

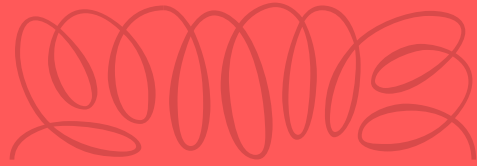
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*Preconception Health*  
**PEER EDUCATOR TOOLKIT**

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A collaborative effort between Emily Gentile, Susan Noyes, Gail Wade,  
DHMIC, & UD School of Nursing made this information possible.





# *Preconception Toolkit* **FOR PEER EDUCATORS**

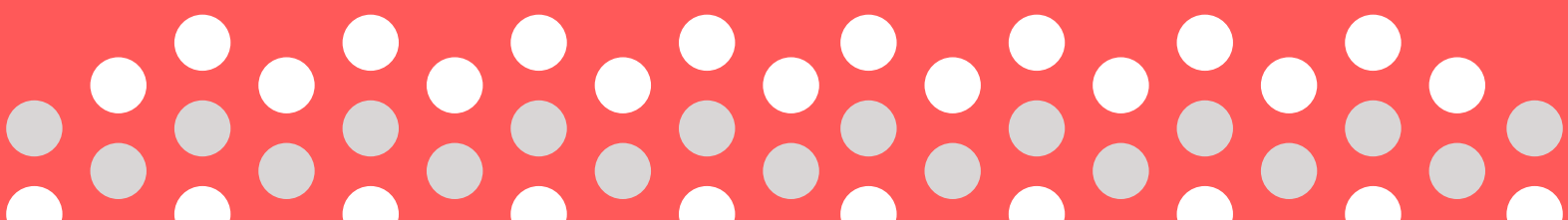
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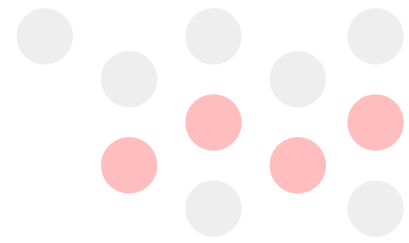
By holding this toolkit in your hands, you are  
attempting not just a project:  
You are trying to create a **positive** change in the **world**.

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When a woman becomes **educated** on healthy choices  
She takes those healthy choices back to her *friends*.  
Those *friends tell friends*, and eventually a  
neighborhood is **educated**.

After a neighborhood, a town, then a state, and finally  
A nation will be educated, and we will [finally] have  
*Happy, Healthy & Safe*  
**COMMUNITIES**

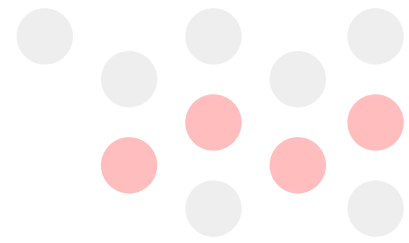




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## *For Communities*

### **Healthy Communities**

#### ***“Delaware Thrives” Website***

- This website, created and maintained by the Delaware Healthy Mother and Infant Consortium (DHMIC) is a key connector to all things health and community-related! This is a site where anyone in Delaware can visit to learn more about resources, community events, and how to live a happy healthy, thriving life!
  - Available at: [www.DETHRIVES.com](http://www.DETHRIVES.com)

#### ***Delaware Health and Social Services, Division of Public Health***

- **Delaware Healthy Mother and Infant Consortium (DHMIC) Pages**
  - State of Delaware Page Available At:  
<http://dhss.delaware.gov/dph/chca/imdhmichome.html>
  - DHMIC Healthy Women DE Site Available At:  
<http://healthywomende.com/>
- **A-Z Factsheets on various public health issues affecting Delaware**
  - <http://dhss.delaware.gov/dhss/dph/information.html>
- **Preconception Page Available At:**
  - <http://dhss.delaware.gov/dhss/dph/chca/impreconceptioncare.html>
- **Family Planning Page Available At:**
  - <http://dhss.delaware.gov/dhss/dph/chs/chsfamilyplanning.html>

#### ***Delaware Helpline: Delaware 2-1-1***

- This Delaware-based call center provides information and referrals for financial assistance, emergency housing and food, government services, utilities assistance, legal services, child support, transportation, health care, mental health counseling, senior services,



family issues, professional licensing, and more.

- Available at: [www.delaware211.org/](http://www.delaware211.org/)

### ***Mental Health Association in Delaware***

- Offers a free depression screening
- Explains “How Stress Hurts” and its effects on daily life.
  - Available at: <http://www.mhainde.org/>
- Community Resource Directory: This document offers an impressive list of advocacy, counseling, crisis intervention, and domestic violence services in addition to support groups, veteran affairs resources, and substance abuse treatment services. This is a great resource for anyone looking for local mental health resources.
  - Available at: <http://www.mhainde.org/Docs/MHA%20Community%20Resource%20Guide%202012.pdf>

### ***Helpful Handouts:***

- **Tips for a Safe and Healthy Life CDC Handout**
  - This one-page handout is a general health guideline for the entire public. This is a great handout idea for a health fair!
  - Available at: <http://www.cdc.gov/family/tips/gen.pdf>
- **Dietary Guidelines for Americans from Health.gov**
  - This site showcases the 2015 dietary guidelines that are currently being planned.
  - Available at: <http://health.gov/dietaryguidelines/>
  - “Eat Healthy, Be Active Workshops” You may download the workshop series to present in your community. This contains many wonderful handouts!
  - Available at: <http://health.gov/dietaryguidelines/workshops/>
- **CDC Healthy Adult BMI Page**
  - This webpage offers an explanation of BMI, why it is important, and how to calculate it. There are many informative handouts available from this page!
  - Available at: [http://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html)
- **BMI Table Handout**
  - This is a great tool for educating the community on healthy weight.



- **Nutrition Facts Label Programs and Materials from the FDA**
  - This page offers many different informational and visual handouts, and videos to explain how to read the nutrition facts label and how to use it to better your own health. A great resource!
  - Available at: <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm>
- **Questions and Answers for Parents of Teens about HPV & the Vaccine CDC Fact Sheet**
  - This two-page factsheet answers commonly asked questions about HPV and the HPV vaccination. This handout offers a great explanation to parents who may be apprehensive about vaccinating their pre-teen against an STI.
  - Available at: <http://www.cdc.gov/vaccines/who/teens/products/downloads/print-materials/f-qahpv-parents-color.pdf>
- **HIV/STD Fact Sheet**
  - This Fact Sheet is a well-organized, comprehensive chart with details of symptoms, how you contract the STD, treatments, and outcomes if not treated. This fact sheet is a perfect resource for teaching about STD's and HIV.

