



# Mental Health & Prevention Lesson Library

# Mental Health & Prevention

Now more than ever, schools need solutions to address the rise in stress, anxiety, depression, self-harm, and other mental health issues our students face.

Schools play an integral part in reducing the stigma surrounding mental illness as well as preventing, identifying, and helping to address mental health challenges in students. According to the National Academy for State Health Policy, 38 states have enacted nearly 100 laws focused on supporting schools in their role as one of the primary access points for pediatric behavioral health care, including mental health education and resources. Navigate360 Mental Health & Prevention gives K-12 schools a way to meet state mandates while also providing developmentally appropriate resources to reduce the stigma and raise awareness of mental health issues.

## Key Mental Health Data Points

**40%**  
of teens are now thinking more about their **physical and psychological safety**.<sup>1</sup>

**97%**  
Increase in **mental health claims** for youth 13-18 years old in 2020.<sup>5</sup>

**49%**  
Less than half of teens believe their school is doing its best to create an atmosphere of physical, social, and emotional safety.<sup>2</sup>

**42%**  
of students felt persistently sad or hopeless and **22% seriously considered attempting suicide**.<sup>4</sup>

**48%**  
About half of teens continue to say they **feel less connected** to their friends than usual. Similarly, **42% feel more lonely** than usual.<sup>3</sup>

### Sources

- <sup>1</sup> Navigate360 | Zogby Perceptions of Mental Health & Safety Poll
- <sup>2</sup> Navigate360 | Zogby Safety & Wellbeing Poll
- <sup>3</sup> Common Sense Media | Survey Monkey Poll
- <sup>4</sup> CDC Youth Risk & Behavior Survey Data Summary & Trends Report: 2011-2021
- <sup>5</sup> The impact of COVID-19 on Pediatric Mental Health, FAIR Health, Inc

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**The Mental Health & Prevention library** includes more than 100 lessons, each one approximately 20 minutes long. Lessons on the following topics can be assigned to students as needed.

**Awareness of Resources and the Process for Accessing Treatment**

<b>Child Abuse</b>	<b>Mental Health Awareness and Assistance</b>
<b>Child Trafficking Prevention</b>	<b>Online Safety and Social Media</b>
<b>Dating Violence Prevention</b>	<b>Self-Harm Prevention</b>
<b>Domestic Abuse</b>	<b>Stop the Stigma</b>
<b>Erin's Law (sexual abuse)</b>	<b>Substance Abuse Prevention</b>
<b>Fentanyl Awareness</b>	<b>Suicide Prevention</b>

**Healthy Coping Tools for Teens**

**Other Related Offerings**

About half of all states require at least two hours of suicide prevention training for adults. To complement our Mental Health & Prevention student library, our Suicide Awareness and Prevention e-learning course from Dr. Scott Poland helps educators learn to recognize the signs of self-harm and suicide and intervene on behalf of students in crisis. We also offer case management software.



To learn more, contact us at **info@Navigate360.com** or **330-661-0106**.

If you or someone you know is experiencing a mental health crisis, call **988** anywhere, anytime for help.

# Mental Health & Prevention

## Lesson Topics

### Grades K-5

TOPIC	DESCRIPTION
Child Abuse	Students learn about the importance of safety at home as well as signs of things being unsafe at home. They are taught where they can go for help if they or someone they know are not feeling safe at home.
Child Trafficking Prevention	Students learn about the differences between safe and unsafe adults. They are taught how to recognize the behaviors that unsafe people use to trick children and ways to keep their minds and bodies safe in tricky situations.
Domestic Abuse	Students learn to distinguish between healthy and unhealthy arguments that occur within families and what to do if there is domestic violence happening at home.
Erin's Law	Students learn about safe and unsafe touch and how to speak up to protect their bodies and personal space. They are taught how to ask for help if someone is making them feel uncomfortable or unsafe.
Mental Health Awareness and Assistance	Students learn about taking care of their minds and bodies and build awareness of mental and emotional health. They are taught how to recognize signs of a mental health problem and how to get help when needed.
Online Safety and Social Media	Students learn practices for online safety and how to make healthy choices in the digital world. They are taught steps to take if they come across unsafe or inappropriate behavior or content online.
Substance Abuse Prevention	Students learn what harmful substances are, including medications, drugs, and alcohol, how to recognize them in their environment, and the effects they can have. They are taught the steps to take in various situations involving harmful substances.

