



Mental and Emotional Health Instructional Outline

Workbook: *Quest*



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 “Talking It Over: Parent Interview” 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 Life is a Journey	Page 6	Strategies for setting goals and developing positive Mental health attitudes
	Page 9	Daily positive decisions lead to success and goal achievement
	Page 11	Future planning and the reality of goal setting
	Page 12	<i>Pressing on Toward My Goals! A True Story</i> - Shenette Howard - Positive decision making and self- respect are key to accomplishing goals *The message of this story is the PRIME factor for positive Mental and Emotional Health
	Page 13	Q.3- Choosing Abstinence & Making Positive Choices
2 Mapping Your Course	Page 16	<i>Sofia Sets Her Course</i> - A True Story - It is never too late to make a positive decision to start fresh and get back on track
	Page 17	Self- Reflection of negative behaviors and replacement with positive behaviors
	Page 18	Relationship between sex, drugs and alcohol and how it will detour youth from achieving goals
	Page 21	Resisting negative pressures is critical to reaching goals
	Page 21	Three Keys to Resisting Pressure* - Say No - Be Firm - Leave *Equipping youth with strategies to resist negative pressure is a prime factor for positive Mental and Emotional Health
	Page 21	Getting on course and staying there is a daily decision
	Page 22	Peer Pressure Lines: Responses and strategies to “Say NO”
	Page 23	<i>Sofia's Fresh Start</i> - A True Story - Determination can help make positive decisions - Realization that daily choices dictate the future - Positive choices will lead to positive outcomes (i.e. Emotional and Mental wellbeing)

3 Breaking Free	Page 26	Q.3- Analyze impact of the media on opinions and beliefs - Taking a Closer Look: Does the media promote healthy choices and positive decision making? How will this impact a young persons' plan toward achieving goals and dreams and contribute to social, Emotional and Mental Health?
	Page 27	Q. 3/Q.4- Identifying the purpose of media in relation to goal setting and achievement
4 Finding You Way	Page 36/37	<i>Luis' Detour- A True Story*</i> - Negative decisions and behaviors- analyzing the effects on others and social, economic, mental and emotional impact/consequences - Relationship between "happiness" and positive/negative decisions *Teaching students that daily negative decisions impact all aspects of life and will lead away from achieving goals and success is key to positive Emotional and Mental Health
	Page 38	Effect of sexual decision making on physical, social, Emotional and Mental well-being
	Page 39	Identifying how consequences of negative decisions impact accomplishing goals and the physical, social, Emotional and Mental state of youth
	Page 40	<i>Luis' Fresh Start</i> - Regardless of the past, it is possible to "get back on track" and start over *Teaching youth that regardless of the past and present state, they can choose to start fresh and continue to work toward achieving goals and dreams. This message of hope for the future is the PRIME FACTOR for positive Mental and Emotional well-being.
	Page 41	How to avoid detours that may hinder success and happiness
5 Staying on Track	Page 44	<i>Debbie's Decision- A True Story*</i> - Importance of making healthy relationships and friendships *Supportive friendships lead to the development of Mental and Emotional well-being
6 Future Focus	Page 52/53	<i>Joel's Hope*</i> - Do not let others actions define you - Identification of characteristics of a positive and supportive friend/friendship *Students will learn that regardless of the examples around them they make their own decisions and set their own path. Establishing healthy relationships and friendships support Emotional and Mental well-being.
	Page 57	<i>Best Friends</i> - Positive impact of supportive relationships - Healthy vs. Unhealthy relationships
7 Road Blocks	Page 60/61	<i>Kathy's Long Journey</i> - Impact of STD's on personal relationships and negative social, Mental and Emotional impact
	Page 67	Abstinence can help develop positive relationships and Emotional and Mental well-being

8 Journey's End: Finding True Love	Page 70	<i>Jen's Journal-</i> A True Story <ul style="list-style-type: none"> - Negative actions = negative results and positive actions = positive results - Positive results = positive Emotional and Mental Health - Characteristics of non-supportive relationships and the negative impact on Emotional and Mental Health
	Page 71	Identifying positive characteristics for a supportive relationship
	Page 72	Establishing healthy relationships and overall happiness
	Page 74	Importance of healthy dating relationships
	Page 75	Setting clear boundaries and personal guidelines lead to accomplishing goals
	Page 77	Celebration of Success