

Middle School Mental Health Unit 7th & 8th Grade

Main Topic	Sub-Topic	NYSED Framework for Mental Health Education	Essential Questions	Guiding Question Lesson Objective	When Student Does it:	Assessments Students will:
<p><u>Self-Management</u></p> <p>Develop self-awareness and self-management skills essential for balanced mental health.</p>	1A. Self-care to promote mental health and well-being	<p>1A. IA - Individuals describe the interrelationships of emotional, intellectual, physical, and social health in adolescence (Health Triangle)</p> <p>1A. Ib. There are many factors that can influence one's mental health, including family, environment, genetics, brain chemistry, health behaviors, personal values, peers, media, technology, culture and community.</p> <p>1A. Ic. Recognition of one's strengths and weaknesses is integral to maintaining and improving overall health.</p> <p>1A. Id. Individuals can take action (individually or with support) to positively impact their own mental health.</p> <p>1A. Ie. Individuals can develop coping skills to work through challenging situations.</p>	What factors in my life affect my mental and emotional health?	<p>What are the three sides of the health triangle? (1A. Ia)</p> <p>How does each side of the health triangle impact the other? (1A. Ib)</p> <p>What factors could impact a person's mental health? (1A. Ic)</p> <p>What are your strengths and weaknesses? (1A.Ic)</p> <p>What are the signs of mental and emotional health problems?</p> <p>What are actions you could take to improve your health triangle if it is unbalanced? (1A.Id)</p> <p>What could you do to help yourself deal with a challenging situation? (1A.Id)</p>	<p>7th grade</p> <p>7th & 8th grade</p> <p>7th grade</p> <p>7th & 8th grade</p> <p>7th & 8th grade</p>	<p>*Identify the parts of the health triangle (DOK 1)</p> <p>*Construct and explain your health triangle (DOK 3)</p> <p>*Students will recommend & justify effective self-management and coping strategies for maintaining mental/emotional health. DOK3</p>
	1B. Resiliency	<p>1B. Ia. Individuals' self esteem is developed over time and can be influenced by many internal and external factors.</p> <p>1B. Ib. Individuals can enhance their self esteem by participating in activities that make them feel good about themselves or increase their confidence.</p> <p>1B. Ic. Resilience is the ability to bounce back from adversity, failures, and difficulties.</p> <p>1B. Id. Individuals can build resilience by working through adversity and they can build it by communicating with others who have been through similar experiences.</p> <p>1B. Ie. Failures and challenges may be beneficial learning experiences that provide individuals with opportunities for growth.</p>	What factors in my life affect my mental and emotional health?	<p>What is self-esteem? How is it influenced?(1B.Ia)</p> <p>What can a person do to improve their self-esteem? (1B.Ib)</p> <p>What makes a person resilient? (1B.Ic)</p> <p>When faced with adversity why is it important to be resilient? How helpful would it be to communicate with someone that has faced the same adversity? (1B. Id)</p> <p>What do they mean when someone says, "learn from your mistakes"? (1B.Ie)</p>	<p>7th & 8th grade</p> <p>7th grade</p> <p>7th & 8th grade</p> <p>7th & 8th grade</p> <p>7th & 8th grade</p>	<p>Explain what self esteem is and how it is influenced (DOK 1)</p> <p>*Formulate a plan to improve your self-esteem (DOK 3)</p> <p>*Describe and illustrate how being responsible and resilient benefits your overall mental/emotional well-being during your lifetime (DOK 3)</p>

