



American Embassy School

An
International
Community

Subject: 10th Grade Seminar		Unit Duration: 5 weeks	
Unit Title: Mental Health and Advocacy			
Stage 1: Desired Results			
Overview: This unit starts by asking the question of “What is mental health?”. Students explore the importance of mental health and the traits of both positive and negative mental health. Students learn how to identify if they or someone they know is at risk and how to navigate the resources around them.			
Transfer 22-23			
<i>The student will be able to independently use their learning to...</i>			
Refers to how students will transfer the knowledge gained from the lesson, unit, or course and apply it outside of the context of the course. (Transfer goals explained)			
Meaning			
Enduring Understandings		Essential Questions	
<i>Students will understand...</i>		<i>Students will keep considering...</i>	

That it is important to manage one's mental health and there are strategies and resources to help.	What is mental health and how can it be managed?
Acquisition	
Knowledge	Skills
<i>Students will know...</i> - The different types of mental health challenges that show up in high school. - The signs and symptoms of mental health challenges. - Culture plays a part in perceptions and acceptance around mental health. - There are resources both within and outside of AES that can help support student mental health.	<i>Students will be able to...</i> - Identify the signs & symptoms of various mental health challenges (including suicide) - Communicate about mental health - Connect with mental health resources as needed.
Standards	
<u>Objective:</u> Personal Social A1 - Students will understand ubiquitous mental health issues in teenagers and distinguishing the importance of peer support and enlisting adult guidance. Identity Development - Personal Social A1 - Self-Advocacy - Students will come away with tools for self-advocating, without parent involvement, with teachers and coaches in common scenario is <u>Standards:</u> Personal/Social A1:4 Take action (individually or with support) to positively impact one's own mental health SE:A1:3 Develop self-awareness and self-management skills essential for mental health SE:C1:2 Develop skills to utilize personal and community resources related to mental health SE:C1:3 Recognize and advocate for personal boundaries, rights, and privacy needs	

Language Objectives

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Stage 2: Evidence & Assessment

Performance Tasks

- Daily Classroom journal for how students to check-in. This could include how they are feeling about the class, current mood tracker, questions, space to let the counselor know what is going on with them in and out of school. *Please check in with student who have identified struggles*
- Group project: Create additional pages to the Mental Health Awareness/Resource LibGuide - Audience would be the HS community

Other Evidence

- Utilization of coping strategies

Stage 3: Learning Plan/The Learning Journey Start with [W.H.E.R.E.T.O.](#)

Learning Experiences

Coping strategies should be incorporated throughout
Trigger warning

- Lesson 1: What is Mental Health?
- Lesson 2: Mental illness and stigma: Good v. Challenges
 - Advocacy - Resources
 - Mental Health project? Students present on various mental health topics
 - Example
 - Coping strategies
 - What are coping strategies? And their benefits

- Ex: nutrition, exercise, breathing techniques, grounding strategies, journaling
- Eating disorders
 - Bulimia
 - Anorexia
- Anxiety
 - How to spot the signs of anxiety
 - Where does anxiety come from?
 - How to manage your anxiety and stress
- Depression
- Perfectionism
 - Setting appropriate standards
 - Perfection is not positive
- Post Traumatic Stress Injury/Disorder
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- Lesson 3: Work on Project and start presenting 5 min each
- Lesson 4: Present
- Lesson 5: Suicide Prevention
 - Why is it important to talk about suicide prevention?
 - What are the risk factors and protective factors that we should know about?
 - What are warning signs?
 - How do you help someone who may be at risk of suicide?

Resources

Shared Drive: Mental Health Awareness (Student created) - I cannot link it but I you are an editor on the drive

LibGuide (Student created)

[Community Mental Health Resources](#) - should be updated next year by Pippa and Student Support Service Director in the fall

[Korean Mental Health Resources](#) - I got this from KISCA

Team Reflection

Link to team reflection here.