



## Brain Basics

Students will learn the basics about the human brain, how it has developed to keep us safe and how it relates to our health and mental wellness.

## Brain & Body Connection

Students will learn about the importance of the brain's alarm system and how it relates to important life functions of heart rate and breathing. Students will get a review of important sleep and nutrition factors that impact our brain and self-regulation and learn strategies to manage sleep routines.

## Social Emotional Skills

Students will learn about the most researched personal skills that help us reach our goals, including Self Awareness, Self-Management, Relationship Skills, Responsible Decision Making and Social Awareness.

## Social Media & Digital Citizenship

Students will learn about the impact of screen time, how technology companies are specifically engineering for addiction and how to evaluate the risks and benefits of being on social media and other digital media. Students will learn about being a good digital citizen and the common challenges that arise in online interactions.

## Relationships & Belonging

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Students will learn about key brain processes that impact our self-perception, relationships and decisions and how teen brains are susceptible to influence and risk taking. Students will learn about healthy and unhealthy relationships, the concept of consent and strategies for avoiding risky or harmful situations.

## Substances & the Brain

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Students will learn how our brain reacts to substance use, common factors that cause adolescents to use substances, and how to be informed to make healthy choices.

## Mental Wellness & Resiliency

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Students will learn about how our brains manage stress, sources of strength that keep us resilient and the benefit of pursuing balance in life activities and expectations.

## Suicide Prevention & Accessing Help for Self & Others

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Students will learn how our brains can get overwhelmed, signs of personal distress in self or others, and how to respond and get help for someone in crisis.