	1C. Feelings	<p>1C. Ia. Individuals experience a full range of emotions and can learn to recognize them and predict their normal course.</p> <p>1C. Ib. Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self care and can impact mental health.</p>	What factors in my life affect my mental and emotional health?	<p>How would somebody know how you are feeling based on your communication/actions? (1C.Ia & IC. Ib)</p> <p>In what ways can we manage negative emotions? (1C.Ib)</p>	<p>7th & 8th grade</p> <p>7th & 8th grade</p>	Predict the outcome of a variety of emotional situations you may encounter and identify how you could respond in a positive healthy manner (DOK 2)
<p>Relationships</p> <p>Develop healthy relationships to promote mental health.</p>	2A. Communications	<p>2A. Ia. Healthy communication skills help to maintain overall health.</p> <p>2A. Ib. Individuals can develop healthy communication skills through role modeling and authentic practice.</p> <p>2A. Ic. Individuals' use of body language and tone of voice are important parts of communication.</p> <p>2A.Ca. Healthy communication skills help to maintain overall health.</p> <p>2A.Cb. Individuals can learn healthy ways to express all emotions to promote health enhancing behavior, support relationships and reduce conflicts.</p> <p>2A.Cc. Individuals can learn healthy ways to use social media and technology; one must develop a balanced approach to their technology use which can impact mental health.</p>	How do different forms of communication in various settings impact my relationships with others?	<p>What are "healthy" communication skills? (2A.Ia)</p> <p>What does the phrase "practice what you preach" and "follow the golden rule" mean? (2A.Ib)</p> <p>Why are there often times miscommunications when using social media? (2A.Ic & 2A.Cc)</p> <p>What are healthy ways to express your emotions? (2A.Ca & 2A.Cb)</p>	<p>7th grade</p> <p>7th grade</p> <p>7th grade</p> <p>7th grade</p> <p>7th & 8th grade</p> <p>7th & 8th grade</p>	<p>*Summarize healthy communication skills (DOK 2)</p> <p>*Based on role-playing scenarios, critique the level of communication between the individuals involved (DOK 4)What</p>

	2B. Empathy, Compassion, Acceptance	<p>2B. Ia. Demonstrating empathy, compassion and acceptance for others is an important aspect of healthy relationships. It can benefit one's overall mental health as well as the health of those around them.</p> <p>2B. Ib. Respecting the experiences of others, accepting differences and establishing healthy boundaries are all part of balanced mental health.</p> <p>2B. Ic. Demonstrating empathy, compassion and acceptance can support others who are dealing with mental health issues and is important towards reducing stigma.</p>	How do different forms of communication in various settings impact my relationships with others and myself?	<p>What do the words empathy, compassion and acceptance mean? (2B.Ia)</p> <p>How does empathy, compassion and acceptance improve your overall well-being in your relationships and understanding of others? (2B.Ib)</p> <p>What does the phrase "Walk a mile in someone else's shoes" mean? (2B.Ic)</p>	<p>7th & 8th grade</p> <p>7th & 8th grade</p> <p>7th & 8th grade</p>	Reflecting upon your upbringing, relate how it has influenced the ways in which you perceive or react to others with differences. (DOK 4)
	2C. Gratitude, Forgiveness	2C. Ia. Demonstrating gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, can benefit one's own health as well as the health of those around them.	How do different forms of communication in various settings impact my relationships with others and myself?	<p>What is etiquette? (2C.Ia)</p> <p>Why is important to express thanks to someone who has done something nice to you? (2C.Ia)</p>	7th & 8th grade	Identify situations where people may be unaware of how their actions (or lack thereof) affect other people and how they could express etiquette. (2C.Ia)
<p>Resource Management</p> <p>Develop skills to utilize personal and community resources related to mental health. Know what, when, where and how to ask for help for self and others.</p>	3A. What to ask for help for self and others	<p>3A. Ia. Individuals recognize that sharing feelings is a healthy action.</p> <p>3A. Ib. Individuals can describe the warning signs, risk factors, and protective factors for depression, anxiety, eating disorders, and suicide.</p> <p>3A. Ic. Individuals understand how the above and other mental health concerns reflect unhealthy manifestations of otherwise "normal" mental functions, and that proven strategies exist for improving various mental functions.</p> <p>3A. Id. Experiencing trauma can impact one's mental health but early recognition and intervention can have a positive impact on one's experiences.</p>	How can I help a friend or myself who is struggling with mental or emotional issues?	<p>What are the benefits of sharing your feelings with someone? (3A.Ia)</p> <p>What are common mental and emotional illnesses? (3A.Ib)</p> <p>What are healthy strategies to deal with depression, anxiety, eating disorders and suicide? (3A.Ic)</p> <p>Why is it important to recognize signs of mental illness early in the disease process and initiate the intervention to prevent the escalation of the disease? (3A.Id)</p>	<p>7th & 8th grade</p> <p>7th & 8th grade</p> <p>7th & 8th grade</p> <p>7th & 8th grade</p>	<p>List the benefits of sharing your feeling with someone you trust (DOK 1)</p> <p>Identify common mental and emotional illnesses (DOK 1)</p> <p>Construct a table, choose 3 mental health issues, summarize how it impacts the three sides of the health triangle, along with early intervention techniques (DOK 2)</p> <p>Students will recommend and support: Interventions, treatments, and other strategies as forms of help for negative behaviors or addictions.</p>

