

# Teen Dental Health Curriculum

Raising awareness about dental health  
and encouraging good oral health habits  
among teenagers.

Includes topics ranging from general oral  
health care, nutrition, drug awareness,  
eating disorders and mouth guards.



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Dear Teen Educator,

Dental health among teens is an important issue, yet is rarely addressed. The aim of this informational packet is to raise awareness and encourage healthy habits among teenagers. Topics range from general dental health to nutritious eating and include information regarding drug awareness.

We encourage the use of these resources in any setting where youth may gather from the classroom to community programs. This curriculum can be taught over a span of one week, one quarter, or an entire year. Please keep in mind this information was created to teach teens in a multi-dimensional approach. Additional activities are also included within this resource packet and are intended to complement the presentations. For more resources, please visit our website for additional materials.

We are open to any comments and/or suggestions. Please let us know how you have used our resources and/or what we can do to improve. Thanks and happy brushing!

Dental Health Initiative of San Diego/Share the Care (2008)

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