

# Course Syllabus

Course: Trauma-Informed Living

**Course Title:** Trauma-Informed Living

**School Level:** High School

## Course Purpose & Objective:

This course aims to give learners ample resources and professional advice for understanding, coping with, and managing past, current, and future experiences that affect mental health. It also serves to strengthen the fight against the harmful social stigma around mental illnesses.

## Description:

In today's world, millions of people are impacted by issues that take a toll on their mental health. Unfortunately, students are not immune to the damaging effects of trauma and hardship. Building and maintaining mental health is a crucial part of life and overall well-being, despite our inability to control or change what happens to us, or the negative stigmas that may be attached to suffering from these issues.

*Trauma-Informed Living* is designed to address common mental health issues; provide resources and techniques to healthily process, cope, and heal our emotions; and reduce the stigma of mental health in society. There are many common, and normal, mental experiences that individuals face that are misunderstood, undiscussed, and/or untreated, which may lead to long-term and development problems or suicidal thoughts and behaviors.

By participating in this course, students learn how to prevent, recognize, and identify different mental health issues; how to navigate the emotions involved; how to seek resources for help with mental health; and how to help others in need do the same. The topics discussed in this course include personal safety and wellness, self-esteem, potential mental barriers, social-emotional trauma, childhood trauma, mental health disorders, and suicide prevention and awareness.

## Course Outcomes:

After completing this course, students will be able to:

1. Recognize potential barriers stemming from mental health issues and have an informed understanding of how to prevent, manage, and overcome negative effects in order to return to a healthy and hopeful state of mind.
2. Understand what trauma is and the different impacts that trauma can have on the mind and body, as well as how to utilize personal and professional supports to move forward in a healthy way.
3. Identify signs and symptoms of various mental health disorders in themselves and others, understand how stigmas can negatively impact mental health disorders, and

generate ways to combat harmful societal attitudes to create a more supportive environment.

4. Spot warning signs of suicide before it happens and know how/when to appropriately intervene, advocate for greater suicide awareness, and recognize factors that can make one more/less likely to develop suicidal thoughts.

## ***Course Outline:***

Unit 1: Personal Wellness

Unit 2: Living with Trauma

Unit 3: Mental Health Awareness & Assistance

Unit 4: Suicide Prevention

## ***Resources Included:***

Lessons include various multimedia components (e.g., videos, podcasts, discussions, assignments). Lesson content is embedded directly in the course and can be removed or reordered within the system. No additional costs or materials are needed to complete this course.

## ***Scoring System:***

Purpose Prep does not assign letter grades, issue diplomas, or grant credit for courses. A final score will be accessible and can be used by your local school or course facilitator for conversion to your own grading system.

## ***Graded Assignments:***

- Lesson Videos
- Check on Learning Quizzes
- Call to Action Assignments
- End of Unit – Written Articles & Responses
- End of Unit – Assessment Quizzes
- End of Unit – Parent Involvement Activities

## ***Course Implementation & Schedule:***

This course is comprised of 80 lessons and can be implemented in a single semester, trimester, or full year of instruction. Courses are flexible and can be offered fully online or in the classroom, or as a hybrid of both. Lessons are sequenced purposefully within a unit to ensure connections between larger ideas and concepts within that unit. However, all units and lessons can be customized in any order that suits the implementation.

## ***Instructional Support Services:***



Individual personalized support is provided by the Purpose Prep customer care department at [info@purposeprep.com](mailto:info@purposeprep.com).