	3B. When to ask for help for self and others	3B. Ia. Individuals acknowledge that there are issues that cannot be managed independently and require support/assistance. 3B. Ib. Individuals understand that if symptoms of mental illness/challenges affect relationships, responsibilities, and recreation of self or others, individuals need to seek help.	How can I help a friend or myself who is struggling with mental or emotional issues?	When and where should I seek out assistance with my mental health issues? (3B.Ia & Ib)	7th & 8th grade 7th & 8th grade	Develop a logical argument about when it is time to seek help. (DOK 3)
	3C. Where to ask for help for self and others	3C. Ia. Many trusted adults and community resources are available to help individuals with their mental health needs. 3C. Ib. Individuals identify helpful personal, family and community resources that can help self and others	How can I help a friend or myself who is struggling with mental or emotional issues?	Who is available in my private life, at school and in the local community to help with mental health issues? (3C.Ia & 3C.Ib)	7th & 8th grade 7th & 8th grade	Identify mental health professionals and what their jobs entail. (DOK 1)
	3D. How to ask for help for self and others	3D. Ia. Individuals analyze the influences of views on mental health and mental illness (self, family, peers, culture, society, media, etc.) 3D. Ib. Effective communication and self advocacy skills are necessary in order to obtain appropriate mental health resources for self and others.	How can I help a friend or myself who is struggling with mental or emotional issue?	How is mental health issues in our country impacted by one's own views and other influences? (3D.Ia) What is advocacy and how does it apply when effectively communicating mental health concerns (3D.Ib)	8th grade 7th & 8th grade	Design a mental health poster incorporating a variety of information according to the rubric. (DOK 4)

High School Mental Health Unit Grades 9-12

Main Topic	Sub-Topic	NYSED Framework for Mental Health Education	Essential Questions	Guiding Questions Lesson Objectives	When Student Does it:	Assessments
Self-Management: Develop self-awareness and self-management skills essential for mental health.	1A. Self-care to promote mental health and overall well-being.	1A. Ca. Individuals who are mentally and emotionally healthy use self-care to promote mental health and overall well-being 1A. Cb. There are many factors that can influence an individual's mental health, including family, environment, genetics, brain chemistry, health behaviors,	How can I assess my mental /emotional health and make adjustments to my self-care to improve my overall well-being?	How does the knowledge of the human mind and body effect issues of health? (1ACb, 1ACf) How does self concept relate to interactions with others (1ACa, 1ACc, 1ACd, 1ACf) How can I accept, manage and adapt to changes in relationships over my lifetime	9th - 12th grade	Differentiate how brain development, learning styles and other factors affect health (DOK 3) Identify individual strengths & weaknesses (DOK 1)

