

## HEALTHY MINDS, HEALTHY YOUTH: A SPEAK UP LESSON ACTIVITY

### Introduction to Lesson Activity

The overall goal of this lesson activity is to improve the mental health status and quality of life of the youth and young adult population by promoting understanding of mental health challenges, importance of early detection and help seeking, and resources and support available for young people.

### Learning Objectives

The students will be able to:

- Recognize signs and symptoms of possible emerging mental health and substance use problems that are common among adolescents and young adults
- Gain a better understanding of mental health and substance use problems and how they can impact a young person's life
- Learn about the impact of stress and effective coping strategies to deal with stress
- Learn about self-care resources that can aid in dealing with mild or moderate problems
- Know how to access community health support services available when there is a need for professional help

The mindcheck.ca website is utilized as a teaching tool platform for learning about mental health issues.

This lesson activity employs participatory learning methods so that students have a meaningful and active role in the learning process.

The Healthy Minds, Healthy Youth lesson activity provides students with opportunity to:

- ✓ Develop team skills
- ✓ Take responsibility for tasks
- ✓ Learn about early intervention in mental health and finding help
- ✓ Develop research skills
- ✓ Strengthen presentation skills
- ✓ Discuss mental health issues with peers
- ✓ Learn from their peers

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### Prescribed Learning Outcomes

Analyze factors that influence health

- Propose strategies for enhancing and maintaining emotional health and well-being.
- Develop speaking and listening skills to interact with others for the purpose of contributing to group success, discussing and comparing ideas and opinions that peers have on individuals' attitudes and behavior on mental health issues
- Identify factors and influences on substance use and associated risks and harms.
- Describe health alternatives to substance misuse (stress management)

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**Overview of Lesson Activity****1. Introducing topic of mental health**

Student Handout: Why Mental Health?

**2. Student Learning Activity**

[mindcheck.ca](http://mindcheck.ca) – a resource for learning about mental health

Class is divided into groups who are assigned one of the mental health conditions on [mindcheck.ca](http://mindcheck.ca)

Each group researches the condition and presents what they learned to the rest of the class.



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### Introduction to mental health: Why Mental Health?

Purpose: Information on handout introduces students to what mental health is and why it's important. An overview of the mindcheck.ca website is also provided.

### Student Learning Activity

As a class, they will be using the mindcheck.ca website as a resource to learn about common mental health problems,

The class will be divided into groups (e.g., 4 to 5 students per group, depending on class size). Each group is responsible for researching one of the mental health problems covered on the mindcheck.ca website.

Assign one of the mental health problems covered on mindcheck.ca to each group and give assignment sheet to each student.

Each group will research

- a. Signs and symptoms of the mental health problem
- b. Screening quiz and feedback results
- c. Self care tools and community resources

The assignment sheet provides questions they can use in their research (See Appendix for Assignment Sheet).

#### Awareness of What Students May be Dealing With

**It is critical to be aware that in a class of 30 students, 4 or 5 of them are likely dealing with a mental health issue. Discussing mental health can trigger distress in a young person, so it's important to ensure that should one of your students confide in you, they have access to support.**

#### mindcheck.ca

**Mental health problems covered on mindcheck.ca include stress, anxiety, depressed mood, social anxiety and body image/eating problems.**

**Not all conditions need to be assigned. Students can always return to mindcheck.ca to learn about the other conditions.**

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Students can research the website individually or together during classroom time (if computers are available for the students to use) or each student individually researches their part as a homework activity and comes prepared to present with their team classmates.

Each group will present for 15 minutes on what they learned from the mindcheck.ca website (2-5 minutes per student).