



Mental Health Lesson Plan for Students in Grades 9 to 12

YouthNet/RéseauAdo (YNRA) – Live Virtual Workshop: How 2 Help a Friend

Learning Outcome: This workshop helps youth to understand the importance of help-seeking as well as offering support in caring, non-judgmental ways to friends and loved ones. It encourages youth to recognize and set healthy boundaries, prioritizing safety and developing strong support networks among youth and their trusted adult allies.

Skills Taught: Mental Health Literacy, Positive Peer Support Skills, Help-Seeking/Offering Behaviours

Estimated Time: 75-90 minutes (*workshop*); 15 to 30 minutes (*optional discussion*)

***NOTE:** Please review the *Special Considerations for COVI-19* section prior to booking.

Teaching Strategies	Resources
<p><u>Live Virtual Workshop</u></p> <p>Sign up to participate in YNRA’s How 2 Help a Friend workshop (<i>max 15 participants</i>).</p> <ul style="list-style-type: none"> Teachers may participate in the workshop alongside their students or (if booking an exclusively online cohort) sign their students up to participate on their own Note: While available for all grades, this workshop is particularly recommended for older grades (e.g., 11-12) and smaller group sizes 	<p>YNRA’s How 2 Help a Friend Live Virtual Workshop (easy booking process).</p> <p><u>Each student will need:</u></p> <ul style="list-style-type: none"> A device, such as laptop, tablet or desktop computer Connection to internet The Zoom link to join the workshop (provided with booking confirmation) <p><u>Ideal, but optional materials:</u></p>

<p><u>Optional Discussion</u></p> <p>To extend the learning, educators may lead a discussion with students with the following suggested prompts:</p> <ol style="list-style-type: none"> 1. Why is it difficult to reach out for help? 2. What is the importance of letting someone know you are there for them and just actively listening? 3. What are some warning signs you might notice about a friend/loved one who might be struggling? 4. When you are worried about a friend's safety, what person or resources would you contact? 5. When it's not a crisis, how can you be a positive / supportive friend to someone who is struggling? 6. What qualities make a person a "positive friend" or "trusted adult"? <p>Discuss the questions as a group and share the school's resources and contacts.</p>	<ul style="list-style-type: none"> • The Zoom program/app downloaded onto the device, (if not, joining from a browser window will suffice) • An additional device, such as a smartphone or tablet, to participate in online activities <p><u>Materials for Educators:</u></p> <ul style="list-style-type: none"> • If hosting an "In-Class" workshop, you will need: projector, speakers, an appropriate space to minimize background noise (e.g., classroom vs. caf) and, ideally, a webcam for us to see in-class participants.
<p>Special Considerations for COVID-19</p> <p><u>Lesson Delivery Options:</u> During COVID-19, YNRA offers exclusively <i>virtual</i> presentations in the following delivery modes.</p>	
<p>1. Remote: Participants join remotely on their own devices (i.e., from home during online learning times)</p>	<p>2. In-Class: Participants and educator join as a group on one device (i.e., during in-school learning periods)</p>
<p>*Please note: there is no "hybrid/synchronous" delivery option for this workshop. Follow our easy booking guide HERE.</p>	