***Other Useful Sites:***

- **Delaware Office of Minority Health:**
  - Available at: <http://dhss.delaware.gov/dph/mh/minority.html>
- **Delaware Health & Social Services, Division of Substance Abuse & Mental Health**
  - Available at: <http://dhss.delaware.gov/dsamh/>
- **Delaware Libraries**
  - Delaware's libraries not only offer free reading material to the public, but a plethora of community events and volunteer opportunities. There are many programs offered for families and adults through Delaware's library system!
  - Available at: <http://lib.de.us/>
- **Planned Parenthood of Delaware**
  - Available at: <http://www.plannedparenthood.org/delaware/>
- **World Health Organization**
  - Available at: <http://who.int/en/>



- **CDC Preconception Health Site**
  - Available at: <http://www.cdc.gov/preconception/index.html>
- **CDC Preconception Resource Center**
  - Available at: <http://www.cdc.gov/preconception/freematerials.html>
- **CDC Streaming Health Channel**
  - This YouTube channel from the CDC offers a variety of public health messages. A great resource for beginning a presentation!
  - Available at: <http://www.youtube.com/user/CDCStreamingHealth>

## **Safe Communities**

### ***Delaware Helpline: Delaware 2-1-1***

- This Delaware-based helpline provides information and referrals for financial assistance, emergency housing and food, government services, utilities assistance, legal services, child support, transportation, health care, mental health counseling, senior services, family issues, professional licensing, and more.
  - Available at: [www.delaware211.org/](http://www.delaware211.org/)

### ***Delaware Health and Social Services: Division of State Service Centers***

- This specialized area of Delaware Health and Social Services offers services such as emergency housing, Community Food and Nutrition Program, and Emergency Assistance.
  - Available at: <http://www.dhss.delaware.gov/dssc/>

### ***Child Inc. Delaware***

- This Delaware-Based Organization offers a domestic violence hotline, runaway youth hotline, an emergency shelter for children, family support and parent education, youth development programs, and volunteer opportunities including special events that PPE's could possibly attend.
  - Available at: <http://www.childinc.com/>

### ***Witness Justice***

- This site offers resources on surviving a trauma, healing, the justice system, and how to help someone who has been traumatized.
  - Available at: <http://witnessjustice.org/>



### ***Supporting the Survivor & Answers in the Aftermath Handouts***

- These pamphlets offer tips on how to support a survivor and how to begin the healing process. They also provide an overview of PTSD, substance abuse, and where to go for more help.
  - Available at: <http://witnessjustice.org/help/tips.cfm>

### ***Other Useful Sites***

- **Delaware Coalition Against Domestic Violence**
  - Available at: <http://www.dcadv.org/>
- **Delaware on the Web**
  - Offers a variety of community resources including a list of homeless shelters by county, child safety resources, churches, hospitals, police departments, and much more.
  - Available at: <http://delawareontheweb.com/>
- **Delaware Division of Parks and Recreation**
  - Offers a list of safe places to exercise in the Delaware community.
  - Available at: <http://www.dnrec.delaware.gov/parks/Pages/Default.aspx>
- **Delaware Department of Natural Resources and Environmental Control**
  - Available at: <http://www.dnrec.delaware.gov/Info/Pages/GeneralInformation.aspx>

### ***Helpful Handouts***

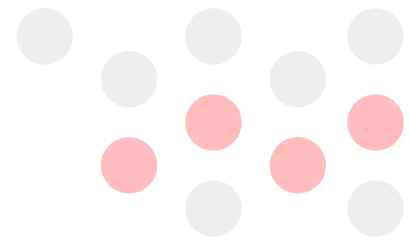
- **Understanding Intimate Partner Violence For Community Leaders Fact Sheet**
  - This is a two-page fact sheet that explains the affects of IPV on personal & public health along with describing risk factors and suggestions for prevention. There are additional resources for IPV on this factsheet.
  - Available at: [http://www.cdc.gov/violenceprevention/pdf/IPV\\_factsheet-a.pdf](http://www.cdc.gov/violenceprevention/pdf/IPV_factsheet-a.pdf)
- **Understanding Sexual Violence For Community Leaders Fact Sheet**
  - This two-page fact sheet explains SV and the affects of SV on personal & public health along with describing risk factors and suggestions for prevention. In addition, there is a detailed description for providers on how the CDC recommends dealing with SV. A list of additional resources is also provided.





- Available at: <http://www.cdc.gov/violenceprevention/pdf/svfactsheet2012-a.pdf>
- **Sexual Assault FAQ Fact Sheet**
  - This three-page fact sheet defines sexual assault, directs readers where to find help if they have experienced sexual assault, and explains how to help someone they know who may have been sexually assaulted. There are numerous resources listed for further information and help.
  - Available at: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/sexual-assault.pdf>
- **Unnatural Causes Healthy Equity Quiz**
  - This quiz is available as a worksheet with and without the answers. There is also an accompanying PowerPoint with the quiz questions, some additional facts, and great discussion points.
  - Available at: (Without Answers) [http://unnaturalcauses.org/assets/uploads/file/quiz\\_questions\\_only.pdf?phpMyAdmin=199c5031e3c5t2c9c23f6](http://unnaturalcauses.org/assets/uploads/file/quiz_questions_only.pdf?phpMyAdmin=199c5031e3c5t2c9c23f6)
  - Available at: (With Answers) [http://unnaturalcauses.org/assets/uploads/file/quiz\\_answers\\_only.pdf?phpMyAdmin=199c5031e3c5t2c9c23f6](http://unnaturalcauses.org/assets/uploads/file/quiz_answers_only.pdf?phpMyAdmin=199c5031e3c5t2c9c23f6)
  - Handouts Available at: <http://unnaturalcauses.org/handouts.php>
  - Video clips and discussion points are available on this website along with various media items to handout and to aid in a presentation or outreach program based around health disparities
- **Crisis in the Crib, OMH**





## *For Her*

### **Her Story**

#### ***DHMIC Young Woman Life Plan Booklet: Set Your Mind, Set Your Goals***

- The booklet as a whole offers women an opportunity to consider their life as a whole - their health, reproductive plans, life goals, family history, etc.
- You can download the Adult Life Plan in English and Spanish at:  
<http://dhmic.healthywomende.com/Resources/Marketing-Materials>
  - Available at: <http://dethrives.com/healthy-women/life-plan/>
- A PowerPoint is also available from the DHMIC.

#### ***“Your Story” and “Track Your Progress” DHMIC Pages***

- The “Your Story” page asks women to consider their biggest dreams, set goals, and plan what they want out of life.
- “Track Your Progress” asks the reader to follow up with these hopes and dreams and track when they have accomplished one of their goals.