		<p>personal values, peers, media, technology, culture and community.</p> <p>1A. Cc. Recognition of one's strengths and weaknesses is integral to maintaining and improving overall health.</p> <p>1A. Cd. Individuals can take action (individually or with support) to positively impact their own mental health.</p> <p>1A. Ce. Individuals can develop coping skills to work through challenging situations.</p> <p>1A. Cf. There are connections between mental illness or challenges, substance use, and trauma experiences.</p>		(1ACe, 1ACf)		Develop coping techniques for various situations and assess their effectiveness (DOK 3)
	1B. Resiliency	<p>1B. Ca. Individuals' self esteem is developed over time and can be influenced by many internal and external factors.</p> <p>1B. Cb. Individuals can enhance their self esteem by participating in activities that make them feel good about themselves or increase their confidence.</p> <p>1B. ICc. Individuals who are mentally healthy have positive self esteem.</p> <p>1B. Cd. Individuals can overcome difficult situations by using resiliency / skills to help improve one's mental health wellness.</p> <p>1B. Ce. Failures and challenges may be beneficial learning experiences that provide individuals with opportunities for growth.</p>	How can I assess my mental /emotional health and make adjustments to my self-care to improve my overall well-being?	<p>Methods of improving self esteem</p> <p>How does self esteem affect my life?(1BCa,1BCc)</p> <p>What methods can I use to increase my self esteem? (1BCb, 1BCd)</p> <p>How can i use my past experiences to enhance my mental health? (1BCe)</p>	9th - 12 grade	<p>After taking a self-esteem assessment, drawing upon the knowledge you learned in the unit, analyze the results and suggest ways to enhance your overall mental health (DOK 4)</p> <p>Reflect on your past experiences, assess your reaction when it came to a failure in your life and the resulting reaction. (DOK 3)</p>
	1C. Feelings	1C. Ca. Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self care and can impact mental health.	How can I assess my mental /emotional health and make adjustments to my self-care to improve my overall well-being?	<p>Sources of conflict and conflict resolution.</p> <p>How can I build supportive relationships (1C.Ca)</p> <p>How do my emotions affect myself and others? (1CCa)</p>	9th - 12th grade	Compare your reaction as a teenager to a specific situation vs that of an adult in the same situation (DOK 3)
<u>2. Relationships</u>	2A. Communication	2A.Ca. Healthy communication skills help to maintain overall health.	How can I accept, manage, and adapt to	Ways to build supportive relationships	9th - 12th grade	In a healthy debate, involving people with

Develop healthy relationships to promote mental health.	Skills	<p>2A.Cb. Individuals can learn healthy ways to express all emotions to promote health enhancing behavior, support relationships and reduce conflicts.</p> <p>2A.Cc. Individuals can learn healthy ways to use social media and technology; one must develop a balanced approach to their technology use which can impact mental health.</p> <p>2A. Cd. Individuals recognize the importance of silence in conversation. It can demonstrate listening and thoughtfulness.</p>	changes in relationships over the course of my lifetime?	<p>How can conflict affect your overall health? (2A.Ca, Cb)</p> <p>What are various healthy ways to communicate? (2ACc)</p> <p>How do good health decisions and communication skills enhance a persons ability to to express and defend their beliefs (2ACa, 2ACb, 2ACc, 2ACd)</p> <p>What does the phrase “agree to disagree” mean? (2ACa, 2AC, 2ACc, 2ACd)</p>		opposing views-Distinguish important social norms to keep the debate on topic and respectful
	2B. Empathy, Compassion, Acceptance	<p>2B. Ca. Demonstrating empathy, compassion and acceptance for others is an important aspect of healthy relationships. It can benefit one’s overall mental health as well as the health of those around them.</p> <p>2B. Cb. Respecting the experiences of others, accepting differences and establishing healthy boundaries are all part of balanced mental health.</p> <p>2B. Cc. Demonstrating empathy, compassion and acceptance can support others who are dealing with mental health issues and is important towards reducing stigma.</p>	How can I accept, manage, and adapt to changes in relationships over the course of my lifetime?	<p>Effects of my mental health on others around me</p> <p>How can we help eliminate the social stigma associated with mental illness (2BCC)</p> <p>How can I be supportive of others as they deal with mental health issues (2ACa, 2ACb)</p>	9th - 12th grade	Describe (with specifics) how you could “walk in somebody else’s shoes” to better understand their day to day life. (DOK 4)
	2C. Gratitude, Forgiveness	2C. Ca. Demonstrating gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, can benefit one’s overall mental health as well as the health of those around them.	How can I accept, manage, and adapt to changes in relationships over the course of my lifetime?	<p>Value of positive relationships</p> <p>What prevents me from building supportive relationships (2CCa)</p> <p>Who are you comfortable sharing personal information with and why? (2CCa)</p>	9th - 12th grade	Using scenarios, verbalize the appropriate emotion to create a positive result (DOK 2)
<p>3. Resource Management</p> <p>Develop skills to utilize personal and community resources related to mental health. Know what, when, where and how to</p>	3A. When to ask for help for self and others	<p>3A.Ca. Individuals recognize that sharing feelings is a healthy action.</p> <p>3A.Cb. Individuals can describe the warning signs, risk factors, and protective factors for depression, anxiety, psychosis, eating disorders, and suicide.</p> <p>3A.Cc. Individuals understand how the above and other mental health concerns</p>	How do I recognize the signs of mental health issues in myself and others and where could we go for help to prevent the acceleration of the disease?	<p>Effects of stress and mental health issues on the body</p> <p>How can effective time management and relaxation techniques benefit my physical, mental and social health?</p> <p>What is good mental health (3ACa)</p> <p>How do mental health disorders affect my</p>	9th - 12th grade	<p>Apply concepts learned about coping strategies, complete project and present to class (DOK 4)</p> <p>Cause/Effect activity concerning depression and suicide</p> <p>Connect body reactions</p>

