

## 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

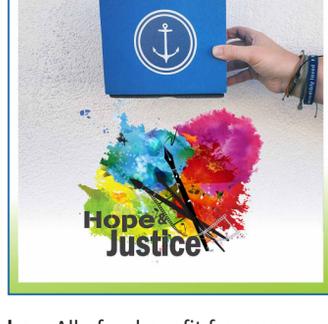
#### MONTHLY PROMPT AND LESSON

In classroom • Distance learning • Grades 5-12 (ages 12-25)  
URL: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

#### MONTHLY STUDENT CONTEST: Hope and Justice

Students in grades 5-12 and young adults can submit art and film projects to win cash prizes while exploring curriculum on critical health issues (mental health, suicide prevention, healthy coping, social justice issues, and 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.



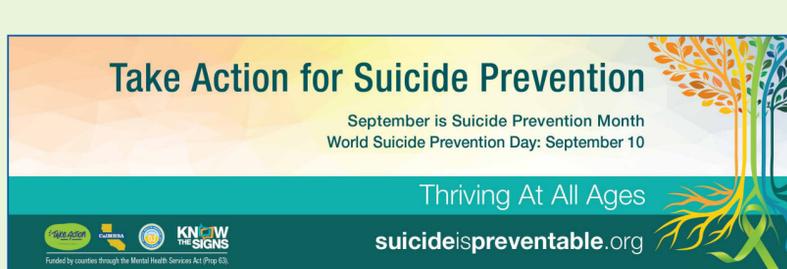
- The monthly prompt for September is: **Find Your Anchor**. All of us benefit from an anchor, one that keeps us firmly planted, no matter what winds or storms may come. Young people are encouraged to think about what their anchor is when they are going through a tough time. How does it remind them to stay hopeful? Then express it through art, writing, music or film.

**Deadline to submit is September 30th!**

#### MINI LESSON PLANS OF THE MONTH: Suicide Prevention

This month's featured lesson plans are "Suicide Prevention" and "Superheroes and Our Purpose". Students will learn about the warning signs for suicide and what to do if they recognize the warning signs in a friend. Download the [Suicide Prevention Lesson Plan](#) to use with grades 8-12 and the [Superheroes and our Purpose Lesson Plan](#) with grades 5-8.

### September is Suicide Prevention Month



During the month of September and throughout the year, schools are encouraged to use the [Back to School](#) resources in the [Take Action for Suicide Prevention Digital Kit](#) to engage students, staff and the larger school community.

**Try out one or more of these activities!**

**1. Implement a youth-led awareness activity!** The [Suicide Prevention Activity Guide](#) is intended to help individuals and organizations working with youth across California with planning and implementing mental health and suicide prevention activities. For technical assistance or support with any of these activities please [contact us](#).

**2. Share the Student Mental Wellness Thrival Kit.** Celebrate wellness and promote positive coping skills for youth with easy to follow activities to enhance basic skills for social emotional wellness. Share the journal electronically or download the individual pages! To request kits (while supplies last), please [contact us](#).

- Full Journal ([English / Spanish](#))
- Breathing and Grounding Technique Page ([English / Spanish](#))
- Warning Signs for Suicide Page ([English / Spanish](#))
- Resources Page ([English / Spanish](#))
- Coloring Page - Bird ([English / Spanish](#))
- Coloring Page - Flowers ([English / Spanish](#))
- Coloring Page - Hope ([English / Spanish](#))
- [Hope and Justice Activity Page](#)
- Bookmark ([English / Spanish](#))



For more resources and activities visit:

[www.suicideispreventable.org/prevention-kit.php](http://www.suicideispreventable.org/prevention-kit.php)

### ANNUAL FILM CONTEST LAUNCH

In classroom • Distance learning • Grades 6-12 (ages 12-25)  
URL: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)



The Directing Change contest is excited to be returning for its 11th year! This year's contest includes 6 submission categories: Suicide Prevention, Mental Health, Animated Short, Through the Lens of Culture, Walk in Our Shoes, and Hope & Justice.

Students can create films about suicide prevention, spread awareness of mental health and how to get help, and share their experience with these topics through the lens of their culture.

Prizes include up to \$1,000, trophies, and travel stipends to attend the award ceremony, an inspiring red carpet event celebrating youth and their films. Winning PSAs are promoted through a statewide suicide prevention marketing campaign and may even be shown on TV, online, and in movie theaters!

Don't forget to post the [flyer](#) at school to get the word out! **Deadline is March 1, 2023.**

### FOR EDUCATORS

#### Directing Change Mini Grant Opportunity

Grades 6-12 • Applications due September 16, 2022



In addition to the mini grant funding, the Directing Change Team will provide ongoing support, including meetings, storyboard review, virtual lessons, and feedback for the awareness event.

Mini grant teams will be required to: Implement the free Directing Change art or film contest in at least one classroom/club, resulting in a number of submissions to the annual film contest and host a student-led mental health or suicide prevention awareness event by May 2023.

Interested? Submit application by Friday, September 16, 2022:

<https://directingchange.org/2023-directing-change-mini-grant-application/>

### TO SHARE WITH PARENTS

#### SUICIDE PREVENTION 101 FOR PARENTS

Parents • English • Spanish

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 brochures "[Suicide Prevention: A Resource for Parents](#)" and "[Prevención del Suicidio: Un recurso para padres](#)" include 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.



#### Suicide and Crisis Line (24/7)

If you or someone you know needs support now, call or text **988** or chat [988Lifeline.org](https://www.988lifeline.org).

**988** connects you with a trained crisis counselor who can help.

There is hope.



#### Teen Line:

1-800-852-8336 (6-10 p.m.)  
Text "TEEN" to 839863 (6-9 p.m.)

A confidential hotline for teenagers, staffed by trained teens.

#### Directing Change launched in 2012 and is a

suicide prevention and mental health promotion program that draws on developmental and educational theory in its approach. By following the program's 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. The program is free to schools and supported by the California Department of Education.