#### ***DHMIC “Goal Builder”***

- This web-based tool is an excellent way for young women to set and attain realistic goals that can greatly impact their quality of life.
  - Available at: <http://dethrives.com/my-life-my-plan/overview/>

#### ***Preconception Health and Health Care: My Reproductive Life Plan***

- This 3-page CDC handout prompts young women to create a reproductive life plan that works for them. It includes how to make a plan, examples of life plans, and a page for the reader to create her own.
  - Available at: <http://www.cdc.gov/preconception/documents/reproductivelifeplan-worksheet.pdf>



## **Her Mind & Spirit**

### ***“Inner Health” DHMIC Adult Life Plan Booklet, Page 12***

- This page reminds young women to appreciate themselves by finding balance and purpose while connecting to others and healthy relationships.

### ***Bright Futures: A Woman’s Guide to Emotional Wellness***

- A 40-page booklet offering PPE’s a guideline to presentations on emotional health for women. This booklet is full of great ideas for discussions, presentations, and even worksheets.
- Topics include:
  - Appreciating Yourself by building self-esteem and taking care of your body;
  - Finding Balance and Purpose through self-discovery, setting goals, and being active;
  - Connecting with others through healthy relationships, empathy, patience, and helping others in need.

### ***The Girl Effect YouTube Channel***

- Available at: [http://www.youtube.com/user/girleffect?feature=results\\_main](http://www.youtube.com/user/girleffect?feature=results_main)
- This is an entire channel with great inspirational videos for young women. It does not focus directly on Delaware, but it is a great icebreaker for social determinants!
- Videos That are Really Great:
  - “The Girl Effect”: [http://www.youtube.com/watch?v=WlvmE4\\_KMNw&feature=plcp](http://www.youtube.com/watch?v=WlvmE4_KMNw&feature=plcp)
  - “I Dare You”: <http://www.youtube.com/watch?v=-Vq2mfF8puE&feature=plcp>
  - “The Girl Effect: The Clock is Ticking”: <http://www.youtube.com/watch?v=1e8xgFOJtVg&feature=plcp>

## **Her Body**

### ***“Your Choice” DHMIC Adult Life Plan Booklet Page***

- This page asks young women to consider their reproductive choices and plans.



### ***“Your Health Now” DHMIC Adult Life Plan Booklet Page***

- This page asks young women to take an in-depth look at their own health habits with a quiz and some suggestions.

### ***March Of Dimes Delaware***

- This site offers a multitude of resources for preconception, prenatal, and postpartum women. There are many free handouts, videos, and resources to create outreach programs.
  - Available at: <http://www.marchofdimes.com/default.html>

### ***CDC Preconception Care Homepage and Show Your Love Campaign***

- This page offers a comprehensive look at preconception health. There are many handouts, ideas, and information available for Peer Educators to disseminate to the public. Another great resource!
  - Available at: <http://www.cdc.gov/preconception/showyourlove/>

### ***Womenshealth.gov A-Z Topics Index***

- Topics range from preconception health to smoking cessation, all geared towards women.
  - Available at: <http://www.womenshealth.gov/health-topics/a-z-topic/>
- Interactive tools such as “The Cost of Smoking Cigarettes” Calculator are available for presentations.
  - Available at: <http://www.womenshealth.gov/smoking-how-to-quit/tools/cost-of-smoking-cigarettes.html>

### ***Overweight, Obesity, & Weightloss, from Womenshealth.gov & CDC***

- This page from the CDC can lead you to many different resources including data & statistics, physical activity, and how to obtain and maintain a healthy weight.
  - Available at: <http://www.cdc.gov/obesity/>
- **Overweight, Obesity and Weightloss handout for women from CDC**
  - This 8-page packet focuses on educating women in the U.S. on health effects of obesity, how to lose weight in a healthy way, and provides additional resources.
  - Available at: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/overweight-weight-loss.pdf>



○ **Overweight, Obesity, and Weightloss Snapshot for Women from CDC**

- This one-page factsheet gives a brief overview of the FAQ packet listed above. It would make a great handout to accompany a presentation based on the FAQ packet.
- Available at: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/health-snapshot/overweight-snapshot.pdf>

***Folic Acid Homepage from CDC***

- In addition to the factsheets listed below, the folic acid homepage provides links to data & statistics, free articles to order and/or print, and much more. This site is a great place to begin when planning an outreach.

- Available at: <http://www.cdc.gov/ncbddd/folicacid/index.html>

○ **Folic Acid Factsheet**

- A one-page handout showcasing the most basic information related to folic acid and preconception health.
- Available at: [http://www.cdc.gov/ncbddd/folicacid/documents/factsaboutfolicacid\\_english.pdf](http://www.cdc.gov/ncbddd/folicacid/documents/factsaboutfolicacid_english.pdf)

○ **Folic Acid Q&A**

- A three-page handout that details the “who, what, when, and how” of folic acid. This could make a great presentation!
- Available at: [http://www.cdc.gov/ncbddd/folicacid/documents/qanda\\_english.pdf](http://www.cdc.gov/ncbddd/folicacid/documents/qanda_english.pdf)

***Educational Videos***

○ **Women 2 Women 4 Healthy Babies YouTube Channel**

- This YouTube Channel from the University of Wisconsin Milwaukee Zilber School of Public Health offers quick PSA’s to support healthy women and healthy babies. It is geared towards women who already have at least one child.
- Available at: <http://www.youtube.com/user/W2W4HealthyBabies>

○ **Folic Acid: The Health Benefits**

- This quick PSA gives a review of folic acid for planners and non-planners. A great way to introduce folic acid and healthy nutrition!
- Available at: <http://www.youtube.com/watch?v=4-pMZRxyasU&feature=related>



### ○ **Preconception Nutrition**

- This student-made video is a funny way to showcase the most important areas of preconception nutrition. Although it is not a professional video, it is an excellent source of comical, fun, informative learning!
- Available at: <http://www.youtube.com/watch?v=sebPyJF4Rbg>

### ○ **11 Facts about Body Image**

- This video takes a closer look at how the media impacts women and men's body image. It provides statistics and photos to highlight the issues surrounding body image in our world today.
- Available at: <http://www.youtube.com/watch?v=31Ajvix6DXs&NR=1&feature=endscreen>

### *Helpful Handouts:*

#### ○ **Physical Activity Factsheet**

- This six-page handout offers advice to readers on how to get moving, how to prevent injuries, and how to keep up with an exercise regimen. It is a great resource on which to base an outreach!
- Available at: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/physical-activity.pdf>

#### ○ **Got Diabetes? Thinking about having a baby? CDC Pamphlet**

- Pamphlet detailing the risks of uncontrolled diabetes during pregnancy, how to prepare your body for a diabetic pregnancy, and how to remain healthy after pregnancy.
- Available At: [http://www.cdc.gov/NCBDDD/pregnancy\\_gateway/documents/Got\\_diabetes\\_508.pdf](http://www.cdc.gov/NCBDDD/pregnancy_gateway/documents/Got_diabetes_508.pdf)

#### ○ **10 Ways STDs Impact Women Differently from Men**

- This one-page factsheet from the CDC provides an awesome basis for a discussion, presentation, or even a simple handout on STDs and HIV for women. There are ten quick facts about STDs and their impact on women with simple explanations.
- Available at: <http://www.cdc.gov/nchhstp/newsroom/docs/STDs-Women-042011.pdf>



## **Visiting Your Healthcare Provider**

### ***“Family Tree” and “The Skin You’re In” DHMIC Adult Life Plan Pages***

- These pages ask young women to look at their family history in order to indentify their own risk factors. They also remind women to keep certain chronic health conditions under control and stay up-to-date on vaccinations.

