



<https://studentmentalhealthtoolkit.com/>

Stigma Free Society Website has a variety of video and print resources. They also have lessons for grades 4 to 7 and grades 8 to 12. You must sign up for a free membership using the above link to access the lessons and other resources. Once you have an account created, you will go to Student Mental Health Toolkit and click on the menu and then choose Youth Corner (Grades 8 – 12) then “Downloadable Resources and lesson plans”. You will find the lessons there.

Below is a list of lessons for high school that you may choose to use as follow up to this event. Most lessons have videos to compliment the lesson. Notes have been made regarding videos that may be triggering.

**Printable lessons have British Columbia Curriculum Competencies listed on each lesson which includes all subject areas and First People’s Principles of Learning. Many curricular connections can me made in all subject areas.

Lesson Title	Topic
How to Help a Friend Experiencing Overwhelming Feelings	<p>-The Stigma-Free Society and Dr. Dana Wasserman, Registered Clinical Psychologist, created a resource to help guide youth on how to support their friends through tough times.</p> <p>-The purpose of this lesson is to promote more awareness around mental health struggles and the differences between everyday feelings and overwhelming feelings. Students will also develop self-awareness by identifying their own behaviour when their mental health is struggling, and completing a Written Response Plan.</p>
The Benefits of Ecotherapy on Mental Health	<p>-This lesson explores the benefits of ecotherapy and connects it to both health education and social studies. Understanding our relationship with nature and place can</p>

	<p>have a deeply positive impact on mental health.</p> <p>-In this lesson, students are invited to explore different types of ecotherapy techniques and document the results in a social studies journal. The closure of this lesson highlights the importance of conserving nature so we can continue to reap the benefits of being in it.</p>
<p>Feeling Seen for Who You Truly Are</p>	<p>Identity is a very complex thing. For young people, there can be a great deal of inner turmoil regarding identity. This could be due to questioning one's sexuality, gender or simply where they belong socially. This lesson helps students explore their identity and understand how being authentically themselves can positively impact their mental health and set a good example for those around them. Through a visual art activity, students can creatively explore their identities while also creatively expressing themselves, which promotes mental wellness</p>
<p>Working Through Grief and Loss Through Art</p>	<p>Students will learn about the 5 stages of grief and participate in arts activities where they will create visual representations of each stage. **Video is quite emotional, should not be used as online lesson</p>
<p>Bullying in High School: The Long Term Effects</p>	<p>The purpose of this lesson is for students to dive deeper into the effects of bullying on one's mental health, and the importance of inclusion. Students will start by reflecting on what bullying looks like in their school or in their environment. They will then use the Inclusion Downloadable Resource and the Diverse-ability and Inclusion Comic Book to understand the importance of not isolating those around you. Finally, students will watch an inspiring video. The video is of Shane Koyczan, a famous spoken word poet, who shares what it feels like to be bullied and to be different. Students will end the lesson by reflecting on the video, and writing a poem of their own on mental health and bullying.</p>

<p>The Science of Empathy</p>	<p>Understanding how empathy works and why it's important to practice empathy can help students build stronger interpersonal relationships and can shift their perspective about other people's lived experiences. Empathy is a powerful tool for social change, but also for creating deeper connections with people in our lives. This lesson explores empathy through the lens of science. Students are invited to delve into their relationships with others and how they are able to feel how someone else is feeling. This is an important practice, as understanding mental health and stigma involves a great deal of empathy</p>
<p>Re-Writing My Narrative</p>	<p>Narrative therapy focuses on your life story and reflects on the stories you tell. Likely this life story changes depending on who is asking us, our moods, and whether we feel we are at the beginning, middle or end of our most important story. Narrative therapy was created by Michael White and David Epston in the 1980s. The purpose of this lesson is to highlight narrative therapy techniques by using a timeline to help students become more self-aware of their important life stories. Then asking students "what if we were to re-write this life story where you are the hero of your own life, rather than the victim?" https://positivepsychology.com/narrative-therapy/</p>
<p>The Benefits of Emotional Intelligence</p>	<p>We all have complex emotions that can feel overwhelming, scary and difficult to manage when we don't have the tools to do so. This lesson explores the concept of emotional intelligence. It provides students with the language to understand their emotions on a deeper level and can help them reframe the dichotomy of emotions as being "good" or "bad". This can help them see how their emotions are deeply interconnected, which can support their ability to cope with emotions as they arise. This lesson also</p>

	<p>explores how emotional intelligence can positively impact relationships with others. When we understand our own emotions, we can understand other people's emotions better.</p>
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