

# **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