### ***Christiana Care Healthy Beginnings Preconception Health Program***

- This webpage showcases Christiana Care’s Healthy Beginnings program. It offers connections to local resources for those planning their pregnancy.
  - Available at: <http://www.christianacare.org/healthybeginnings>

### ***Preconception Health Screening and Tune-Up Form***

- This form is for women to fill out before seeing their healthcare provider. The form is set up as a checklist for topics including diet & exercise, medical/family history, medications/drugs, lifestyle, women’s health, genetics, and home environment.
- This is an excellent handout for women!
  - Available at: <http://www.healthystart.info/docs/hschartcolor.pdf>

### ***Preconception Visit Print-and-Go Guide Womenshealth.gov Factsheet***

- Two-page sheet with room for the patient to make notes on what her care provider tells her about certain topics of Preconception such as family planning, folic acid, vaccinations, health problems, medications, smoking, alcohol, environmental hazards, social support, and family history.
- A great handout for women who are thinking about getting pregnant!
  - Available at: <http://www.womenshealth.gov/publications/our-publications/preconception-visit.pdf>

### ***How to Talk to your Doctor or Nurse Womenshealth.gov Factsheet***

- A one-page fact sheet to guide women in how to have an effective visit with their doctor or nurse.
  - Available at: <http://womenshealth.gov/nwhw/activity-planning/materials/screening-chart.pdf>



### ***Screening Tests for Women CDC Factsheet***

- This two-page fact sheet details which screening tests a woman should receive based on her age.
  - Available at: <http://www.womenshealth.gov/files/screening-chart.pdf>

### ***Understanding Genetics and Your Health Womenshealth.gov Factsheet***

- With an overview of genes, types of genetic disorders, and genetic counseling options, this 2-page handout is a great presentation idea.
  - Available at: <http://www.womenshealth.gov/publications/our-publications/understanding-genetics.pdf>

### ***Understanding Risk Factors Factsheet from Womenshealth.gov Factsheet***

- This one-page factsheet explains controllable and uncontrollable risk factors as well as the importance of family history.
  - Available at: <http://www.womenshealth.gov/publications/our-publications/understanding-risk-factors.pdf>

### **The Unexpected**

#### ***Delaware Moms are Healthy Moms: Expecting A Baby Page, DHMIC Website***

- This site provides insight into the physical and emotional needs of women. These pages offer advice and many local resources for women in Delaware to utilize. In addition, the site provides tips and resources for the baby's health.
  - Available at: <http://moms.healthywomende.com/Expecting>
- Local Resources: <http://moms.healthywomende.com/Services>

#### ***March Of Dimes Delaware***

- This site offers a multitude of resources for preconception, prenatal, and postpartum women. There are many free handouts, videos, and resources to create outreach programs.
  - Available at: <http://www.marchofdimes.com/default.html>
- My 9 Months App for Smartphones
  - This free app helps women track their pregnancy while providing tips on healthy eating, prenatal appointments, creating a birth plan, knowing the signs of preterm labor, caring for a newborn, breastfeeding, and so much more.





### ***A Healthy Baby Begins with You Quick Card from OMH***

- This index card-sized handout contains 10 steps to having a healthier baby and would make a great handout!
  - Available at: <https://minorityhealth.hhs.gov/Assets/pdf/Checked/quickcard.pdf>

### ***Tips for a Healthy Start for Mothers and Babies from OMH***

- A two-page handout that would be perfect for a community event with women in various stages of their lives.
  - Available at: <https://minorityhealth.hhs.gov/Assets/pdf/checked/brochure.pdf>

### ***Unplanned Pregnancy Handout***

- The National Campaign to Prevent Teen Pregnancy created this 2-page handout to inform young people of the consequences of unplanned pregnancy and reinforce the ideas of preconception care, prenatal care, and infant health as well as the relationship between child development and family environment.
  - Available at: <http://www.thenationalcampaign.org/resources/pdf/FactSheet-Consequences.pdf>

### ***What to Do When Your Pregnancy is Unexpected***

- From FamilyDoctor.org, this quick Q&A factsheet gives a general overview of what a woman should do in the event of an unplanned pregnancy.
  - Available at: <http://familydoctor.org/familydoctor/en/pregnancy-newborns/your-body/what-to-do-when-your-pregnancy-is-unexpected.printerview.html>

### ***Emergency Contraceptive Pill Pamphlet***

- From the DHSS, this 1-page pamphlet explains emergency contraception in lay-terms and makes a great handout.
  - English Available At: <http://dhss.delaware.gov/dhss/dph/chca/files/ecpenglishd28535.pdf>
  - Spanish Available at: <http://dhss.delaware.gov/dhss/dph/chca/files/ecpspanishd42362.pdf>



## ***National Organization on Fetal Alcohol Syndrome (NOFAS)***

- This organization's website offers a plethora of information on FAS/ FASD. There are many resources for women to explore on their own and for PPE's to create outreach programs.
- NOFAS also has a YouTube channel with many, very useful, educational videos!
  - Available at: <http://www.youtube.com/user/AlcoholFreePregnancy>
- **FASD: What Everyone Should Know**
  - This one-page factsheet provides readers with an explanation of FASD, the effects it can have on a fetus, risk factors, and how to prevent FASD. This is a very attractive, easy-to-read handout that is perfect for an outreach event.
  - Available at: <http://www.nofas.org/wp-content/uploads/2012/10/NOFAS-FASD-What-Everyone-Should-Know-2012.pdf>
- **FASD: What Young People Should Know**
  - This one-page factsheet explains FASD and how it pertains to young people. The sheet also reviews standard drink sizes, binge drinking, and underage drinking.
  - Available at: <http://www.nofas.org/wp-content/uploads/2012/05/youth.pdf>
- **FASD Prevention**
  - This one-page factsheet for community leaders and healthcare providers explains what FASD is, how to prevent it, and even offers outreach strategies to help prevent FASD.
  - Available at: <http://www.nofas.org/wp-content/uploads/2012/05/prevention.pdf>
- **FASD: What the Health Care System Should Know**
  - This one-page factsheet explains the key points about FASD and its relationship to unplanned pregnancies and addiction issues. This is a great page for PPE's to review and use!
  - Available at: [http://www.nofas.org/wp-content/uploads/2012/09/healthcare\\_FASD.pdf](http://www.nofas.org/wp-content/uploads/2012/09/healthcare_FASD.pdf)



