

Mental Health Awareness Toolkit

Mental Wellness Basics, Prescription Drug Safety, Vaping: Know the truth & Ignition

We're excited to offer a bundle of activities to extend learning around mental wellness. Each activity will help students learn skills to support their mental wellness.

Step 1 Help your student access the online lessons:

1. Go to www.everfi.com/login & click **Register**.
2. Enter the Registration Code from your school/teacher*.
3. Set up your profile (name, username, password).
4. Click the blue "Start" button on the course tile.

* No code? Visit everfi.com/familyresources to find your school's registration code.

Step 2 Use the table below for 12 days of mental wellness activities:

These icons tell you the activity type:









Online Lesson






Independent Activity



Discussion

Day	Topic	Activity Type	Estimated Time	Supporting Materials	Done? <input checked="" type="checkbox"/> if yes
Week 1: Intro to Mental Health					
1	Mental Health Basics		15 min	Graphic organizer	<input type="checkbox"/>
2			15 min	Worksheet	<input type="checkbox"/>
3			10 min	Discussion question	<input type="checkbox"/>
<div><div></div><div>What does stress feel like for you? What does it feel like for your family members? What are the similarities and differences for how you all experience stress?</div></div>					
Week 2: Substance Use & Mental Health Challenges					
4	Connecting Substance Misuse with Mental Disorders		15 min	Graphic organizer	<input type="checkbox"/>
5			15 min	Graphic organizer	<input type="checkbox"/>
6			10 min	Discussion question	<input type="checkbox"/>

? Do you think drugs and alcohol can negatively impact your mental health? If so, how?

Day	Topic	Activity Type	Estimated Time	Supporting Materials	Done? <input checked="" type="checkbox"/> if yes
Week 3: Vaping & Increased Anxiety					
7	Vaping Effects on the Brain & Body		15 min	Graphic organizer	<input type="checkbox"/>
8			15 min	Graphic organizer	<input type="checkbox"/>
9			10 min	Discussion question	<input type="checkbox"/>

? Does vaping typically cause an increase or decrease in anxiety?
How does substance use disorder play a part in our mental health?

Week 4: Healthy Coping Strategies & Consequences of Cyberbullying					
10	Coping Skills to Combat Daily Challenges		15 min	Graphic organizer	<input type="checkbox"/>
11			15 min	Worksheet	<input type="checkbox"/>
12			10 min	Discussion question	<input type="checkbox"/>

? Think about a time when you've been on social media and received a comment or saw a comment that was meant to hurt someone's feelings or put them down. How did that make you feel?
What did you do or what did you wish you did to address it?

Day 1 | Mental Wellness Basics

Online Activity: Graphic Organizer

1. Log into **www.everfi.com/login**
2. Click “Start” Mental Wellness Basics and complete Lesson 1, Introduction to Mental Health.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Day 2 | Mental Wellness Basics

Independent Activity: Protective Factors

1. Read the article “The Risk & Protective Factors by Youth.Gov” at bit.ly/mentalwellnessbasics
2. Answer the reflection questions.

Which protective factor has been the most valuable to you during a difficult situation?

Provide an example of how you used this protective factor to your advantage:

What two protective factors would you like to improve on?

1.

2.

Describe how improving these protective factors might impact your personal health?

List the first few steps to making this a reality:

Day 3 | Mental Wellness Basics



Discussion Question: Discuss as a Family

What does stress feel like for you? For your family members? What are the similarities and differences for how you all experience stress?

Record any notes from your discussion here:

Day 4 | Prescription Drug Safety

Online Activity: Graphic Organizer

1. Log into **www.everfi.com/login**
2. Click “Start” on Prescription Drug Safety and complete Lesson 1, The Basics.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Day 5 | Prescription Drug Safety

Online Activity: Graphic Organizer

1. Log into **www.everfi.com/login**
2. Click “Continue” on Prescription Drug Safety and complete Lesson 2, Science of Addiction.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Day 6 | Prescription Drug Safety



Discussion Question: Discuss as a Family

Do you think drugs and alcohol can negatively impact your mental health? If so, how?

Record any notes from your discussion here:

Day 7 | Vaping: Know the truth

Online Activity: Graphic Organizer

1. Log into **www.everfi.com/login**
2. Click “Start” on Vaping: Know the truth and complete Lesson 1, Know.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Day 8 | Vaping: Know the truth

Online Activity: Graphic Organizer

1. Log into **www.everfi.com/login**
2. Click “Continue” on Vaping: Know the truth and complete Lesson 2, Uncover.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Day 9 | Vaping: Know the truth

Online Activity:

1. Log into **www.everfi.com/login**
2. Click “Continue” on Vaping: Know the truth and complete Lesson 3, Overcome.
3. Discuss the questions below with your family after completing the online lesson.

Discussion Question: Discuss as a Family

Does vaping typically cause an increase or decrease in anxiety? How does substance use disorder play a part in our mental health?

Record any notes from your discussion here:

Day 10 | Ignition: Digital Wellness & Safety

Online Activity: Graphic Organizer

1. Log into **www.everfi.com/login**
2. Click “Start” on Ignition and complete Lesson 1, Connections & Community.
3. Complete the graphic organizer as you go through the lesson.

<p>Share 1-2 new things you learned in the digital lesson.</p>	<p>Share any new vocabulary words you see or learn. Write a 1-5 word reminder of what that new vocab word means.</p>
<p>Mental Wellness Basics Lesson:</p>	
<p>Draw a picture of something from this lesson.</p>	<p>If you had to give someone advice based on what you've learned, what would that advice be?</p>

Discussion Question:

What kind of negative effects do you think cyberbullying has on you or your peers?

Day 11 | Mental Wellness Basics

Online Activity: Graphic Organizer

1. Log into **www.everfi.com/login**
2. Click “Continue” on Mental Wellness Basics and complete Lesson 3, Healthy Coping Skills.
3. Complete the graphic organizer as you go through the lesson.

Share 1-2 new things you learned in the digital lesson.

Share any new vocabulary words you see or learn.
Write a 1-5 word reminder of what that new vocab
word means.

Mental Wellness Basics

Lesson:

Draw a picture of something from this lesson.

If you had to give someone advice based on what
you’ve learned, what would that advice be?

Day 12 | Mental Wellness Basics



Discussion Question: Discuss as a Family

Think about a time when you've been on social media and received a comment or saw a comment that was meant to hurt someone's feelings or put them down. How did that make you feel? What did you do or what did you wish you did to address it?

Record any notes from your discussion here: