

MENTAL HEALTH AND WELLNESS CONTENT OUTLINE SCOPE AND SEQUENCE

UNIT 1 – UPGRADE YOURSELF

ANGER MANAGEMENT

- Defining Anger Management
- Angry Outcomes
- Types of Anger
- Handling Anger
- Overcoming Anger

COMMUNICATION SKILLS

- Connecting with Your Parents
- Communicating with Your Teachers
- Relating with Other Adults
- Communicating with Your Friends
- Your Internal Dialogue

THE POWER OF THOUGHTS

- Changing Our Thought Patterns
- Overcoming Sad Feelings
- Motivated by Positive Feelings
- The Feeling of Hopelessness
- How Choices Affect Our Thinking

KNOW YOURSELF, LOVE YOURSELF

- Self-Worth
- Self-Esteem in Tough Situations
- Limits and Abilities
- Loved, Valued, and Accepted
- Positive Reinforcement

UNIT 2 – TRANSFORM BULLYING

UNDERSTANDING BULLYING

- Bullying: Hurt People...Hurt People
- Trauma and Insecurity
- Bullying and Being Different
- Bullying: A Tragedy on Both Sides
- Solutions to Bullying

EFFECTS OF BULLYING

- Bullying: Dehumanizing the Victim
- Bullying: Effects on the Bullied
- Bullying: Effects on the Bully
- Bullying: Effects on the Bystanders
- Bullying: Effects on Culture

BEING A CHAMPION

- Diffuse the Situation
- Knowing Your Worth and Everyone Else's
- What's at Stake
- Being Observant
- Creating Real Change

OVERCOMING BULLYING: REAL STORIES

- Tricks & Tips to Overcome
- Standing Up the Right Way

Forgiveness
Techniques to Overcome Bullying
Finding Your Tribe

UNIT 3 – SOCIAL IMPACT

CITIZENSHIP

Defining Citizenship
The Power of Your Vote
Your Country
Reasons for the Law
Being a Part of Your Community

DIVERSITY

Defining Diversity
Why We Need Diversity
Embracing Diversity
Broadening Our Perspective
Diversity and My Life

PEACE OFFICERS

Who Are Peace Officers?
Staying Safe in an Interaction
Peace Officer Interactions
Best Practices When Questioned
Protecting All Rights

FIGHTING FOR JUSTICE

Defining Social Justice
Your Rights as a Minor
Discrimination
Racism
Environmental Justice

UNIT 4 – OVERCOMING ADVERSITY

IT'S NOT YOUR FAULT

Divorce & Separation
Abuse
Emotional Abuse
Physical and Emotional Neglect
Sexual Abuse

FAMILY CHALLENGES

Death of a Loved One
Incarceration
Suicide
Depression & Anxiety
Substance Abuse

RESILIENCY

Defining Resiliency
Elasticity
The End Isn't the End
Coping Skills
Creating Your Team

MENTAL WELLNESS

Anxiety
Depression
Mindfulness
Learning How to Say "No"
Being Present