

October 2020

With the goal of expanding **PROJECT 11**'s mission to provide positive mental health strategies to students beyond elementary and middle school, efforts are currently underway to develop lessons plans and provide additional engaging content for high school.

In May of 2020, despite the suspension of classes, a round table of passionate Manitoba teachers came together (virtually), learned a little about each other's experiences and interests around mental health and wellness and later formed into focus groups. Together, they've been exploring what supports currently exist for high school students and where there may be gaps in services or opportunities to inform.

*Below you'll find some of the topics being explored...*

#### **GRADES 9 and 10**

- Healthy vs Unhealthy **Relationships**
- Positive Self-Image/Self-Confidence/**Self-Esteem**
- **Managing Anger** or Frustration in constructive ways
- **Effective Listening** - "Listen to understand rather than to respond"
- **Substance Use & Abuse** – (\*\*include brain education – your brain is still growing until age 24)
- Effective **Communication Skills** (Assertive, Passive, Aggressive)
- **Sexuality** -how does it relate to your mental health?
- **Social Media and Media influence(s)** on self-image and behaviour
- Stress -**Understanding** (physical and emotional responses), **Helping Others**
- Stress- **Management/Strategies, Time Management, Goal Setting**
- Experiencing **Grief/Loss**
- **Nutrition** – daily food choices (self-esteem, emotional well-being), **Sleep**

#### **GRADES 11 and 12**

- **Mental Health Issues** (stress, anxiety, depression, etc.) Mental health organizations in MB
- Impact & **importance of healthy lifestyle** practices mental health issues. (How?)
- **Problem-solving strategies** related to mental-emotional health issues.
- **Effects** (brain development) and **Stages** (non-involvement to dependency) of **substance abuse**
- **Factors influencing substance use and abuse**, Strategies to help you **avoid use and abuse**
- **Exercise and Mood** (disease prevention), Identify, personal goals for healthy lifestyle practices
- **Design** proactive action **plan for challenging times** (W5? How?)
- **Nourishing your body & mind** - diets, myth busters
- Healthy and Unhealthy **Relationships**, Resolving issues, effective communication & impact of technology
- **Problem-solving** strategies to end/avoid unwanted relationships
- **Goal Setting** - Life beyond high school, how to be an effective team member
- **Stress** – addressing grade 12 worries, Mindfulness - Embracing the present- not chasing happiness

**When will the high school curriculum be available? Here's the target timeline...**

- ❖ **Fall 2020 – Work through a developmental mini-pilot in 20 MB high schools**
- ❖ **Fall 2021 – Launch high school pilots province-wide (with feedback collected from staff & students)**
- ❖ **Fall 2022 – Interested MB teachers have access to the revised grades 9-12 curriculum**

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