



Understanding Mental Wellness

Teacher's Outline

COURSE DESCRIPTION

In this course, students are introduced to the topic of mental health and the ways in which they can implement coping strategies to manage their own challenging thoughts, emotions, and behaviors. The course will recognize that students can be faced with external circumstances beyond their control which can impact their mental health. Students will learn how to support friends and family who may be struggling, how to recognize when to seek help, and how to access appropriate resources to do so. COVID-19's impact on mental health will be addressed.

Note: This is a rebuild of Mental Wellness Basics for HS that was built in 2018. Much of the content and structure will stay the same, with key additions covering adverse childhood experiences (ACEs), staying healthy in times of uncertainty (i.e., COVID-19), and greater attention to diversity.

COURSE OVERVIEW

Understanding Mental Wellness consists of:

- **Mental Health Resources:** Students are provided a list of free resources for help if they or someone they know needs assistance.
- **Lessons:** The course consists of 5 online modules, each lasting approximately 10-15 minutes. Students must complete each lesson in sequential order.
- **Assessments:** Each lesson contains a 5 question pre- and post-assessment to measure knowledge gains.
- **Reflection Questions:** Each lesson contains pre- and post- reflection questions to give students a chance to consider how information impacts their lives.
- **External Resources:** You can extend the digital program with additional lessons and discussion guides.

KEY DETAILS

Course Length: 5 Lessons, approximately 10-15 minutes each

Target Audience: Grade 8-10

Subject Fit: Health

Standards Alignment: National Health Education Standards (NHES); State Academic Health Standards

TOPIC AREAS AND DESCRIPTIONS

- **Introduction to Mental Health:** Defining mental health, how the brain works, and impact of stress
- **Understanding Mental Health Challenges:** Exploring mental illness and the impact of trauma
- **Mental Health Coping Strategies:** Applying ways to maintain and improve mental health
- **Staying Healthy in Times of Uncertainty:** Identifying and coping with unexpected events
- **Seeking and Offering Help:** Understanding when to seek help and how to offer support