

Clarifying Standard

7.MEH.1.3 - Organize resources (family, school, community) for mental and emotional health problems

Statement of Objectives:

Today you will be able to identify resources in your family, school, or community to assist with an emotional health problem. By the end of the lesson, you will be able to demonstrate asking for assistance and seek care for yourself or peers who are having a mental or emotional health problem

Video Clip Discovery Ed (2:49)

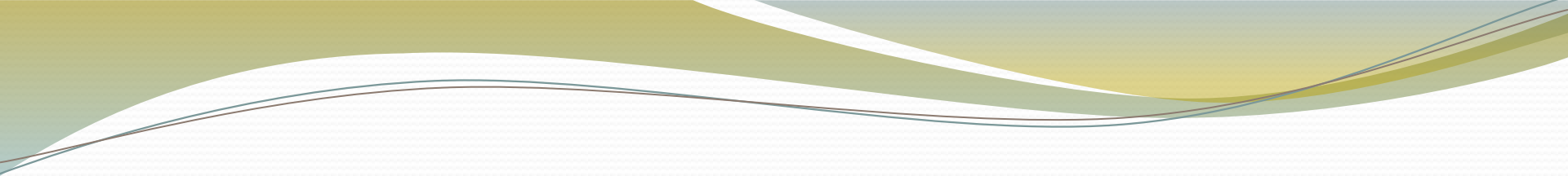
- [Live Right, Grow Right: It's the Only Body You've Got Clip: \(It's Not Just Physical: Taking Care of Your Mental Health\)](#)

“What is community?”

- *Community is defined as a unified body of people, individuals with common interests living in a particular area, or an interacting population of various kinds of individuals in a common location.*

- **Being able to identify resources for emotional health problems involves having both knowledge and skills.**
- **It is important to know who your resources are and be able to access and ask for help from the resource.**
- **The adult from whom one seeks help and shares personal information with should be trustworthy and be able to provide assistance or support.**
- **They need to have the best interests of the person in mind.**
- **Whether they can keep the problem in confidence depends on what the problem is.**

- If the emotional health problem involves danger to the youth or to someone else, the adult will need to get formal help for that person.
 - For example, thoughts of suicide always require a safe plan and follow-up care.
- Seeking help from others requires being *assertive* and having the courage to reach out. (It is not a sign of *weakness*.)
- Being assertive means *asking for help, support, and guidance confidently but without being aggressive.*

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- **It is okay to be bold and seek help with an issue that you are dealing with.**
 - **Sometimes the person you seek for help may have experienced a similar issue and can provide wisdom and support.**
 - **If the first person one asks is not willing or able to help, it is important to reach out to someone else until his or her needs are met.**

Resources for emotional health problems

- *having both knowledge and skills*
- *know who your resources are and be able to access and ask for help from the resource*
- *The adult from whom one seeks help and shares personal information with should be trustworthy and be able to provide assistance or support*
- *being assertive and having the courage to reach out*
- *Being assertive means asking for help, support, and guidance confidently but without being aggressive*

Guided Practice:

- Work together in pairs to decide whom they would seek as a resource for help in different types of mental and emotional health issues.
- Use the handout Health Issues and Resources (Appendix 1.)
- Different people will have different perspectives or answers and that is okay.
- Discuss who they would seek for support and why if they have different opinions.
- Also, students may list specific people if they would like.



HEALTH ISSUES AND RESOURCES

Mental/Emotional Issue	<i>Resource for Problem</i>
Being bullied in the gym locker room.	
Unhealthy eating habits and loss of weight.	
Stress from recent parents divorce.	
Friend mentions contemplating suicide to you in conversation.	
Moving to a new home and school in the middle of the year.	
Loss of excitement and joy for life. Sense of depression and loss of interests in hobbies and friends.	
Loss of sleep from worrying, stress, anxiety.	
Breaking up with a girlfriend or boyfriend.	
Stress from coaches high expectations.	
Being in an unhealthy relationship.	
Poor body image, low self-esteem, and over exercising.	
Self-conscious and fearful of embarrassment in social activities.	

Independent Practice:

- Provide the students with a list of different mental and emotional health issues.
 - (Depression, anxiety, stress, parents divorce, unhealthy relationship, lack of sleep, unhealthy eating, low self-esteem, being bullied, unhealthy body image, dealing with a death, verbal abuse, expectations, often feeling angry, over exercising, using alcohol to manage stress, harming self or others, suicidal thoughts.)
- Choose one of the health issues and create a voiceover using www.voki.com to demonstrate how they would ask for advice from an appropriate resource in their community.
- In the voiceover you will state who you are going to...
 - ask for help
 - the mental or emotional health issue
 - how they would ask their question or ask for help from a trusted person they choose to go to.
- (Using www.voki.com you have the option to speak into the computer/laptop or you can type what they want to say and choose a voice that will say what they have typed.)

Closure:

- *In today's lesson we learned who is apart of our personal community and why these individuals are important to us. We should not take our community for granted because they can provide great support. You have practiced the skill of seeking and asking for assistance with an issue and can confidently seek support. We will all, at some point or another, need support from our friends, family, school resources, and community.*