

## MENTAL & EMOTIONAL HEALTH UNIT

Grades 6-8

<b>Essential Learning 1</b>	
<i>Students will manage thoughts, feelings, and stress in healthy ways.</i>	
<b>Knowledge Expectation</b>	<b>Skill Expectation</b>
<ul style="list-style-type: none"> <li>• Understand healthy ways to express and respond to needs, wants, thoughts, and feelings (e.g., affection, love, excitement, gratitude, stress, anger, rejection, shame, grief).</li> <li>• Learn healthy activities for promoting health and wellness.</li> <li>• Identify the components of health: physical health, emotional and mental health, environmental health, spiritual health, social health.</li> </ul>	<ul style="list-style-type: none"> <li>• Express ways to maintain a healthy balance of mental, emotional, and social behaviors.</li> <li>• Set realistic goals to promote mental health.</li> <li>• Assess personal practices for managing challenging emotions.</li> <li>• Describe how we balance the components of health.</li> <li>• Analyze the relationship between healthy behaviors and personal health.</li> </ul>
Example activities or lesson topics: -	

<b>Essential Learning 2</b>	
<i>Students will identify and manage stress and challenging emotions.</i>	
<b>COULD BE LINKED WITH EL 1</b> <b>Or link up to HS: SW recognize potential stressors and develop healthy copings skills</b>	
<b>Knowledge Expectation</b>	<b>Skill Expectation</b>
<ul style="list-style-type: none"> <li>• Learn the causes, symptoms, and effects of depression and anxiety.</li> <li>• Understand the signs of suicide, suicide ideation and self-harm.</li> <li>• Learn how to intervene if a peer, family member or other person is exhibiting signs of suicide.</li> <li>• Learn about various coping skills.</li> <li>• Understand the characteristics of a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify symptoms of mental health conditions such as depression, anxiety, bipolar disorder, seasonal affective disorders (SAD), anorexia and other eating disorders.</li> <li>• Identify local treatment and support resources for mental health.</li> <li>• Access valid health information from home, school, and community.</li> <li>• Describe situations that may require professional health services.</li> <li>• Practice healthy coping skills.</li> <li>• Identify warning signs and risk factors of suicide.</li> <li>• Identify appropriate actions for suicide prevention.</li> <li>• Describe the characteristics of a trusted adult.</li> <li>• Demonstrate how to seek help from a trusted adult when signs of suicide are observed.</li> </ul>
Example activities or lesson topics: -	

<b>Essential Learning 3</b>	
<i>Students will identify the characteristics of safe, healthy relationships.</i>	
<b>Knowledge Expectation</b>	<b>Skill Expectation</b>

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<ul style="list-style-type: none"> <li>• Understand the difference between healthy and unhealthy relationships.</li> <li>• Learn warning signs of unhealthy relationships.</li> <li>• Understand what boundaries are.</li> </ul>	<ul style="list-style-type: none"> <li>• Establish and maintain healthy relationships.</li> <li>• Identify the signs of unhealthy relationships.</li> <li>• Demonstrate relationship skills that promote social, emotional, physical, and mental health.</li> <li>• Recognize warning signs that lead to unhealthy relationships.</li> <li>• Practice setting boundaries in safe, effective ways.</li> </ul>
Example activities or lesson topics: -	

<b>Essential Learning 4</b>	
<i>Students will manage interpersonal conflict and communication in healthy ways.</i>	
<b>Knowledge Expectation</b>	<b>Skill Expectation</b>
<ul style="list-style-type: none"> <li>• Understand effective communication skills to enhance mental and emotional health.</li> <li>• Learn appropriate tactics for disagreements and interpersonal conflict, including de-escalation strategies.</li> <li>• Understand what refusal skills are and the benefits of assertive communication.</li> <li>• Understand why it is wrong to tease or bully others based on personal characteristics.</li> <li>• Learn the role of bystanders in preventing, stopping, or escalating bullying and other forms of violence.</li> </ul>	<ul style="list-style-type: none"> <li>• Prevent and manage interpersonal conflict and emotional distress in non-violent and healthy ways.</li> <li>• Practice effective and appropriate communication via electronic devices and social media to prevent or resolve interpersonal conflict.</li> <li>• Analyze the influence of family, school, peers, culture, media, personal values, and perceived norms on social, emotional, and mental health.</li> <li>• Show tolerance and acceptance of differences in others.</li> <li>• Use self and impulse-control strategies to promote health.</li> <li>• Demonstrate how to ask for assistance to enhance the health of self and others.</li> </ul>
Example activities or lesson topics: -	

<b>Essential Learning 5</b>	
<i>Students will identify school and community resources that promote mental and emotional health and wellbeing.</i>	
<b>Knowledge Expectation</b>	<b>Skill Expectation</b>
<ul style="list-style-type: none"> <li>• Understand where to find resources in our local community for mental and emotional wellbeing.</li> <li>• Understand the characteristics of a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>• The benefits of talking with trusted adults about thoughts and feelings.</li> <li>• Advocate for individuals, families, and school communities to improve their mental health and prevent violence, including all forms of bullying.</li> </ul>
Example activities or lesson topics: -	