ 07652-4895
Forms may also be faxed to 201-986-1068. ATTN: Resource Center
Completed forms may also be emailed to _____ : mdoremus@co.bergen.nj.us

Handouts	Videos
Indicate the quantity of each that you would like: _____ Tips for Teens: The Truth about Inhalants (100 limit per school) _____ Fitness. What's In It For Me? (limit 100 per school) _____ Social Smoking. What It Is and How It Hurts You (limit 50 per school) _____ Smoke Alarm Safety Checklist (limit 150 per school) _____ Mixed Up Mess (no limit)	Indicate your first choice for a date or call to ask about scheduling these visuals: _____ McGruff/s Kids Files: Tobacco _____ Dusty the Dragon _____ Smokeless - Not Harmless _____ Tobacco: Just Say Know _____ The Story of Austin Bailiff

Video Borrowing Policy

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days
 Courier delivery is available for school personnel.