



Length: Simulation 30 Mins Lesson Plan: 90 Mins (Parts 1 & 2)

The experiential program takes a SEL skills-based approach to violence prevention. Focusing on empathy, critical thinking, decision-making and help-seeking skills, the program moves beyond just say no to improving student agency to build their own future and navigate important decision points with increased confidence and preparedness.



## Introduction



Today you will engage in a virtual simulation where you can practice tools to navigate situations involving concern about emotional and mental wellness

#### Learning Objectives

- Understand statements and behavior that escalate concern for emotional and mental wellness
- Apply communication skills for a conversation with a friend you have concerns about
- Apply communication skills to help a friend and motivate them to access support when needed
- Recognize potential emotional and mental wellness resources

# Skills Help-Seeking Critical Thinking Effective Communication Empathy & Active Listening



# Group Norms



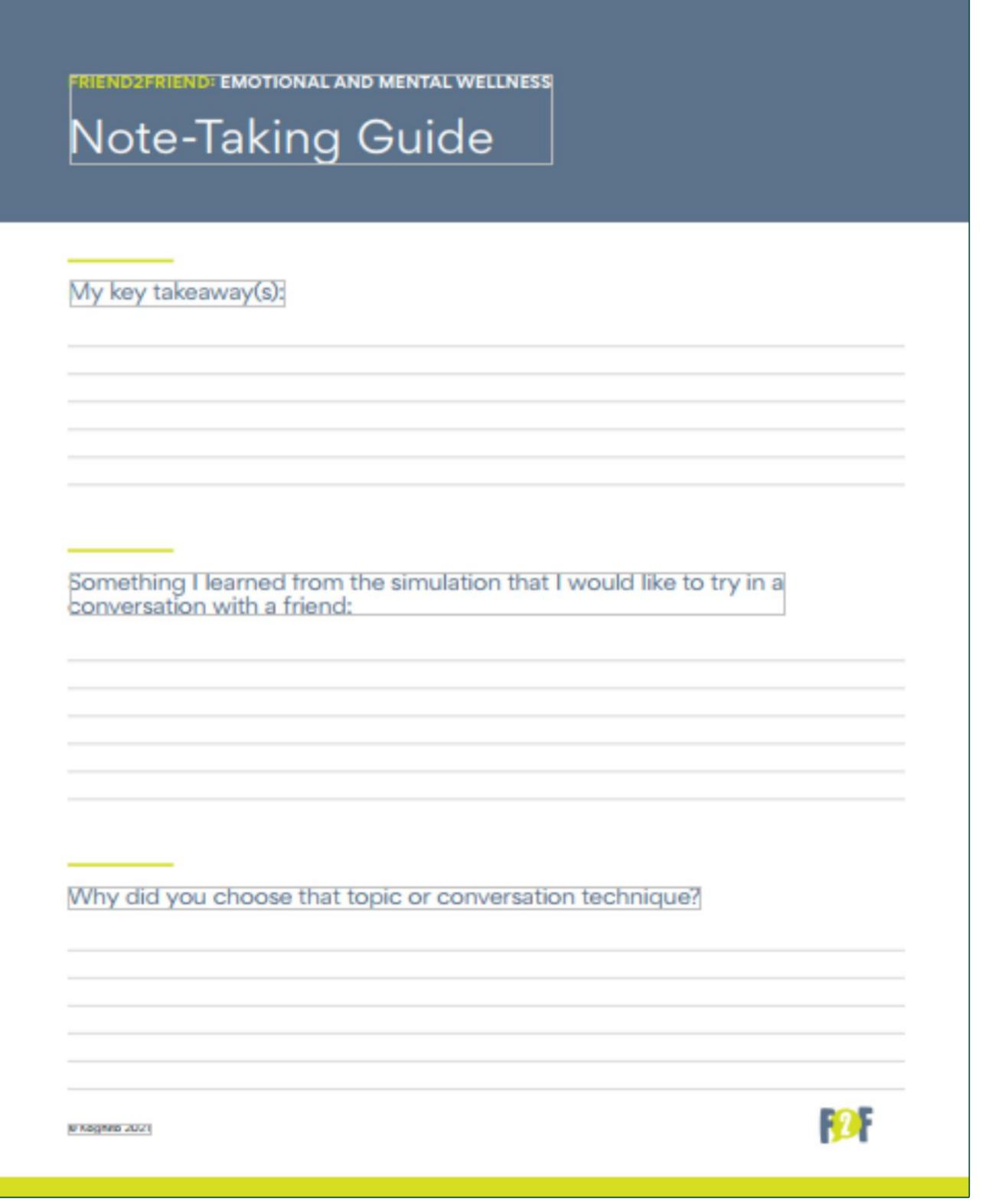
- 1. Actively Participate.
- 2. Be respectful.
- 3. Do not share names or other identifying information of students or staff.
- 4. Reach out to me or another trusted adult if you would like to talk.



