

- Designed for families, parents, and caregivers who want to support the mental health of the student(s) in their care.
- Best for people who want to learn about mental health literacy generally and gain understanding of universal supports (not specific to schools).

Recommended Videos

Module 1: Creating Safe and Supportive Classrooms

- [Elementary Active Listening](#) (00:46)
- [Secondary Active Listening](#) (00:51)
- [Elementary Praise](#) (00:33)
- [Secondary Praise](#) (00:36)

Module 3: Fostering Social Emotional Competencies and Well-Being

- [Self-Awareness](#) (04:11)
- [Self-Management](#) (04:33)
- [Promoting Self-Regulation](#) (02:31)
- [Responsible Decision-Making](#) (03:55)
- [Relationship Skills](#) (03:37)
- [Identifying Feelings](#) (02:15)
- [Social Awareness](#) (04:00)

Module 4: Understanding and Supporting Students Experiencing Adversity and Distress

- [Supporting Students in Distress](#) (01:33)

Module 5: The Impact of Trauma and Adversity on Learning and Behavior

- [TED Talk: How childhood trauma affects health across a lifetime](#) (16:03)
- [Adverse Childhood Experiences \(ACEs\)](#) (02:21)
- [Creating Trust and Transparency](#) (01:34)

Module 6: Classroom Strategies to Support Students Experiencing Distress

- [Noticing Student Distress](#) (01:14)
- [Emotion Regulation Strategies](#) (00:42)
- [De-escalation](#) (01:22)
- [Substance Use Strategies](#) (01:58)

Recommended Text Resources

Module 1: Creating Safe and Supportive Classrooms

- [Key Terms](#) (contains key terms and definitions for all modules)
- [Guide to Active Listening](#)
- [National Drug and Alcohol IQ Challenge](#)

Module 2: Teaching Mental Health Literacy and Reducing Stigma

- [Demystifying the Mind](#)
- [Youth Mental Health First Aid](#)
- [Language Matters](#)
- [Words and Phrases to Avoid](#)
- [Bring Change 2 Mind](#)
- [Children’s Mental Health Matters!](#)
- [Make It OK](#)
- [Mental Health Week: “Be Kind to Your Mind”](#)
- [9 Truths About Eating Disorders](#)

Module 3: Fostering Social Emotional Competencies and Well-Being

- [SEL Competencies and Practices](#)
- [Habits of Mind](#)
- [SEL Activities by Grade Level](#)
- [SEL High School Resources](#)
- [Tried-and-True Text Resources to Teach Teens About Empathy Strategies for Implementation](#)
- [Guiding Students to Improve Executive Functioning Skills](#)
- [Emotional Regulation Activities for Tweens and Teens Strategies for Implementation](#)
- [Student Life Skills to Survive & Thrive During COVID-19 & Beyond](#)
- [Adult SEL Self-Assessment](#)

Module 4: Understanding and Supporting Students Experiencing Adversity and Distress

- [Promoting Healthy Development](#)
- [Typical Child Development](#)
- [Eating Disorders among Athletes](#)

Families, Parents, & Caregivers Pathway



- [Identifying Student Distress](#)
- [Signs of Student Distress and Age-Appropriate Interventions](#)
- [Recognizing Anxiety in Youth Webinar and Resource Document](#)
- [Warning Signs and Symptoms](#)
- [Identifying Sources of Support for Students Experiencing Distress](#)
- [Tips for Starting Mental Health Conversations](#)

Module 5: The Impact of Trauma and Adversity on Learning and Behavior

- [ACES Facts](#)
- [About Child Trauma](#)
- [Toxic Stress 101](#)
- [Types of Trauma](#)

Module 6: Classroom Strategies to Support Students Experiencing Distress

- [Co-Regulation: Birth to Young Adulthood](#)
- [Self-Regulation](#)
- [Nurturing My Mental & Emotional Health](#)