### ***Ten Things You Need to Know About Birth Defects CDC Factsheet***

- This factsheet offers a quick look at the frequency, causes, diagnostic testing, and prevention of birth defects. (Folic Acid Education!)
  - Available at: <http://www.cdc.gov/features/birthdefects/>

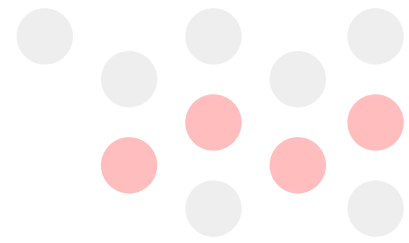
### ***Critical Periods of Human Development***

- From the Cerebral Palsy Information website, this visual aid shows which parts of a fetus are developing during each week of pregnancy.
- This is a great handout to distribute in order to explain that 50% of pregnancies are unplanned and of those pregnancies, most women do not see a health care provider until they are at least six weeks along.
  - Available at: <http://www.c2law.com/links/cerebral-palsy-information/critical-periods-of-fetal-development/CP1.jpg>

### ***Educational Videos***

- **Week by Week Fetal Development YouTube Video**
  - This brief film details fetal development by each week. This would make a great addition to any preconception presentation.
  - Available at: <http://www.youtube.com/watch?v=RS1ti23SUSw>
- **What to Expect When You're Expecting in College, YouTube Videos**
  - These videos were filmed and edited by a college student in the hopes that her story would help others who are in the same situation.
  - Part 1: <http://www.youtube.com/watch?v=nCutB2gcscE>
  - Part 2: [http://www.youtube.com/watch?v=5\\_a0aQfHejUa0aQfHejU&list=UUiQLzj9hQa4SWjqwPk9a4Hw&index=20](http://www.youtube.com/watch?v=5_a0aQfHejUa0aQfHejU&list=UUiQLzj9hQa4SWjqwPk9a4Hw&index=20)
- **Fetal Alcohol Syndrome, YouTube Videos**
  - Fetal Alcohol Syndrome: A college project that was originally a chemistry project. The video explains exactly what alcohol is, how it reaches a fetus, and the effects this has on fetal development. This is very well done!
  - Available at: <http://www.youtube.com/watch?v=P3IHeZTEzek>
  - Fetal Alcohol Syndrome: A professionally created video that is very informational on the causes, prevention, and consequences of FAS. Another great resource.
  - Available at: <http://www.youtube.com/watch?v=j437LKwBEzE>





## *For Him*

### **Healthy Men**

#### ***Manuplanup.com***

- This website is from the Delaware Healthy Mother and Infant Consortium and offers a quick look at what it means to be a healthy, strong man and father.
- Marketing Materials are available: Posters, Condom Matchbook Packs and Business Cards with QR scans to access the website.
  - Available at: <http://dhmic.healthywomende.com/Resources/Order-Marketing-Materials>

#### ***Men's Health CDC Webpage***

- This webpage leads the reader to many different resources related to men's health.
  - Available at: <http://www.cdc.gov/men/index.htm>
- "Test Your Knowledge" Subpage: Quizzes, tests, and assessments to help men determine their risks for certain health issues and improve their general health knowledge.
  - Available at: <http://www.cdc.gov/men/testknowledge/index.htm>

#### ***Screening Tests for Men CDC Factsheet***

- This one-page fact sheet details which screening tests a man should receive based on his age.
- This is a fantastic handout to have at community events where men will be present!
  - Available at: <http://www.womenshealth.gov/publications/our-publications/screening-tests-for-men.pdf>



## ***11 Facts about Body Image***

- Available at: <http://www.youtube.com/watch?v=31Ajvix6DXs&NR=1&feature=endscreen>
- This video takes a closer look at how the media impacts women and men's body image. It provides statistics and photos to highlight the issues surrounding body image in our world today.

## ***Sexual Attitudes and Behaviors of Male Teens***

- This 6-page educational packet from The National Campaign to Prevent Teen Pregnancy provides many details about statistics of male teen sexual experiences, frequency of sexual activity, number of partners, attitudes toward abstinence, contraception, pregnancy and fatherhood.
  - Available at: <http://www.thenationalcampaign.org/males/powerpoint.aspx>

## ***Smart Goals 101***

- This free site provides a comprehensive look at goal setting for everyone! The interactive tools allow participants to create attainable goals that are "SMART" - Specific, Measurable, Attainable, Relevant, and Time-bound. Another tool helps users to focus their efforts and track their achievements.
  - Available at: <http://www.101-smart-goals.com/>

## **Responsible Fatherhood**

### ***Delaware Fatherhood & Family Coalition (DFFC)***

- The DFFC has many fatherhood-related events and a Fatherhood summit every year. They would be a great PPE partner to spread our ManUp PlanUp Campaign
  - Available at: <http://dffcdads.org/>

### ***40+ Top Fatherhood Resources:***

- This handout provides forty of the best fatherhood resources available nationally and locally for fathers and families.
  - Available at: <http://www.aecf.org/~media/Pubs/Topics/Special%20Interest%20Areas/Responsible%20Fatherhood%20and%20Marriage/40TopResources/40TopResourcesFINAL5%2011%2011.pdf>



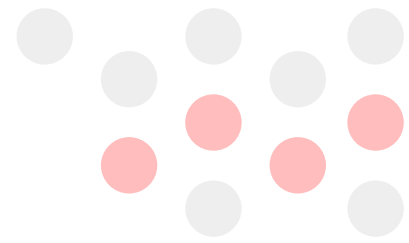
### ***Fatherhood.gov***

- Available at: <http://fatherhood.gov/>
- Multimedia page: <http://fatherhood.gov/multimedia>
  - This offers printable resources to encourage fathers to interact with their children.

### ***Teen Pregnancy and Responsible Fatherhood***

- This one-page factsheet from The National Campaign to Prevent Teen Pregnancy provides 9 quick facts about teen pregnancy.
- This factsheet would make a great presentation, discussion, or handout!
  - Available at: <http://www.thenationalcampaign.org/why-it-matters/pdf/fatherhood.pdf>





## *For Teens*

### **Healthy Choices**

#### ***Teen Life Plan Booklet: My Life My Plan***

- Campaign Materials are Available for PPE's At: Mylifemyplan.healthywomende.com
  - Materials include posters, booklets, PowerPoint presentation, distribution guidelines, and web-based materials.
  - Facebook Page: Facebook.com/MyLifeMyPlan

#### ***Life course Game by City Match***

- This board game offers an interactive way for Educators to teach teens about health disparities and the life course.
  - Available from the DHMIC.

