

## Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

This newsletter provides a list of curated resources and activities to support social emotional development, healthy coping as well as crisis support for educators, students and parents.

### FOR STUDENTS

#### MONTHLY PROMPT AND LESSON

In classroom • Distance learning • Grades 5-12 (ages 12-24)  
URL: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

#### MONTHLY STUDENT CONTEST: Hope and Justice

Students in grades 5-12 can submit art and film projects to win cash prizes while exploring curriculum on critical health issues (coping during the pandemic, wearing a mask, physical distancing, mental health, self-esteem and many more). For more information, [view this 2 minute video](#) or [visit the website](#). All art and film projects are due the last day of every month.

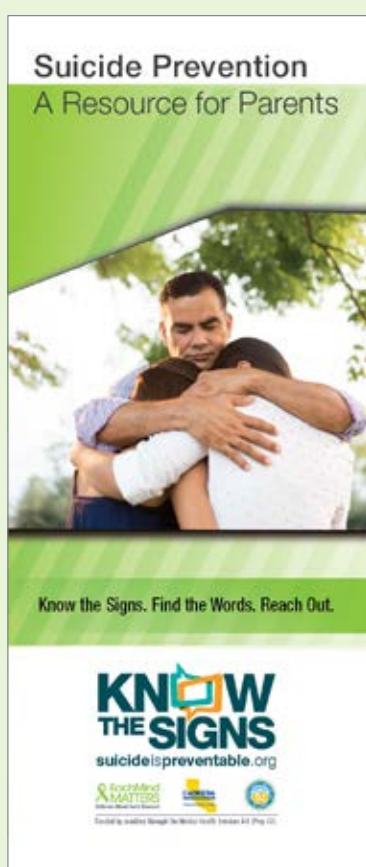


- The monthly prompt for March is: Hope for Change.

#### MINI LESSON PLAN OF THE MONTH: Substance Use and Healthy Coping

This month's featured lesson plan is "Substance Use and Healthy Coping." Students will learn about substance use, explore healthy ways to cope with adversity and discuss how to support themselves or a friend going through a tough time. [Download free lesson plan here.](#)

### TO SHARE WITH PARENTS



#### SUICIDE PREVENTION 101 FOR PARENTS: Brochure and Webinar

Virtual • Parents • English • Spanish • Hmong

Phases of irritability, volatile displays of anger and tears, rebelling against rules and even experimenting with drugs and alcohol can be part of the youth experience, but it is important to stay vigilant for warning signs that a child is more than moody. How do you know if you should be concerned?

- The brochure "Suicide Prevention: A Resource for Parents" includes questions parents can ask themselves to assess if their teen might be at risk of suicide and actions to take. Tips on raising resilient teens as well as resources are provided.
- The Directing Change Program, in partnership with the California Department of Education and Teen Line, is offering a series of Suicide Prevention 101 for Parents webinars and Facebook Live events. Recordings for past webinars are available in [English](#) and [Spanish](#).

April 7 at 5 p.m.

#### Suicide Prevention 101 for Parents: Recognizing Signs and What to Do

This free webinar will provide information about suicide prevention for parents, including warning signs for suicide, how to have a conversation with their teen, actions to take if their teen is having suicidal thoughts and resources.

[Register](#)

### FOR EDUCATORS

#### FEATURED ACTIVITY

In classroom • Distance learning • Bilingual • K-12  
URL: <https://emmresourcecenter.org/resources/hope-journal-bookmark-activity>

Journal writing is a fun and easy activity that encourages social and emotional learning among children, teens and young adults. The Hope Journal Bookmark Activity can be done in a group format or one-on-one. Journal writing has been found to stimulate mindfulness and self-awareness, reduce stress and can be a helpful coping mechanism as it allows individuals to work through their thoughts and emotions.

The activity tip sheet, available in English and Spanish, includes seventeen writing prompts, step-by-step instructions and additional social emotional learning resources. The "print at home" -ready bookmark includes eight writing prompts.



#### BUILDING A NETWORK OF SAFETY FOR SCHOOL COMMUNITIES WEBINAR SERIES



March 23, 2021 at 10 to 11.30 a.m.

#### Improving Suicide Prevention Practices in School Communities

*Dr. Shashank Joshi, Stanford University*

Learn to improve your school's suicide prevention practices, programs and resources to help school staff recognize and support students who may be contemplating suicide.

[Register](#)

April 27, 2021 10 to 11.30 a.m

#### Social and Emotional Learning - A Valuable Tool in Suicide Prevention

*Julia Agostinelli, California Department of Education and Jana Sczersputowski, Directing Change Program*

Learn to improve your school's suicide prevention practices, programs, and resources to help school staff recognize and support students who may be contemplating suicide.

[Register](#)

#### The National Suicide Prevention Lifeline:

**1-800-273-8255 (24/7)**

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

#### Teen Line:

**1-800-852-8336 (6-10 p.m.)**

**Text "TEEN" to 839263 (6-9 p.m.)**

A confidential hotline for teenagers, staffed by trained teens.

#### Directing Change is a suicide prevention and mental health promotion program that draws on developmental and educational theory in its approach.

Launched in 2013, Directing Change is "disguised as a film contest" that is evaluated and supported by the California Department of Education. By following the program's submission guidelines to create short (30- and 60-second) films or art projects, students learn about suicide prevention, mental health and other social justice and critical health topics; discuss and apply that knowledge in peer groups; and communicate positive, youth-focused, action-oriented messages to peers and adults in their communities.

Directing Change is part of Each Mind Matters: California's Mental Health Movement and statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and promote the mental health and wellness of students. For more information visit: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org).



Funded by counties through the Mental Health Services Act (Prop 63).