

MENTAL & EMOTIONAL HEALTH UNIT

Grades 9 – 12

Essential Learning 1	
<i>Students will manage interpersonal conflict and communication in healthy ways.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• Understand effective communication skills to enhance mental and emotional health.• Learn appropriate tactics for disagreements and interpersonal conflict, including de-escalation strategies.• Understand what refusal skills are and the benefits of assertive communication.	<ul style="list-style-type: none">• Demonstrate how to effectively communicate with family, peers, and others in healthy ways.• Demonstrate ways to prevent or resolve interpersonal conflicts and disagreements in healthy ways.• Demonstrate refusal skills, assertive communication, and respectful disagreement to avoid risky behaviors and improve relationships.• Practice active listening, communicating empathy, and celebrating diversity.• Practice safe and respectful online communication practices including how to prevent interpersonal conflict online.• Analyze how sharing or posting personal information about self or others on social media sites can impact mental and emotional health.
Example activities or lesson topics: <ul style="list-style-type: none">- I-messages- Practice skills for in-person and online conversations	

Essential Learning 2	
<i>Students will analyze how relationships impact and influence mental health.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• Understand healthy ways to express affection, friendship, empathy, and sympathy.• Understand the difference between healthy and unhealthy relationships.• Understand the relationship between risky behaviors and unhealthy relationships.• Learn warning signs of unhealthy relationships.	<ul style="list-style-type: none">• Demonstrate relationship skills that promote social, emotional, physical, and mental health.• Recognize warning signs that lead to unhealthy relationships.• Explain characteristics of someone who has self-respect and self-control.• Analyze characteristics of healthy relationships. (e.g. family, peers, dating)
Example activities or lesson topics: <ul style="list-style-type: none">- Look at the impact of technology on personal, family and community health.- Perceptions of norms influencing behaviors	

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Essential Learning 3	
<i>Students will recognize potential stressors and develop healthy coping skills</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> • Understand the difference between healthy and unhealthy coping mechanism. • Learn about various coping skills. • Recognize the various levels of stress, including eustress. • Understand the impact of stress on physical and mental health. 	<ul style="list-style-type: none"> • Demonstrate effective techniques for managing emotions (stress, anxiety, anger, etc.) • Identify potential stressors at homes, school and with friends. • Explore the role decisions make on potential stressors. • Explain the body's physical and psychological responses to stressful situations.
Example activities or lesson topics: -	

Essential Learning 4	
<i>Students will explore mental health disorders and diagnoses.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> • Understand in age-appropriate suicide intervention program. • Understand neurodiversity. (ADHD, autism, dyslexia, etc.) • Differentiate between temporary mental health distress and chronic mental illness. • Learn about the wide variety of mental health disorders, reviewing the DSM-5. 	<ul style="list-style-type: none"> • Explore suicide prevention and long-term mental health supports. • Demonstrate how to intervene and direct a person to resources if showing signs of suicidal ideation. • Identify myths and facts surrounding mental health disorders. • Determine when it is time for someone to seek help with mental health. • Analyze characteristics of mentally and emotionally healthy person.
Example activities or lesson topics: - QPR, SafeTalk	

Essential Learning 5	
<i>Students will identify school and community resources that promote mental and emotional health and wellbeing.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> • Understand the difference between temporary mental distress and chronic mental illness. • Understand where to find resources in our local community for mental and emotional wellbeing. 	<ul style="list-style-type: none"> • Evaluate the validity of health information and services. • Access reliable and valid health services and products. • Determine when to seek help for mental and emotional health issues and justify when it is appropriate to seek collaborative decision making regarding a mental health problem.
Example activities or lesson topics: - Create a community resource list.	