

Required Hour	Lesson/Activity	Resources/Notes
Social Inclusion Start with Hello	Teacher Role/School Counselor: Classroom Discussion-Focus on Belonging Teachers Say: We Belong: We all need to feel like we belong somewhere. The truth is, we all offer something unique to the world, through our voice, talents, interests, culture, and perspective. We're going to talk about what we each bring to our school and community. If someone was struggling to feel connected, where could they go for help? Where would you go to connect a struggling friend to help? Sources Advisors can use resources from Start with Hello	Resources from Start with Hello
Suicide Awareness and Prevention Signs of Suicide And Sources of Strength	School Counselor: Play Signs of Suicide Presentation Students to fill out Check Out form *Check out form will notify counselor if a student needs extra support *Another school counselor will also be available to meet with students Your building will receive a google form for the Check Out-please make a copy Sources of Strength Advisor Role: Getting the Word Out and Connecting to help Background: Asking for help may be a struggle for some. We want to increase and normalize help-seeking behaviors. Share knowledge about mental health help and really show that asking for help is a sign of Strength, not a sign of weakness, and that getting help for a friend is being a good friend. ● Include information on what Sources of Strength is and the role in the school ● Include information on how to connect to help after school hours and during school hours (crisis numbers)	Send 2 weeks before presentation in your building newsletter: This is specific to SOS Newsletter Info On day of the presentation send SOS Parent Handout (English) Spanish Version and Resources to parents Parent Slide Deck Signs of Suicide Check Out Form -Given to students in a google form Counselor support will be available for students who may need to connect with an adult after the presentation Safety Tip Line through SaferSchools Ohio: 844-723-3764 Call or Text 24/7 Crisis Line: 988 Call or Text 24/7
Safety Training and Violence Prevention Sources of Strength	Classroom Discussion Trusted Adults/Mentors ● What is a trusted adult? ● Who is a Trusted Adult that makes you feel safe to be yourself? ● Name an adult you feel is "in your corner". How do they show you that they are for you? ● Which adult do you most commonly ask for help, whether with school, a social issue, etc?	Safety Tip Line through SaferSchools Ohio: 844-723-3764 Call or Text 24/7 Crisis Line: 988 Call or Text 24/7

- Tell about how your Trusted Adult worked to gain your trust. One adult you would like to connect more to is BLANK because BLANK

OR

Sources of Strength Advisor Role: What Helps Me

Background: We all struggle with events or situations that impact our mood. This campaign will help identify ways to manage difficult events in healthy ways. Allow peers to share options that could help others and normalize healthy coping strategies.

- Include information on coping strategies using the wheel
- Include crisis line information