**Mental Health Lesson Plan for Students in Grades 9 to 12**

*have THAT talk – How to Talk About Your Mental Health: Getting started*

**Learning Outcome:** This activity encourages children and youth to learn how to talk to someone about their mental health and what to say if someone talks to them about their mental health.

**Skills Taught:** Emotional Intelligence

**Estimated Time:** 20 to 30 minutes

<table>
<thead>
<tr>
<th>Teaching Strategies</th>
<th>Resources</th>
<th>Special Considerations for COVID-19</th>
</tr>
</thead>
</table>
| Watch the video: How to Talk About Your Mental Health. | [How to Talk About Your Mental Health video](#) | *Teaching in Person, with Public Health Measures in Place:*  
Ensure all students have a 2-metre distance from each other.  
Ensure students are wearing a mask, unless exempt.  

*Teaching Online:*  
This activity can be done as a group during a google classroom meeting. The teacher can share their screen with their students to capture the ideas of the group during the |
| Ask the students:  
• “How could you tell that Juan was stressed and worried?”  
• “Why do you think Juan talked to Marco?”  
• “How could Marco help Juan feel comfortable to talk about his mental health?”  
• What else does the group notice?  
Discuss the questions as a group and write down the student’s answers. | Suggested materials:  
• Flip chart paper or whiteboard, smart board or chalk board.  
• Flip chart or whiteboard markers or chalk. | |
Refer to the *have THAT talk: How to Talk About Your Mental Health* Youth Activity guide for key messages, additional information and ideas.

| have THAT talk: How to talk about your mental health Youth Activity Guide (Page 7) | group discussion period. |