Mental Health Lesson Plan for Students in Grades 9 to 12

*have THAT talk* – Building Social Connections: Reach out to make connections

**Learning Outcome:** This activity encourages youth to discover ways to strengthen their existing connections or make new connections.

**Skills Taught:** Building Relationships, Help Seeking Behaviours

**Estimated Time:** 10 to 15 minutes

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<td>Watch the video: Building Social Connections.</td>
<td>Building Social Connections video.</td>
<td>Teaching in Person, with Public Health Measures in Place:</td>
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| Say to the students: “We are going to look for activities or volunteer opportunities you can try that will help you make more connections”. Say to the students, “Using the technology available, find an agency, volunteer opportunity or club that seems interesting to you”. You can also encourage your students to look for agency and activities that are specifically available during the COVID-19 pandemic. Ask the participants if anyone wants to share what they found (optional). If students do decide to share, you can capture their ideas on flip chart, white board, smart board or chalk board. | Suggested materials:  
- Flip chart paper, or white board, smart board or chalk board.  
- Flip chart or white board markers or chalk.  
- Technology, for example: Wi-Fi, computer access, smart phones, if available.  
- Paper and pens. | 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 group discussion period.
| Refer to the *have THAT talk: Building Social Connections* Youth Activity guide for key messages, additional information and ideas. | *have THAT talk: Building Social Connections Youth Activity Guide* (Page 40) | This activity can also be given as something to do during self-learning time and can be discussed during the next group meeting. |