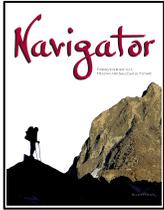


# Mental and Emotional Health Instructional Outline



## Workbook: *Navigator*



**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.
<b>1</b> <b>Vision: Future Goals and Dreams</b>	Page 6	Establishing life's purpose and setting the course to achieve goals can result in positive Social, Economic, Mental, and Emotional health
	Page 7	Analyze interests and set goals accordingly
	Page 9	Daily positive decisions lead to success and goal achievement <ul style="list-style-type: none"> <li>- "By planning and working hard, you may be able to accomplish anything you desire"</li> <li>-Impowering youth to work hard to accomplish their dreams promotes Emotional and Mental well-being</li> </ul>
	Page 11	Determination: Three Keys to Achieving Your Goals <ol style="list-style-type: none"> <li>1. Determine your goals by writing them down.</li> <li>2. Determine a plan for achieving your goals.</li> <li>3. Determine to stick with your plan and see it to completion.</li> </ol>
	Page 12/13	<i>Future Shock</i> <ul style="list-style-type: none"> <li>- Daily choices can greatly impact your future.</li> <li>- Every choice has potential benefits or consequences.</li> </ul>
	Page 14	"Good choices, hard work, and determination are the necessary ingredients for realizing your dreams in life" <ul style="list-style-type: none"> <li>- Achieving dreams will help youth achieve Emotional and Mental well-being</li> </ul>
	Page 14	<i>Stephanie's Dream</i> <ul style="list-style-type: none"> <li>- Relationship between sex, drugs, and alcohol and how it will detour youth from achieving goals</li> </ul>
<b>2</b> <b>Clarity: Seeing Media Clearly</b>	Page 16/17	Analyze daily media exposure and assess the negative impact on decision making (Media World vs. Real World)
	Page 18/19	Identifying the benefits of becoming "unplugged" as it relates to enhancing Emotional and Mental well-being
	Page 20	Educate youth about the negative pressures brought on by the media and how to overcome them
	Page 21	Dangers of pornography and the Mental and Emotional benefits of staying away from this type of media/internet usage

<b>Chapter 2 (cont.)</b>	Page 22	Research has found pornography can affect character, self-image, perspective of others, and outlook on the world. Steering clear of pornography will help young people achieve Emotional and Mental well-being.
	Page 23	<p>“What we allow to pass through our eyes and ears into our minds has everything to do with who we are and how we behave”.</p> <ul style="list-style-type: none"> <li>- Young people should be taught the benefits of abstaining from viewing pornography, limiting media exposure, and being mindful of internet and TV usage.</li> </ul>
	Page 25	<p><i>Katrina’s Story</i></p> <ul style="list-style-type: none"> <li>- Practicing self-control is “a sign of maturity, responsibility, and respect for yourself and others”.</li> <li>- Practicing self- control promotes the development of positive Social, Emotional, and Mental health.</li> </ul>
	Page 26	<p>Identification of strategies to help youth to think clearly about media and make informed, conscientious decisions about what they absorb from media usage</p> <ul style="list-style-type: none"> <li>- Set a Goal - Check the Content - Refrain Your Brain - If You’re Stuck - Get Help - Be Proactive</li> </ul>
<b>3 Direction: Sexual Decision Making.</b>	Page 28	Long-term significance of current decisions and the impact this can have on Mental and Emotional health
	Page 29	<p>Highlighting the benefits of practicing abstinence, such as protection from negative Physical, Emotional, Mental, and Social consequences.</p> <ul style="list-style-type: none"> <li>- Choosing to practice sexual abstinence will lead to the safest and healthiest lifestyle.</li> </ul>
	Page 30	The principals, values, and views that are developed during adolescence often set the pattern for adulthood which is a determinant for Mental and Emotional well-being.
	Page 31	No matter the past, youth should be encouraged that it is never too late to start over again and make positive, healthy decisions.
	Page 32	Identifying physical, mental, emotional and social consequences as outcomes to sexual decision making.
	Page 33	Physical, mental, emotional, and social consequences of sexual decision making can greatly affect future goals and dreams.
	Page 34	Unhealthy sexual decision making can lead to child poverty and other consequences that are factors that contribute to depression and poor Social, Mental, and Emotional health
	Page 35	Exploring consequences of sexual decision making for men and others, especially in relation to accomplishing goals and future dreams
	Page 36	<p><i>Pam Stenzel</i></p> <ul style="list-style-type: none"> <li>- Benefits of positive sexual decision making and making healthy choices</li> </ul>
<b>4 Safety: Avoiding the Obstacles of Sexually Transmitted Diseases.</b>	Page 38/39	Teaching youth strategies to abstain eliminates the risk of STDs and promotes a healthy lifestyle which ensures Mental and Emotional Health and well-being
	Page 40-45	<p>Informing students about the various STD’s and consequences of unhealthy sexual decision making</p> <ul style="list-style-type: none"> <li>- Impact of STD’s on personal relationships and the negative Physical, Social, Mental, and Emotional outcomes</li> </ul>