## Grades 6-12

TOPIC	DESCRIPTION
Awareness of Resources and the Process for Accessing Treatment	Students learn about the mental health resources available to them and what to expect if they seek help for a mental health issue.
Child Abuse	Students learn about the various forms of child abuse and what to do if they or someone they know are in an abusive situation at home.
Child Trafficking Prevention	Students learn what human trafficking is and how to recognize warning signs of grooming behaviors and online predatory behaviors to keep themselves safe. Students are provided with steps they can take to seek help for themselves or others if needed.
Dating Violence Prevention	Students learn the characteristics of healthy and unhealthy relationships and explore strategies for maintaining healthy boundaries. They are taught the warning signs of teen dating violence and how to seek help for themselves or others if needed.
Domestic Abuse	Students learn how to distinguish between typical conflicts at home and conflicts that involve domestic violence. They are taught about the importance of seeking help and how to access support if they are experiencing or witnessing domestic violence.
Erin's Law	Students learn about physical boundaries, consent, and strategies for speaking up and protecting themselves when those boundaries are crossed. They are taught about what sexual abuse is, how to report it, and how to get support for themselves or others for situations involving sexual abuse or assault.
Fentanyl Awareness	Students learn about prescription drug safety, the dangers of fentanyl, and how to protect themselves from it. They are taught strategies for navigating situations involving fentanyl, including how to refuse it in social situations, signs of fentanyl use, addiction, and overdose, and how to seek help if needed.

## Grades 6-12 (continued)

TOPIC	DESCRIPTION
Healthy Coping Tools for Teens	Students learn about specific coping tools and strategies they can use to manage stress, develop healthy routines, navigate changes, and support their mental health through difficult times.
Mental Health Awareness and Assistance	Students learn about taking care of their minds and bodies and build awareness of mental and emotional health. They are taught how to recognize signs of a mental health problem and how to get help when needed.
Online Safety and Social Media	Students learn about safe and responsible internet use and the impacts of social media. They are taught best practices for online communication and how to spot potential dangers.
Self-Harm Prevention	Students learn about the topic of self-harm, including healthy coping strategies to avoid self-harm and how to get help for themselves or others in situations involving self-harm.
Stop the Stigma	Students learn about mental health and mental illness and the negative perceptions, myths, and truths surrounding these topics. They are taught about the impact of mental health stigma and ways to discuss mental health to avoid contributing to that stigma.
Substance Abuse Prevention	Students learn about the dangers of substance abuse and the effects of specific substances including prescription and over-the-counter drugs, alcohol, marijuana, opioids, and stimulants. They also explore ways to avoid substances in social situations and how to seek help if needed.
Suicide Prevention	Students learn about the risk factors and warning signs associated with suicide, how they can seek help for themselves or others if needed, and the steps to take in an emergency.

**Warning:** Some lessons may contain content that is sensitive for some students. Please preview content before assigning lessons to students, and provide students with alternative content if a subject is sensitive.

# Mental Health & Prevention Lesson Library

Awareness of Resources and the Process for Accessing Treatment	
Grade	Lesson
6-8	Reaching Out for Support
9-12	You're Not Alone, There's Always Help Available
Child Abuse	
Grade	Lesson
K-2	Feeling Safe at Home
3-5	Does Your Home Feel Safe?
6-8	You Deserve to Feel Safe
9-12	How to Get Help
Child Trafficking Prevention	
Grade	Lesson
K	Tricky People
1	Safe vs. Unsafe People
2	Protecting Yourself in Tricky Situations
3	Trusting Yourself
4	Trusting Yourself About Trusting Others
5	Saying No with Confidence
6	Keeping Yourself Safe
7	What Goes on Behind the Screens
8	Noticing Red Flags
9	Child Labor and Exploitation
10	The Devastating Impact of Human Trafficking
11	Safety Strategies
12	Anti-Human Trafficking Advocacy
Dating Violence Prevention	
Grade	Lesson
7	Healthy Relationships 101
8	Relationships: Healthy vs. Unhealthy
9	Healthy vs. Unhealthy Dating Boundaries
10	When Love Hurts
11	Relationship Red Flags and Dating Safety
12	Influencing Healthy Boundaries