#### ***Getupanddosomething.org***

- This website is funded by the University of Delaware and Delaware Health and Social Services. This website focuses on health for all ages, but has many fun activities and resources for teens to do.

#### ***Delteenspace.org***

- This website offers a hotline, crisis intervention, other community resources, and training to become a Teenline Volunteer
- **Helpline Also Available:** 1-800-273-8255

#### ***Delaware Adolescent Program, Inc. (DAPI)***

- Available at: <http://dapi.org/>
- This organization provides education and other services for pregnant teens and their families. They have events throughout the year that PPE's may be able to become involved in.



### ***Adolescent Resource Center – Children and Family First***

- Available at: <http://cffde.org/services/supportingteens/arc.aspx>
- This site offers information on facilities in Delaware that offer specialized healthcare to teens.
- There are also links to West Side Health, Children and Family First, and the Helpline Service ARC provides.

### ***The National Campaign to Prevent Teen Pregnancy***

- This national campaign offers a wonderfully comprehensive website for teens, parents, and PPE's focusing on the prevention of teen pregnancy. The website provides links to many helpful teen and parent sites as well as media presentations, ideas and up-to-date statistics.
- **Teen Pregnancy, Poverty, and Income Disparity Fact Sheet**
  - From: The National Campaign to Prevent Teen Pregnancy.
  - <http://www.thenationalcampaign.org/why-it-matters/pdf/poverty.pdf>

### ***The Alliance for Adolescent Pregnancy Prevention***

- Telephone: 302-428-4179
  - Available at: <http://www.christianacare.org/aapp>
- Programs Offered:
  - **Making Proud Choices:** safer sex approach to STDs, Teen Pregnancy, and HIV Prevention for ages 11-13.
  - **Be Proud! Be Responsible!:** Multimedia curriculum giving teens 13-18 motivation and skills to change their behavior and reduce their risk of contracting HIV & other STDs.
  - **Wise Guys:** Male responsibility program for ages 14-18.
  - **Teen Summit:** one-day conferences which provides youth with skills and information to help avoid/reduce high-risk behaviors. For teens and parents.
- This alliance is supported by Christiana Care and offers great volunteer opportunities for PPE's!

### ***Other Useful Sites***

- **U.S. Department of Health and Human Services: Delaware Adolescent Reproductive Health Facts**
  - Available at: <http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/states/de.html>





### ○ Kidshealth.org

- From Nemours, this site offers a total, in-depth view of teens – body, mind, sexual health, food, fitness, diseases/conditions, infections, school, jobs, drugs & alcohol, & staying safe are all included.
- There are also tabs for parents and younger children.
- This site is a great place for topic ideas and information for presentations for this age group!

### ○ Stayteen.org

- This website is a great resource for teens to explore on their own. It provides educational games, links, videos, and blogs. It is also a great resource for presentation ideas for PPE's – It contains pertinent videos and fact pages written in a language that teens understand.

### ○ Girlshealth.gov

- This site offers a comprehensive view of young and teen girl's health. It is an excellent resource to obtain information and from which to create outreach programs.

### ○ Girls Inc

- This organization focuses on inspiring girls to be “strong, smart, and bold”. There are numerous resources, ideas, and possible PPE partnerships on this site.
- Available at: <http://www.girlsinc.org/>
- The “resources” page also offers factsheets and handouts targeting issues that affect girls in the U.S. and internationally.
- Available at: <http://www.girlsinc.org/resources/resources.html>

### ○ Planned Parenthood for Teens

- Available at: <http://www.plannedparenthood.org/info-for-teens/>

### ○ StopBullying.gov

- This site provides a comprehensive overview of bullying, prevention, and community action.
- Available at: <http://www.stopbullying.gov/>

### ○ Dosomething.org

- This is a website with scholarship and volunteer opportunities. It also contains an area for teens to create their own philanthropic project to get involved!



## ○ Smart Goals 101

- This free site provides a comprehensive look at goal setting for everyone! The interactive tools allow participants to create attainable goals that are “SMART” - Specific, Measurable, Attainable, Relevant, and Time-bound. Another tool helps users to focus their efforts and track their achievements.
- Available at: <http://www.101-smart-goals.com/>

## Healthy Relationships

### *Delaware Bullying Prevention Association*

- This site contains local resources as well as general information about bullying prevention.
  - Available at: <http://bullyprevention.org/home.html>

### *Supporting Kidds Delaware: The Center for Grieving Kids & Their Families*

- This local resource helps children and adolescents, along with their families deal with death, divorce, and many other tough issues.
- There are many volunteer opportunities as well as two separate “Survival Kits” that contain “Tools for Healthy Grieving” for Families and for Children.
  - Available at: <http://www.supportingkidds.org/pages/content-program-survival-kits>

### *Vetoviolence.org/datingmatters*

- This website offers an interactive educational service for educators (Teachers, School Nurses, Parents/Volunteers, PPE’s) as well as teens on healthy dating activities and violence.
- There are also modules on “Principles of Prevention”, “Suicide”, “Intimate Partner Violence”, and “Teen Violence” among many others.
- **Dating Matters: Strategies to Promote Healthy Teen Relationships**
  - This two-page handout offers PPE’s an overview of dating violence and strategies to prevent teen dating violence.
  - Available At: [http://www.cdc.gov/violenceprevention/pdf/datingmatters\\_flyer\\_2012-a.pdf](http://www.cdc.gov/violenceprevention/pdf/datingmatters_flyer_2012-a.pdf)

### *Understanding Teen Dating Violence*

- This two-page handout explains teen dating violence, risk factors, and how it pertains to health.
  - Available at: <http://www.cdc.gov/violenceprevention/pdf/teendatingviolence2012-a.pdf>

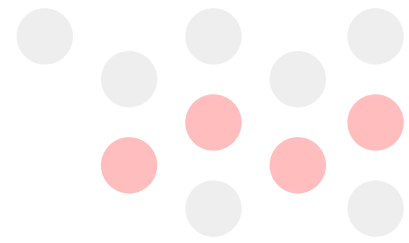


*National Teen Dating Abuse Helpline with Peer Advocates Available 24/7*

○ **Telephone:** 1-866-336-9474

- Available at: <http://www.loveisrespect.org/>
- This website not only offers support, but advice, interactive quizzes, and a blog.





