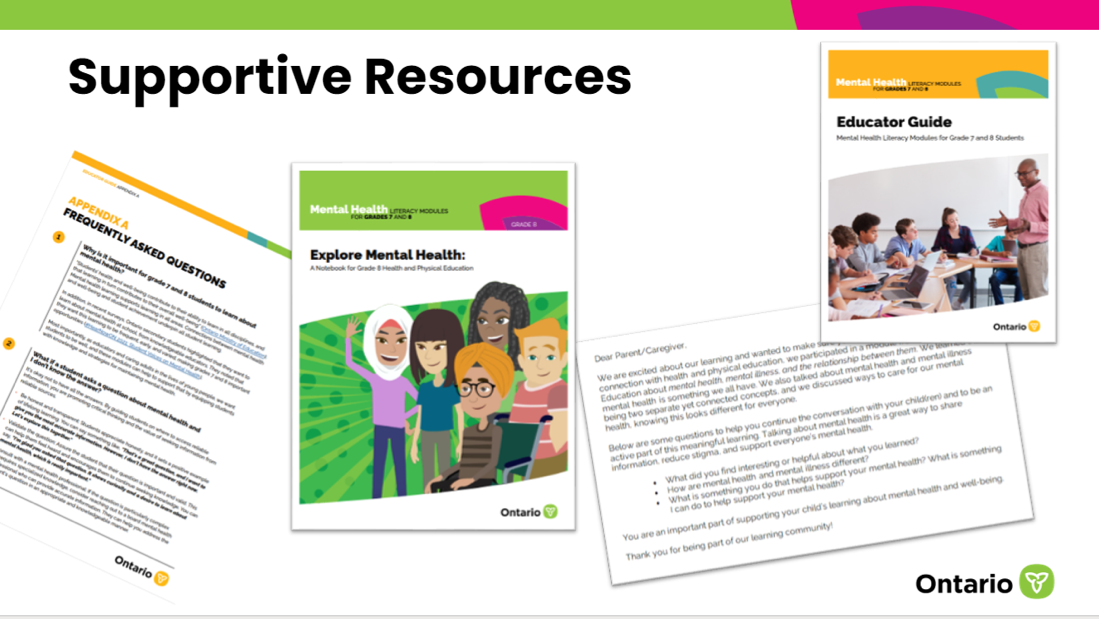
**Templated social media posts**  
(280 characters max)



* Mental health literacy modules for grade 7 & 8 students are now available!

3 40-minute lessons per grade existing expectations within Strand D of the HPE curriculum.

Easy to use with many supportive resources

* Want to know more about the purpose and content of the new Grade 7/8 Mental Health Literacy Modules?! Watch this video to learn more …
* A series of tweets one per day focusing on each module—use module cover image
  + What’s in the new Grade7/8 mental health literacy modules? *GRADE 7.1 -*  
    *Mental Health, Mental Illness, and the Relationship Between Them* introduces the concepts of mental health and mental illness and strategies to promote positive mental health
  + What’s in the new Grade7/8 mental health literacy modules? Grade 7.2 - *Understanding Signs of a Mental Health Problem and How to Seek Support* supports students to monitor their own mental health and know when, where, and how to seek support
  + What’s in the new Grade7/8 mental health literacy modules? Grade 7.3 - *Mental Health, Substance Use, and the Relationship Between Them* focuses on substance use; its connection to mental health; potential effects, risks, and harms; and how to reach out for support
  + What’s in the new Grade7/8 mental health literacy modules? Grade 8.1 -  
    *Mental Health and Stigma* focuses on stigma related to mental health and mental illness and actions to counteract it
  + What’s in the new Grade7/8 mental health literacy modules? Grade 8.2 -Su*pporting Our Mental Health – Managing Stress* normalizes the everyday stress we all face and helps students build healthy coping strategies into their daily routines
  + What’s in the new Grade7/8 mental health literacy modules? Grade 8.3 –

*How to Help a Friend – Seeking Support for Others While Caring for Ourselves* focuses on how to notice when friends need help and steps to support them while also caring for ourselves

* Why teach mental health literacy? There are **many important reasons to prioritize mental health learning, including;**
  + Students **want** to learn more about mental health at school.
  + This learning helps students develop skills that support positive mental health.
  + Mental health learning supports learning in all other areas.
  + This learning can encourage conversations and help students in need reach support.
  + As caring adults in the lives of young people, we want students to be well!
* Did you know... This series of three 40-minute modules per grade will be delivered by educators to support the existing mental health literacy expectations within Strand D of the Health and Physical Education curriculum. They’re not new learning – they offer ways to enhance the delivery of the existing curriculum and focus on mental health literacy.

[**Social Images**](https://smhosmso-my.sharepoint.com/:f:/g/personal/documents_smho-smso_ca/Ek0HU05qY8hOrjcIl3rUGLsBU4W7NYY1IKo3zDSBCn-_MA?e=KHeVBf)

[**Social Promo Video**](https://smhosmso-my.sharepoint.com/:u:/g/personal/documents_smho-smso_ca/EXMJFATFeMtNh2ndEhY0b1gBo8CfGzMELtTW2eMk9gQPIg?e=8rpZOe)