

## 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

#### Art Prompts



We encourage you to get creative with these prompts exploring emotions and mental health!

- 1. What makes me happiest?** Fill a sheet of paper with drawings of all the things that you use for self-care or that bring a smile to your face.
- 2. How I feel today:** Draw a scene depicting your current emotions as a landscape. What colors best represent how you feel?
- 3. Mindfulness Free Draw:** Put on music and draw any patterns and shapes that come to mind. Allow yourself to stay in the moment and to silent your inner critic.

For additional ideas, check out the [Mental Health Thrival Kit](#)

### FOR PARENTS

#### Summer 2023 Viewing Guide

Ready for a summer movie or TV marathon? Look no further! Every year Directing Change recognizes media with outstanding messaging about mental health and suicide prevention. We've compiled a list of our top recommendations from our 2023 nominations below. Find additional suggestions and more information [here](#).



- **Baymax:** This animated series about a healthcare companion robot shows the value of self-care and the importance of reaching out to friends for help. (PG)
- **Close:** A coming-of-age drama featuring an intimate bond that challenges toxic masculinity while calling out its potential for harm. (PG-13)
- **Ginny & Georgia:** A mother and daughter navigate difficult conversations around mental health, therapy, self-harm, and generational trauma. (M)
- **Modern Love:** An anthology series featuring the episodes "Take Me as I Am, Whoever I Am," offering a respectful portrayal of life with bipolar disorder, as well as "In the Waiting Room of Estranged Spouses," which encourages men and veterans to be more vulnerable and seek care for their mental health. (M)
- **Puss in Boots: The Last Wish:** While on a journey to restore his nine lives, Puss in Boots learns that even the bravest heroes need support. (PG)
- **Turning Red:** A 13-year-old Chinese-Canadian girl balances the changes and emotions brought on by adolescence with her cultural identity and expectations. (PG)

### FOR EDUCATORS



Happy summer! Another memorable school year has come to a close. We invite you to explore our [online gallery](#) to celebrate the artwork, films, and written pieces submitted by students to our Hope & Justice contest this year. Be sure to also check out highlights of our [2023 Award Ceremony](#).

#### Mental Health Resources Hub

This [Youth Mental Health Resources Hub](#) is a go-to page for families, educators, and students looking for support. Find tools to use in the classroom, including a guide to teaching mental health skills, a suicide prevention toolkit, films, and more. A couple featured resources include:



- **Wellness Education Lab:** Training for students aged 13+ on building wellness and resilience
- **Healthy Mind, Thriving Kids:** Evidence-based short video content to introduce mental health skills to students
- **Greater Good Education Program:** Resources to incorporate social and emotional learning in classrooms

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

If you or someone you know needs support now, call or text **988** or chat at [988lifeline.org](https://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 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. The program is free to schools and supported by the California Department of Education.