



Mental Health Literacy Modules for Career Studies (GLC2O)

Key Messages

1. The Career Studies curriculum was recently **enhanced** with an additional mental health expectation and revisions to an existing expectation. The Ministry of Education has created two new mental health modules to support the delivery of these expectations. The modules are available as both an in-person and online version in your board's Virtual Learning Environment, to begin being taught in fall 2024.
2. The modules enhance mental health literacy and **help to equip** students with culturally responsive, evidence-informed knowledge, skills, and strategies to support their mental health and well-being, both in school and their future work lives. They were created by educators and mental health professionals, with extensive consultation from grade 10 students, parents/caregivers, and community and cultural partners.
3. Educators are **well-positioned** to guide this learning. The focus of the learning is on managing stress, navigating school/life/work balance, and knowing when, where, and how to seek support, should students need it.
4. The modules are **easy to use, flexible**, and offer **additional supports** (e.g., an Educator Guide with resources and information to support their delivery, prepared notes to support communication with parents/caregivers, student organizers and information to support learning). All materials are available in both English and French.
5. The modules offer **a ready-made** way for educators to deliver the new and enhanced Career Studies curriculum expectations to students. It's also a great opportunity for this mental health learning to reach all students in a consistent way.

