

Junior High Mental Health Kit

Be Kind to Yourself and Others

The Junior High Mental Health Kit – *Be Kind to Yourself and Others* is a curriculum-based teaching resource for students in grades 7 to 9.

The purpose of the kit is to teach students about mental wellness. Youth today are experiencing more stress and anxiety than ever before. In addition, there is acknowledgement that most mental illness begins during these formative years, and treatment outcomes are generally improved the earlier someone receives help. It is important that all youth develop the skills to enhance their mental well-being and prevent the development of mental illness.

The kit was created to provide educators with ready to go lesson plans and supporting materials to teach children about mental wellness. Each lesson includes take home activities to support the learning at home as well as assessment strategies for the teacher.

A student quiz will help determine which lesson plans the educator may wish to focus on.

There are lesson plans for each of grades 7, 8 and 9 on the following topics:

- Body Image
- Healthy Eating/Active Living
- Building Healthy Relationships
- Hope
- Stress
- Preventing Substance Abuse
- Cyber Bullying

In addition there are specific lessons for:

Grade 8 – Mental Illness and Suicidal Behaviour

Grade 9 – Transition from Junior High to High School

- Access the kit at www.albertahealthservices.ca/info/Page13367.aspx
- All Junior High schools within the Edmonton Public and Edmonton Catholic school systems received a hard copy in 2012.
- Other schools in Edmonton Zone can borrow a hard copy from their Health Centre.



The kit was developed collaboratively by Alberta Health Services Edmonton Zone, (Addictions & Mental health, Public Health), Edmonton Public Schools, and Edmonton Catholic School District in May 2012.