## *For Peer Educators and Providers*

### **DHMIC Marketing Materials**

#### ***Adult Life Plan***

- Available as a Booklet.
  - Order Materials At: <http://dethrives.com/order-materials/>
- PDF Available At: <http://dhmic.healthywomende.com/Content/Documents/Marketing/DHMIC-Adult-Life-Plan.pdf>
- Distribution Guide Available At: <http://dhmic.healthywomende.com/Content/Documents/Marketing/DHMIC-Adult-Life-Plan-Handout.pdf>

#### ***Teen Life Plan***

- Posters and Booklets are available!
  - Order Materials At: <http://dhmic.healthywomende.com/Resources/Order-Marketing-Materials>
- PDF Available At: <http://dhmic.healthywomende.com/Content/Documents/Marketing/DHMIC-Teen-Life-Plan.pdf>
- Distribution Guide Available At: <http://dhmic.healthywomende.com/Content/Documents/Marketing/DHMIC-Teen-Life-Plan.pdf>

#### ***Kicks Count Campaign***

- Packets contain a pamphlet explaining the program, a pen, and a small booklet for mothers to record their baby's kicks each day after 24 weeks.
  - Order Materials At: <http://dhmic.healthywomende.com/Resources/Order-Marketing-Materials>
- Brochure Available At: <http://dhmic.healthywomende.com/Content/Documents/Marketing/DHMIC-Kicks-Count-Brochure.pdf>



### ***ManUp PlanUp Campaign***

- Posters, Matchbook Condoms and Business Cards are available from the DHMIC.
- Website: <http://www.manupplanup.com/#manWithAPlan>
  - Order Materials At: <http://dhmic.healthywomende.com/Resources/Order-Marketing-Materials>
- A PowerPoint for Peer Educators to review the framework and goals of this campaign. This is a great explanation of the campaign and how important this work truly is.
  - Available at: [http://dhmic.healthywomende.com/Content/Presentations/Noyes\\_Jones\\_Presentation.pdf](http://dhmic.healthywomende.com/Content/Presentations/Noyes_Jones_Presentation.pdf)

### **Office of Minority Health Materials**

#### ***Office of Minority Health Website Page for PPE's***

- <http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=3&lvlid=566>

#### ***Outreach Reporting Form***

- Official PPE Groups must submit one form per outreach program every semester.

#### ***PPE Evaluation Kit***

- Provides information on how to evaluate outreach programs.

#### ***A Healthy Baby Begins with You Campaign Materials***

- Available at: <http://minorityhealth.hhs.gov/templates/content.aspx?ID=6890&lvl=2&lvlID=117>

#### ***Toolkit for Community Action***

- This document provides suggestions for PPE's from the Office of Minority Health on how to take action in their communities to help to lessen health disparities.
  - Available At: [http://minorityhealth.hhs.gov/npa/files/Plans/Toolkit/NPA\\_Toolkit.pdf](http://minorityhealth.hhs.gov/npa/files/Plans/Toolkit/NPA_Toolkit.pdf)



## **Educational Materials & Statistics**

### *For Communities*

#### ○ **City Match**

- This website contains information on the national infant mortality and racism action learning collaborative. It focuses on eliminating disparities and decreasing infant mortality.
- Available at: <http://www.citymatch.org/>

### *For Women*

#### ○ **What is Spina Bifida? Factsheet from the Spina Bifida Association**

- A 2-page handout defining Spina Bifida and the most common types, how it is treated, how to prevent it, and prenatal testing to determine if your fetus has Spina Bifida.
- Available at: <http://www.spinabifidaassociation.org/atf/cf/%7B85F88192-26E1-421E-9E30-4C0EA744A7F0%7D/What%20is%20Spina%20Bifida.pdf>

#### ○ **FASD Prevention**

- This one-page factsheet for community leaders and healthcare providers explains what FASD is, how to prevent it, and even offers outreach strategies to help prevent FASD.
- Available at: <http://www.nofas.org/wp-content/uploads/2012/05/prevention.pdf>

#### ○ **FASD: What the Health Care System Should Know**

- This one-page factsheet explains the key points about FASD and its relationship to unplanned pregnancies and addiction issues. This is a great page for PPE's to review and use!
- Available at: [http://www.nofas.org/wp-content/uploads/2012/09/healthcare\\_FASD.pdf](http://www.nofas.org/wp-content/uploads/2012/09/healthcare_FASD.pdf)

#### ○ **Association of Women's Health, Obstetric and Neonatal Nurses**

- Provides information on promoting the health of women and newborns. Contains various publications and educational materials, upcoming events, and webinars.
- Available at: [awhonn.org/awhonn/](http://awhonn.org/awhonn/)

#### ○ **Birth Control Methods Document**

- This document from [Womenshealth.gov](http://Womenshealth.gov) provides



information on each type of birth control available to the public. This includes Pharmacological, Barrier, Natural, and Permanent methods.

- Available at: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/birth-control-methods.pdf>

#### ○ **March of Dimes Materials**

- **Product Catalog**

- This catalog offers many educational materials for preconception health. This contains ideas and possibilities for handouts and videos.
- Available at: <http://www.marchofdimes.com/catalog/>

- **Due-Date Wheel from March of Dimes**

- This wheel is available in the product catalog and can be used to teach about missed periods and predicting due dates.

- **Perinatal Data Snapshots**

- Available at: <http://www.marchofdimes.com/peristats/Peristats.aspx>
- Available on the March of Dimes Website are one-page fact sheets available as handouts or for presentations. Topics Include:
  - Maternal and Infant Health Overview for Delaware
  - Delaware Birth Profile
  - Trends in Birth Outcomes in Delaware
  - U.S. Birth Defects
  - Delaware Trends in Risk Indicators
  - Delaware Health Insurance and Poverty

- **March of Dimes Youtube Channel**

- Available at: <http://www.youtube.com/user/MarchofDimes?feature=watch>

#### ○ **Delaware Natal Stats from Pregnancy Risk Assessment Monitoring System (PRAMS)**

- Provides information specific to the state of Delaware and allows officials to make changes to improve maternal and fetal health.
- Available at: <http://dhss.delaware.gov/dph/hp/prams.html>

#### ○ **BeforeAndBeyond.org**

- This website is home to the national preconception curriculum and resources guide for clinicians.



- There are articles, PowerPoint modules, and many other resources on preconception care.
- **Preconception Health and Health Care Tool for Health Professionals**
  - This two-page handout is a guide for health professionals (and PPE's!) on how to talk to individuals about their lifeplan.
- **The National Summit on Preconception Care: A Summary of Concepts and Recommendations**
  - This document explains the framework behind preconception care and recommends various strategies for delivering the preconception health message.
- **Social Marketing: Planning Before Conceiving Preconception Care**
  - This document offers framework suggestions for utilizing social marketing in order to deliver preconception health care.

