

Personal, Mental, & Emotional Health



Explore the many aspects of Personal, Mental, and Emotional Health with an assortment of resources that cover topics stretching from cosmetology, to brain trauma, to pregnancy, to vaping. The series "What's Your Calling?" aims to give young adults an up-close and honest look at diverse individuals that are preparing to make an important life changing decision. The Healthy Kids Project encourages a younger audience to make positive choices for their mental and physical health with videos and support materials for teachers and students. An interactive lesson and support materials aimed at high school students examines how different types of drugs alter their brains.

Topics and resources in the following areas:

- Mental and Emotional Health
- Personal Health
- Relationships
- Safety
- Sexual Health
- Substance Misuse

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Videos(366)

Does Being Popular in High School Really Matter? | Above the Noise
When you're in high school, it can seem like being popular is...
Above the Noise
Grades 6-12

Episode #1 - ACEs and Their Effects | Adverse Childhood Experiences
In this episode, we'll focus on defining ACEs and discuss who...
Grade 13+

Episode #2 - The Role of Stress | Adverse Childhood Experiences
In this episode, we will define ACEs and focus on toxic vs...
Grade 13+

Find PreK-12th grade videos, lessons, interactive experiences, and printable activities:

<http://bit.ly/PersonalHealthPBSLM>

