

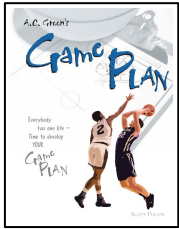
Mental and Emotional Health Instructional Outline

Workbook: *Game Plan*

Purpose: Identification of mental health literacy instruction for promoting students' Emotional & Mental well-being.



Success Sequence



Chapter		Example
1-8		Every chapter concludes with a “Parent Link” section. This section includes questions for students to ask his/her parents that address topics covered throughout the lesson. Providing a platform for discussion about real life topics help students to build understanding and further their relationship with their parents/guardian- thus improving support for their overall Emotional, Mental and Social well-being and attitudes toward maturity. This section also emphasizes the importance of parent-student communication.
1 I Got Game!	Page 6	A.C. Green’s Story - “Goal Setting” develops positive Emotional character
	Page 7	Strategies for setting goals and developing positive Mental health attitudes
	Page 8	Accomplishing Goals as it contributes to positive Mental and Emotional Health
	Page 8/9	Tom’s Story & Questions* - Resisting peer pressure *The message of this story is the PRIME factor for positive Mental and Emotional Health
	Page 10	Choosing Abstinence & Making Positive Choices
	Page 11	Steve and Tina’s Story: Resisting Pressures from a Partner
	Page 12	Through the choice of practicing abstinence, one develops Emotional confidence and strengthens prudent decision making (promotes the likelihood of social and economic success and positive Mental Health).
2 TV Time - Out	Page 15	Q.4- Analyze media messaging as it effects social, Emotional and Mental health.
	Page 16	Q.2/Q.4- Analyze impact of the media on opinions and beliefs.
	Page 17	Q.5- Self- reflection and effects of the media on personal opinion.
	Page 19	Q.2- The media’s impact on goal accomplishment
	Page 21	A.C. Green advice: positive ownership of decision making
	Page 21	Evaluation of media messaging
3 Rules of the Game	Page 25	Goal setting and accomplishment
	Page 25	A.C. Green advice: staying away from impulses
	Page 26	Q.1/ Q.2- Analyze the physical, Mental, Emotional and social ramifications of decisions (i.e. positive vs. negative consequences)
	Page 27	Identification of non-physical consequences of negative decision making

3 (cont.)	Page 28	Relationship between self-control and how it affects success
	Page 29	A.C. Green's Rules: Steps to achieve goals* <ul style="list-style-type: none"> - resisting impulsive behaviors and enticing situations - stay away from peer pressure - need for healthy relationships *These rules are essential for the development of positive Emotional, Mental and social health
	Page 30	Jerome's Choice: resisting peer pressure
4 Avoiding the Penalties	Page 35	Choosing abstinence to avoid negative Mental, Emotional and social consequences
	Page 39	Effect of sexual decision making on Emotional and Mental well-being
	Page 40	Sandy's Secret: Impact of STD's on personal relationships and negative Emotional impact
5 Half-Time	Page 42	Q.1: Analysis of daily behaviors and ways to improve
	Page 42	Q.2: The past does not define the future
	Page 42	On the Court and Off the Court: Benefits of self-reflection and adjustment
	Page 43	Identification of healthy or unhealthy responses to real life situations
	Page 44	Maria's Dilemma: Depression and how to start over again by making positive choices
	Page 45	Jeff's Decision: Abstinence and negative Emotional/Mental consequences
	Page 46	Abstinence and starting over free of Emotional pain
	Page 47	Self- Respect and Confidence
	Page 48	Creating an Action Plan: how to get back on track to achieve goals and dreams
6 Building Your Team	Page 50	Importance of making healthy relationships and friendships
	Page 51	Q.1/Q.2: Identification of characteristics of a positive and supportive friend/friendship
	Page 51	Relationship between friendship and success
	Page 52	Positive Character Qualities – essentials for a supportive friend
	Page 53	Importance of healthy dating relationships
	Page 53	More Than a Feeling: Emotional impact of "LOVE"
	Page 54	Healthy vs. Unhealthy relationships and the effects on Mental, Emotional, medical and social life of youth
	Page 55	Carla's Crisis: Dealing with pressure in an unhealthy relationship
	Page 56	Being a supportive friend and having positive friendships are key to reaching goals and dreams
7 Winning the Prize	Page 58	Positive impact of accomplishing a goal
	Page 59	Celebration of Success
	Page 61	Abstinence can help develop Emotional and Mental well-being

7 (cont.)	Page 62/63	Willing to Wait (Glyn's Story): Sacrificing short-term/temporary happiness for long-term happiness
	Page 64/65	Together Forever (Dan and Griska's Story): Importance of Self- Control, Discipline, Respect and Trust
	Page 66	Legacy of Love (Lakita's Story): The role of abstinence to achieve goals
8 Game Time	Page 71	Glyn Milburn: Determination and commitment is needed to achieve success
	Page 71	Q.2/Q.3: Steps to achieve goals and positive impact of student success on others
	Page 72	Establishing boundaries to protect oneself from straying from the plan to achieve goals
	Page 73	Self-Control: Showing respect for yourself and others
	Page 73	Q.1/Q.2: Importance of Self-Control and positive decision making
	Page 73	Avoiding risky behaviors (i.e. alcohol use, tobacco use, drug use, etc.)
	Page 74	Importance of standing up to peer pressure
	Page 74	Steps to avoid pressures from self or others
	Page 75	Joel & Amy: Resisting Peer Pressure
	Page 76	Resisting pressures toward risky behaviors is the way to ensure success and Emotional well-being