### *For Teens*

- **Managing the Media Monster**
  - The influence of media on teen sexual behaviors and attitudes. Another very interesting document for PPE's to utilize in the making of an outreach program.
  - Available At: [http://www.thenationalcampaign.org/resources/monster/Media\\_Monster.pdf](http://www.thenationalcampaign.org/resources/monster/Media_Monster.pdf)
- **Magical Thinking Document**
  - Young Adults' Attitudes and Beliefs about sex, contraception, and unplanned pregnancy - results of a public opinion survey. This is a very interesting document to begin discussions!
  - Available at: <http://www.thenationalcampaign.org/resources/pdf/pubs/MagicalThinking.pdf>
- **Freeze Frame 2012: A Snapshot of America's Teens**
  - This document updates readers on the current state of America's teens, especially related to sex & teen pregnancy.
  - Available at: <http://www.thenationalcampaign.org/resources/pdf/pubs/freeze-frame.pdf>
- **"Science Says" Research Briefs**
  - These brief articles cover many topics related to teen pregnancy and what scientific research has found about these topics.
  - Available at: <http://www.thenationalcampaign.org/resources/>





sciencesays.aspx

○ **Involving Males in Preventing Teen Pregnancy**

- This 176-page document explains the background of why we need to include young men in the discussion of pregnancy. This document also details young men's need for education that is tailored to their gender and age.

○ **Advocatesforyouth.org**

- This website contains information for PPEs and parents about sex education.
- Life Planning Education: A Youth Development Program is a very large document that contains information and suggestions on how a group can get involved in their community. This is a great resource for almost any presentation a PPE would want to present.

**University of Delaware Peer Educator Outreach Suggestions**

*How to Use the Preconception Health Peer Educator Toolkit*

- This outreach is intended for fellow Peer Educators. It explains how to use the toolkit and how to create an outreach program. The presentation also emphasizes how to target different learning styles.
- Compiled by Emily Gentile, University of Delaware.

*Preconception Peer Educator Training Introduction*

- An introduction for new Peer Educators, this PowerPoint is a great way to begin a training session. The presentation highlights who PPE's are, what they do, and why they do it! This is an excellent way for UD Peer Educators to train their new PPE's and a great outline for statewide PPE's to make their own training program!
- Compiled by Lisa Centrone, University of Delaware.

*Getting Into Your Genes*

- This expertly crafted PowerPoint presentation breaks down genetic disorders, risk factors, and how these disorders are passed through generations. This is a great presentation for any audience!
- Compiled by Lisa Pilchman, University of Delaware.

*Cycle IQ Poster, Quiz, and Handout*

- This outreach program contains a quiz, poster idea, and a list of



key health messages. This is an excellent idea for a health fair, community baby shower, or any event where women and teens may be present!

- Compiled by Anne Decaire, BSN, RN, Preconception Nurse Educator.

### ***Birth Spacing PowerPoint and Presentation***

- This PowerPoint offers an in-depth look at the importance of birth spacing, how to achieve appropriate birth spacing, and the consequences of poor spacing. This beautiful presentation is a great way to open discussion among a group of young men and women who are planning to have a child, have already had a child, or are currently pregnant!
- Compiled by Jessica Desrosiers and Elizabeth Santangelo, University of Delaware.

### ***Healthy Nutrition for Everyone***

- This exceptional PowerPoint can provide any audience with a basic breakdown of portion sizes and healthy foods to eat! The presentation is perfectly formatted to promote discussion of each food group. The additional handout listed below is also an excellent way to explain this information to the public!
- Handout: <http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf>
- Compiled by Erica Bydlon, University of Delaware.

### ***Nutrition During Pregnancy***

- This powerpoint presentation provide PPE's a great way to explain pregnancy nutrition to the public. This is a great outreach idea to target those planning to become pregnant and those who are already pregnant!
- Compiled by: Mackenzie Bowman and Caitlin Gee.

### ***Exercise & You!***

- This detailed presentation and outline is perfect for teen outreach! PPE's can present the brief powerpoint that encourages a lot of discussion and go into as much or as little detail about each slide in accordance with the outreach structure. The guide for PPE's is an extremely useful document for PPE's to reference



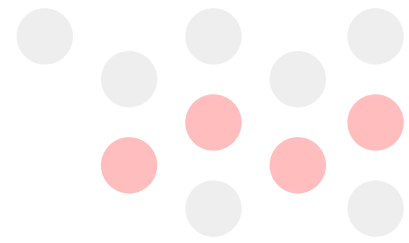
during an outreach program to answer questions, encourage discussion, and enhance the overall program.

- Compiled by Darra Markland, University of Delaware.

### ***Teens and Sexually Transmitted Infections***

- This beautifully compiled Prezi is geared towards teens and provides an overview of STI's. This presentation offers room for additional discussion, photographs, and many activities.
- Available At: <http://prezi.com/ymcyzjduw5ev/teens-and-sti-prevention/>
- Possible Activities:
  - Myth vs. Fact Game: presenters can make a myth vs. fact game out of STI facts. This is a great way to educate teens on STI's while keeping the attitude positive and fun!
  - Anonymous Questions for the Opposite Gender: Audience will submit questions on index cards. The audience's questions will be directed at the opposite gender - a "I have always wanted to know..." style question. At the end of the presentation, females will sit on one side and males on the opposite side. A moderator/presenter will ask the questions to each gender group and they will respond.
    - This activity is an excellent way to open dialogue!
  - Anonymous Questions for the Presenter: Audience may submit questions on index cards during a break in the presentation. This allows teens to ask questions about STI's that they may not want to ask in front of their peers.
  - "The Spread of STI'S" Game: Presenter will mark 4-5 index cards with a circle on one side. Everyone in the audience receives an index card, including the marked cards (handed out at random). Presenter will instruct each person to walk around the room, introduce themselves to 3-5 people, and write their names on their card. After 5 minutes, the presenter should ask everyone to sit down. The presenter will then ask everyone with a circle on their card to stand, and state, "Each person standing has an STI". Ask anyone with the name of a person standing to also stand, and so on until everyone in the room is standing. Explain that this is how easy it is to spread STI's!
- Compiled by Andrea Montoya, University of Delaware.





## **Emily's Top 10 Resources!**

- 1.** Delaware Thrives: DHMIC Website
  - a.** [HealthyWomenDE.com](http://HealthyWomenDE.com)
  - b.** [ManUpPlanUp.com](http://ManUpPlanUp.com)
- 2.** Bright Futures: A Woman's Guide to Emotional Wellness
- 3.** March of Dimes Delaware Website
- 4.** 40+ Top Fatherhood Resources from the Annie E. Casey Foundation
- 5.** Preconception Health Screening and Tune-Up Form from Healthy Start
- 6.** Critical Periods of Human Development Handout from Cerebral Palsy Information Website
- 7.** Smart Goals 101
- 8.** [GetUpandDoSomething.org](http://GetUpandDoSomething.org)
- 9.** National Campaign to Prevent Teen Pregnancy
- 10.** Preconception Peer Educator Evaluation Kit from OMH



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