

# Ridgefield Public Schools

## Mental Health and Well-Being Curriculum at a Glance

### Overview

#### Course Description:

This course is designed to help students build a strong foundation of mental health and well-being. Through a variety of topics, exercises, and activities, students will develop the skills to create healthy habits and positive coping strategies to sustain their mental health and well-being. Topics covered in this course include self-compassion, the science of happiness, understanding the connection between mental wellness and all dimensions of wellness, recognizing and managing symptoms of mental distress, developing healthy communication and interpersonal relationship skills, stress management, and self-care strategies.

Through the development of skills such as communication, advocacy, analyzing influences, and self-management, students will be equipped with the tools needed to navigate the complexities of positive mental health effectively. The course will enhance students' resilience, emotional regulation, and ability to access credible information and resources when needed.

Ultimately, the goal is to prepare seniors for a successful transition into adulthood with a strong foundation in mental health literacy and personal self-care strategies so they can build a life filled with purpose, passion, and well-being. This course is one of three possible courses that serve as a graduation requirement for seniors.

Unit	Learning Outcomes <i>The student will be able to...</i>
Analyzing Influences	<p>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>2.12.1 Analyze how the family influences the health of individuals.</p> <p>2.12.2 Analyze how culture supports and challenges health</p>



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	<p>beliefs, practices, and behaviors.</p> <p>2.12.3 Analyze how peers influence healthy and unhealthy behaviors.</p> <p>2.12.4 Evaluate how the school and community can affect personal health practices and behaviors.</p> <p>2.12.5 Evaluate the effect of media on personal, family and community health.</p> <p>2.12.6 Evaluate the impact of technology on personal, family, and community health.</p> <p>2.12.7 Analyze how determinants of health (e.g., education level, employment, housing, and income) influence health behaviors.</p> <p><b>Functional Knowledge:</b></p> <p>Mental Health and Emotional Wellness Alcohol, Tobacco, and Other Drugs</p>
<b>Communication</b>	<ul style="list-style-type: none"><li>• <i>Standard 4:</i> Use interpersonal communication skills to support health and well-being of self and others.</li></ul> <p>4.12.1 Apply effective communication skills across multiple modes of communication and media formats to support health and well-being of self and others.</p> <p>4.12.3 Demonstrate how to ask for and offer assistance to support the health of self and others.</p> <p>4.12.7 Demonstrate collaboration and, negotiation skills in a variety of situations.</p>



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	<p>4.12.10 Communicate with empathy and compassion.</p> <p><b>Functional Knowledge:</b></p> <p>Mental Health and Emotional Wellness</p>
<b>Self-Management/Health Practices</b>	<p><i>Standard 7:</i> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p>7.12.1 Analyze supports and barriers to engaging in health-related practices and behaviors.</p> <p>7.12.2 Evaluate practices, behaviors, and other factors supporting individual and collective health and well-being.</p> <p>7.12.3 Adapt practices and behaviors to support individual and collective health and well-being.</p> <p>7.12.4 Demonstrate a variety of practices and behaviors supporting individual and collective health and well-being.</p> <p><b>Functional Knowledge:</b></p> <p>Mental Health and Emotional Wellness Healthy Relationships</p>
<b>Advocacy</b>	<p><b>Standard 8:</b> Standard 8: Advocate to promote health and well-being of self and others.</p> <p>8.12.1 Examine a variety of factors that affect advocacy at individual,</p>



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	<p>interpersonal, community, societal, and environmental levels.</p> <p>8.12.2 Advocate for health issues either collaboratively or individually to promote health and well-being.</p> <p>8.12.3 Customize advocacy skills and strategies for varying audiences and contexts.</p> <p>8.12.4 Demonstrate self-advocacy skills and strategies to promote health and well-being.</p> <p>8.12.5 Demonstrate advocacy skills and strategies to promote health and well-being at interpersonal, community, societal, and environmental levels.</p> <p>8.12.6 Evaluate the process, outcomes, and impact of advocacy efforts at the individual, interpersonal, community, societal, and environmental levels.</p> <p>8.12.7 Analyze the role of collaboration among different people in a community to prevent and solve community health issues.</p>
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**Functional Knowledge:**

- Mental and Emotional Health
- Communication skills



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