# Login Instructions & Note Taking Guide

Login Instructions

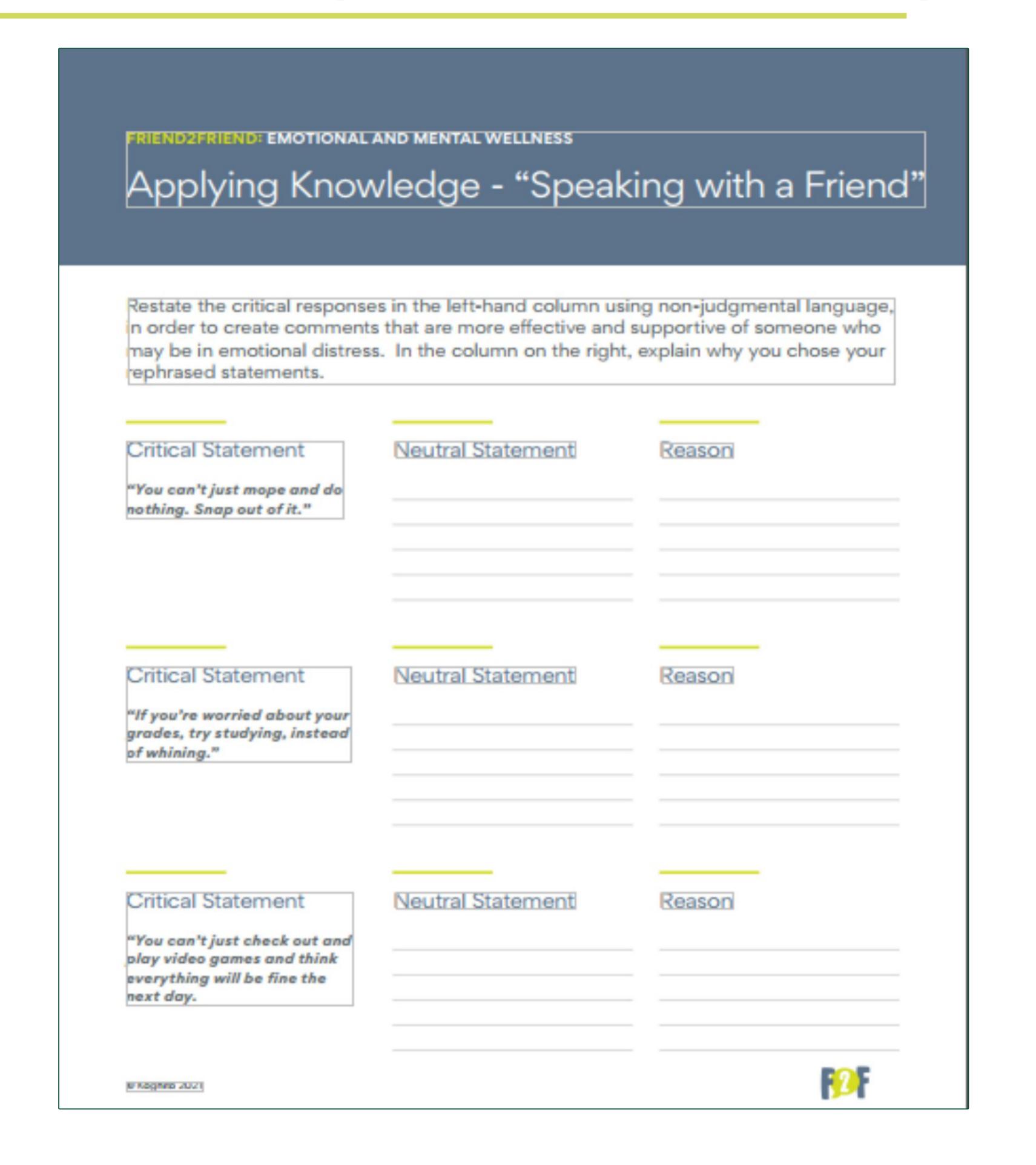
1.







# Applying Knowledge: "Speaking with A Friend"







## Distress Signals

RIEND2FRIEND: EMOTIONAL AND MENTAL WELLNESS

#### Distress Signals

#### Emotional Signs

- ① Getting mad or annoyed a lot
- Orying more that usual
- Being negative a lot of the time
- ① Having a lot of mood swings
- ① Having trouble concentrating, seeming bored more that usual

#### Behavioral Signs

- Sleeping a lot more or less
- Saying or posting things that worry you
- ① Getting worse grades that usual
- ① Losing interest in activities they enjoy
- 1 Isolating themselves or withdrawing from friends and family
- ② Acting out of control or reckless
- Using drugs or alcohol to handle stress or anxiety

#### Physical Signs

- ① Not taking care of personal appearance or hygiene
- ② Gaining or losing a lot of weight
- Complaining of frequent physical symptoms (like headaches, stomachaches, or fatigue
- ① Harming themselves (like cutting or scratching their skin)







# My Resources