<p style="text-align: center;"><b>5</b></p> <p><b>Strength:</b> <i>Resisting Pressures: Alcohol, Tobacco and Other Drugs.</i></p>	Page 50	<p>“Demonstrating strength is about resisting pressure”.</p> <ul style="list-style-type: none"> <li>- Teaching youth healthy ways to respond and resist situations containing alcohol, tobacco, and other drugs helps ensure positive Physical, Social, Emotional, and Mental well-being</li> </ul>
	Page 51	Identifying the ways alcohol, tobacco, and other drugs can hinder one’s ability to accomplish goals, specific to educational and career goals
	Page 52	The use of drugs and alcohol can compromise the path towards accomplishing goals
	Page 53	The use of drugs and alcohol and unhealthy sexual decision making can result in decreased academic performance generally means decreased future educational and career opportunities, which could lead to not accomplishing goals and dreams, resulting in lowered Mental and Emotional well-being
	Page 54	<p><i>Kimberly</i></p> <ul style="list-style-type: none"> <li>- Youth should be encouraged that choosing to start over can help restore hope for the future</li> </ul>
	Page 55	In addition to possible physical ramifications, there are also Mental, Emotional and Social effects of sexual decision making that could result in leading youth away from accomplishing goals
	Page 56	Equipping youth with strategies to resist and say “no” to pressure situations will lead to Emotional and Mental health
<p style="text-align: center;"><b>6</b></p> <p><b>Character:</b> <i>Survival Skills.</i></p>	Page 58/59	<p>Daily decisions and actions help build a person’s character.</p> <ul style="list-style-type: none"> <li>- Having strong character can help determine a positive direction and attitude in life, thus having positive Emotional and Mental health</li> </ul>
	Page 60	Character qualities, such as self-control, patience, respect, responsibility, trustworthiness, can help develop strong Emotional and Mental well-being
	Page 61	<p><i>William’s Decision</i></p> <ul style="list-style-type: none"> <li>- Positive decisions can have a positive impact on others</li> </ul>
	Page 62	Impact of positive influences vs. negative influences as it relates to the future and goal achievement
	Page 63	<p>Importance of evaluating decisions and the impact on others</p> <ul style="list-style-type: none"> <li>- Positive emotions can result from making positive decisions</li> </ul>
	Page 64	Making positive choices and decisions will help establish positive habits and behaviors which lead to positive Social, Emotional, and Mental health
<p style="text-align: center;"><b>7</b></p> <p><b>Companionship:</b> <i>Developing Relationships on My Journey.</i></p>	Page 66/67	Identifying qualities of supportive relationships and the positive influence it has on youth, especially in relation to accomplishing goals
	Page 68	Importance of learning about the “inside” of a person; not just the “outside”

<b>Chapter 7 (cont.)</b>	Page 69	Students should be taught to identify specific characteristics of a supportive and positive relationship that will aide in accomplishing future goals and further develop Social, Mental, and Emotional well-being
	Page 71	Healthy vs. Unhealthy relationships* <ul style="list-style-type: none"> <li>- Setting limits</li> <li>- Resisting pressure</li> <li>- Emotional Intimacy vs. Sexual Intimacy</li> <li>- Impact of sexual decision making on long lasting relationships</li> </ul> *Students should be taught the benefits of supportive relationships and how such relationships can lead to achieving goals and life dreams
	Page 72	Empower students to identify an unhealthy relationship and be reassured that it is “OK” to end a relationship and learn from the past
<b>8 Destination: Preparing for a Future Marriage and Family.</b>	Page 74/75	Identifying various roles and the challenges and responsibilities that come with it. <ul style="list-style-type: none"> <li>- What resources are available?</li> <li>- How do roles help prepare for future responsibilities?</li> </ul>
	Page 76	<i>Worth the Wait</i> <ul style="list-style-type: none"> <li>- Reserving sexual activity and developing an emotional and mental foundation may result in long-lasting relationships</li> </ul>
	Page 77	Importance of conflict resolution to support healthy relationships
	Page 78/79	Identification of important characteristics for healthy and supportive relationships
	Page 80	<i>Walter Payton’s Legacy</i> <ul style="list-style-type: none"> <li>- Importance of spending quality time with positive and important people is prime factor to establish Social, Emotional, and Mental health</li> </ul>
	Page 80	Each decision can either hinder or support the path towards achieving goals and dreams. Students should be taught the benefits of avoiding obstacles and making healthy decisions to help them achieve Social, Emotional, and Mental well-being.