ask for help for self and others.		<p>reflect unhealthy manifestations of otherwise "normal" mental functions, and that proven strategies exist for improving various mental functions.</p> <p>3A. Cd. Recognition of a mental health issue is an initial step towards getting help for self and others.</p> <p>3A. Ce. Experiencing trauma can impact one's mental health but early recognition and intervention can have a positive impact on one's experiences.</p>		<p>overall health?(3ACb, 3ACc, 3ACd</p> <p>How do I know if I have a mental health issues? (3ACe)</p>		to physical signs and healthy coping
	3B. When to ask for help for self and others	3B. Ca. Individuals understand that if symptoms of mental illness/challenges affect relationships and responsibilities to myself or others, individuals need to seek help.	How do I recognize the signs of mental health issues in myself and others and where could we go for help to prevent the acceleration of the disease?	<p>Help is available</p> <p>How do I know if I have a mental health disorder and how does it affect my relationships with others? (3BCa)</p>	9th - 12th grade	Analyze the status of my current emotional state and decide at what point it is imperative to seek help.
	3C. Where to ask for help for self and others	<p>3C. Ca. Many trusted adults and community resources are available to help individuals with their mental health needs.</p> <p>3C. Cb. Individuals identify helpful personal, family and community resources that can help self and others.</p>	How do I recognize the signs of mental health issues in myself and others and where could we go for help to prevent the acceleration of the disease?	<p>Help is available</p> <p>Who do I feel comfortable sharing personal information with and why? (3CCa)</p> <p>Where can I assess services to aid with mental health issues? (3CCb)</p>	9th - 12th grade	Summarize resources available for assistance and detail their responsibilities.
	3D. How to ask for help for self and others	<p>3D. Ca. Individuals analyze the influences of views on mental health and mental illness (self, family, peers, culture, society, media, etc.</p> <p>3D. Cb. Effective communication and self advocacy skills are necessary in order to obtain appropriate help</p> <p>3D. Cc. Individuals evaluate valid mental health resources and identify best methods for accessing them.</p>	How do I recognize the signs of mental health issues in myself and others and where could we go for help to prevent the acceleration of the disease?	<p>Help is available</p> <p>How do various views by others influence and affect my mental health? (3DCa)</p> <p>How can I build supportive relationships to maintain good mental health? (3DCb)</p> <p>Where can I go for help? (3DCc)</p>	9th - 12th grade	Describe the impact of the American culture on people seeking mental health assistance.