Domestic Abuse	
Grade	Lesson
K-2	When Grown-Ups Argue
3-5	Conflict at Home
6-8	Family Conflict or Abuse?
9-12	What Is Domestic Violence?
Erin's Law (Sexual Abuse)	
Grade	Lesson
PK	Keeping Your Body Safe
K	Safe and Unsafe Touch
1	Respect for Your Body
2	Your Body, Your Choice
3	Setting and Keeping Boundaries
4	Speaking Up for Your Body
5	Recognizing Abuse and Exploitation
6	Consent: No Means No
7	Consent 101
8	Consent: The Power of No
9	Sexual Abuse: What You Can Do About It
10	Dealing and Healing
11	Sexual Abuse: Speak Up and Support
12	Break the Silence
Fentanyl Awareness	
Grade	Lesson
6	Fentanyl Facts
7	Don't Take the Risk
8	The Dangers of Fentanyl
9	The Truth About Fentanyl
10	Fentanyl Unmasked
11	One Pill Can Kill
12	What You Need to Know
Healthy Coping Tools for Teens	
Grade	Lesson
6	My Coping Tool Kit
7	Managing Stress with Self-Care Breaks
8	Crisis Planning: Finding Calm in the Chaos
9	Coping Skills 101
10	Building Routines for Success
11	Break Free from the Stress Cycle
12	Navigating Change: Coping with Confidence



## Mental Health Awareness and Assistance

Grade	Lesson
K	Everyone Has Emotions
1	Feelings Are Important
2	Getting to Know Your Emotions
3	Emotions Give Us Information
4	Painting a Picture of Overall Health
5	Take Care of Your Brain
6	What Is Mental Wellness?
7	Mental Wellness Routines
8	Self-Esteem and Mental Wellness
9	Communication and Mental Wellness
10	Mental Health Literacy
11	Mental Health Advocacy
12	Mental Wellness for Life

## Online Safety and Social Media

Grade	Lesson
K	Safe Screen Time
1	Cybercity Playground
2	Cybercity International
3	Steering Clear of Inappropriate and Unsafe Content
4	Playing It Safe with Online Communication
5	Expressing Yourself Mindfully
6	Staying Safe on Social Media
7	Being Responsible on Social Media
8	Effects of Social Media
9	Predatory Online Behavior
10	Misinformation
11	Staying True to Yourself on Social Media
12	Online Dating Safety

## Self-Harm Prevention

Grade	Lesson
6-8	What Are the Basics?
9-12	Finding Healthy Ways to Cope

## Stop the Stigma

Grade	Lesson
6	What's the Big Deal with Mental Wellness?
7	Words Matter
8	Mental Illness Perceptions
9	Let's Talk About Mental Wellness
10	The Many Faces of Mental Illness
11	No Shame, No Stigma
12	Empathy Matters

## Substance Abuse Prevention

Grade	Lesson(s)
K	Staying Away from Substances
1	What Are Substances?
2	Making Safe Choices
3	Being Safe with Substances
4	Making Healthy Decisions
5	Safe Choices, Healthy Life
6	The Dangers of Substances
7	Refusal Strategies; Drug-Free Advocacy and Support
8	The Myths and Truths of Substance Use; Influences on Substance Use
9	Vaping and Tobacco Use; Alcohol and Adolescence
10	Cannabis: Fact and Fiction; Alcohol Misuse
11	Understanding Prescription Drugs; Nicotine, Tobacco, and Vaping in the Media
12	Resiliency Strategies and Support; Prevention and Advocacy

## Suicide Prevention

Grade	Lesson
6	You Are Not Alone
7	Know the Signs
8	The Myths and Truths of Suicide
9	Preventing Tragedy
10	Crisis to Confidence
11	Your Life Matters
12	Hope and Help