

# A Few of Our Favorite Things

---

The Best Resources of 2025 from  
the SHAPE America Health Education Council



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council



# Kathleen Vogt

Middle School Health Educator

Arlington Central School District, Lagrangeville, NY

[kvogt@acsdny.org](mailto:kvogt@acsdny.org)

## Resources:

- [The Cult of Pedagogy](#) Podcast with Jennifer Gonzalez
- Sleep Hygiene and Social Media Consent [Scavenger Hunt Learning Activities](#)
  - Versatile - Review and introduce content and skills
  - Student-Centered - Students teach one another
  - Movement and Communication - Students circulate and chat with multiple peers to complete this task.



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council



# Adam Mullis

Middle School Health Educator  
Georgia Educator  
mullispe@gmail.com

## Resources:

- Tip Sheet: [Celebrate Your Own Health Literacy Month](#)
- Blog Post: [7 Ways to Turn Health Literacy Month Into a School-Wide Celebration](#)
  - Suggestions to help administrators, teachers, and preparation programs enhance health education through evaluation, professional development, best practice integration, and advocacy.
- Guidance Document: [Appropriate Practices in School-Based Health Education](#)



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council



# Lennie Parham

Comprehensive Health & Physical Education Coordinator  
Division of Teaching & Learning Services, Office of Standards  
New Jersey Department of Education  
Lennie.parham@doe.nj.gov

## Resources:

- [Arizona State University, Teacher College Center for Whole-Child Education: Tools for Educators Turnaround for Children Toolbox](#)
- [World Health Organization \(WHO\) Mental Health Briefer: How school systems can improve health and well-being](#)
- [World Health Organization Foster Socio-emotional Life Skills in Young People Toolkit: K-12, consists of suicide prevention resources such as initiatives, briefers, interventions, teachers guides, and guidelines for families](#)
- [Battelle for Kids P21 Partnership for 21<sup>st</sup> Century Learning, 2019: Framework for 21<sup>st</sup> Century Learning Definitions](#)



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council

# Continued

## Learning Activities:

- [Virtual Health Class on Vaping](#) by Suzette de Araujo, HPE Teacher
- [Communicating Health & Movement](#) by Suzette de Araujo, HPE Teacher

## Literature:

- [CDC Promoting Mental Health and Well-Being in Schools, 2023: An Action Guide for School and District Leaders](#)
- [Sapiens Labs, 2023: Age of first smartphone/tablet and mental wellbeing outcomes](#)
- [The School Nutrition Association Report, 2025: The future vision of the school nutrition program](#)



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council



# Melissa Quigley

High School Health Educator  
Anne Arundel County Public Schools, Maryland  
[mquigley@aacps.org](mailto:mquigley@aacps.org)

## Teaching Strategy:

- Implement Project Based Learning (PBL) into your Skill Based Health Units
  - New to PBL - start slow and implement some elements and move towards creating full PBL units.
  - PBL increases engagement, implements 21st Century Skills and provides students with agency.
  - To learn more about the elements of PBL visit PBL Works.

## Favorite Resource:

- Lead4ward Instructional Strategy Playlist



**SHAPE  
America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council

# Continued

## Implementation into Practice:

- [Presentation and Resources I Used to Create My Units](#)
- Examples of Skill Based PBL Units
  - Accessing Valid and Reliable Information for Mental Health Resources
  - Advocating for Food System Issues
  - Decision Making to Resist Peer Pressure and Avoiding Harmful Substances
  - Goal Setting to Improve Wellness using the Dimensions of Wellness
  - Communicating to Improve Relationships



**SHAPER**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council



# Tazmine Weisgerber (she/her)

Assistant Director  
Answer | Rutgers University  
Tazmine.W@Rutgers.edu

## Advocacy Toolkit:

- [The Sex Education Toolkit Developed by FoSE](#)
  - Communication and Advocacy Tools, Defending/Addressing the Opposition, Engagement & Community Building, Policy and Legal Advice, and Background Materials to support sex education in your community.

## Resource:

- [Trans\\* Student Support Plan Template Developed by Gender Spectrum + Adapted by Answer](#)
  - A template to create shared understandings of how the student's authentic gender will be accounted for and supported at school in detail.
  - Adapted to include important information to share with the supported student.



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council

# Continued

## Lesson Plan:

- [Sex, Etc. Lesson Plan: Your Guide to Reproductive Justice](#)
  - Created by Answer
  - Find more of our lessons [here](#).
  - What You'll Find:
    - Answer's lesson plans harness the power of peer-to-peer education with each focusing on an article written by a Sex, Etc. Teen Staff Writer with an additional activity and discussion questions.



**SHAPER**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council



# Michelle Doucette Rawcliffe, MPH

Curriculum and Content Manager  
CATCH Global Foundation  
michelledrawcliffe@gmail.com

## Resource:

- Single Point Rubrics
  - Why I love them: They are a learning tool as well as an evaluation tool. They are manageable to create and allow for learner agency. They are inclusive, adaptable, and comprehensive.
  - Why students like them: They are easier to read because there is less text. They more accurately value what is being evaluated.
  - Examples:
    - [Slowchathealth Blog about Single Point Rubrics](#)
    - [Sample Single Point Rubric](#)
    - [Cult of Pedagogy Blog about Single Point Rubrics](#)



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council

# Continued

## Resource:

- Anonymous Question Box
  - Why I love them: Formative assessment tool, invites learner agency, choice, and voice, versatile, use it all year, quick and easy, especially when done using online forms.
  - Why students Like Them: Quick and easy, judgment-free way to ask questions.
  - Examples:
    - [Advocates for Youth](#)
    - [3r's Curriculum Guide](#)
    - [Welcoming Schools](#)
    - [Puberty, The Wonder Years](#)



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council

# Continued

## Recommendations:

- DOs:
  - Check with the district and state policies on guidelines for answering student questions. Some states and districts do not allow teachers to answer questions even when questions are initiated by the student.
  - Provide guidelines, sentence starters, and group agreements
  - Use it regularly, not just during sex ed
  - Use it for exit tickets when all students must input something
  - Practice using it with all students before really using it
  - Ensure there is a system in place to address students' needs should disclosure occur
- DON'Ts
  - Read and answer in the same class



**SHAPE**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council



# Jenny Withycombe, PhD

Assistant Director of Health and Physical Education  
Portland Public Schools, K-12  
jwithycombe@pps.net

## Resources:

- [PPS Scope and Sequence for Grades 6-8](#)
  - Our scope and sequences are evidence-based, data-informed, and relevant to our students' ever-changing needs. They are updated annually using district, city, county, state, and federal data, including teacher, student, and staff feedback.

## Instructional Materials:

- [Advocates for Youth - Rights, Respect, Responsibility](#)
- [Stanford - You and Me, Together Vape Free](#)
- [Project ALERT](#)
- [Be Real - Body Kind and Let's Eat!](#)
- [Erika's Lighthouse](#)



**SHAPER**  
**America** SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®  
Health Education Council