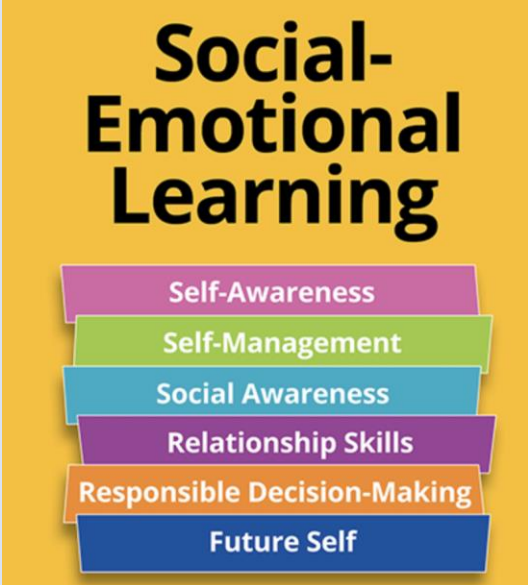


Social Emotional Learning Middle and High School Students



Social-Emotional Learning

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making
- Future Self

A Look at the Health Standards

The NHES are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health.

Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Standard 2	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Standard 3	Students will demonstrate the ability to access valid information, products, and services to enhance health.
Standard 4	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Standard 5	Students will demonstrate the ability to use decision-making skills to enhance health.
Standard 6	Students will demonstrate the ability to use goal-setting skills to enhance health.
Standard 7	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Standard 8	Students will demonstrate the ability to advocate for personal, family, and community health.

CASEL: [National Health Education Standards, CDC](#)

- A. Overview of Middle and High School Students events:
- Life... in which decision making increases as a youth ages
 - Brain Development is continuing
 - Physiological Changes (Typical Pubertal and Adolescent)
 - Trauma
- B. Recent Survey conducted by Common Sense, Hopelab, & California Health Care Foundation. (Rideout, V., Fox, S., Peebles, A., & Robb, M. B. (2021). *Coping with COVID-19: How young people use digital media to manage their mental health*. San Francisco, CA: Common Sense and Hopelab.)

Summary of methodology

- Nationally representative survey of 1,513 14- to 22-year-olds in the United States.
- Conducted by the National Opinion Research Center (NORC) at the University of Chicago.
- Data collected from September to November 2020.
- Offered online or by phone, in English or Spanish.

Results:

- 38 % of teens and young adults reported symptoms of moderate to severe depression (was 25% in 2018)
- 51% of young people who reported having a COVID-19 infection within their family reported symptoms of moderate to severe depression (those who did not experience a family infection was 36%)
- Hate speech exposure on social media is higher than 2 years ago
- Social media has allowed young people to keep connected with others as well as informed of current events.

Lori Reichel, PHETE Coordinator, Assistant Professor, WMU, Lori.reichel@wmich.edu, www.lorireichel.com

- Young people are using a variety of digital health resources; young people with depression are likely to use these resources
- Young people with moderate to severe depressive symptoms are 34% more likely to use social media almost constantly in comparison to those without depression (18%)
- Young people note feeling better when depressed, stressed, or anxious when using social media; this is higher than 2018

Mindfulness and Stress/Self-Management Resources – Accessing Reliable Resources + Self-Management (NHES #3 & 7)

National Alliance of Mental Illness:

[Lessons for youth, Grades 6 -12](#)

[Mental Health Education Classes with NAMI](#)

[Common Sense Media note Apps to Help with Mental Health](#)

[Tips and Resources for Literacy, Media, Balance, and Healthy Communication](#)

[Kelly McGonigal Ted Talk – How to Make Stress Your Friend](#)

[MindUp and the Hawn Foundation](#)

Apps:

Calm	#mindful – free for 7 days	Headspace
10% Happier	Mindfulness App: Free for 7 days	Insighttimer
Aura		

Websites:

Mindful.org

Soulcore.com

Pietrafitness.com

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

Tiny Buddha

Mindful Schools <https://www.mindfulschools.org/>

Change to Chill by alma health <https://www.changetochill.org/>

Hansavedas -https://hansavedas.org/meditate/?gclid=EAlaIqObChMlu4vSwJnE5AIVA4bICh1AbA-IEAAYAiAAEgLyGfD_BwE

Fablefy – The Whole Child Published on Dec 18, 2017) 5 Minute Body scan Meditation for Kids and Adults (Classrooms and Educators) Retrieved from <https://www.youtube.com/watch?v=9A0S54yAgEg&t=97s>

Stewart-Weeks, L., 2018 1-Minute Mindfulness Exercises Retrieved from <https://psychcentral.com/blog/1-minute-mindfulness-exercises/>

Mayo Clinic - <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

YouTube for mindful videos

ASMR on YouTube (Autonomous Sensory Meridian Response)

Local Resources:

<https://www.stresslesskzoo.com> Sanctuary Yoga in Kalamazoo. Intentional Yoga. Being in nature

Also, connect with your local HEALTH EDUCATION TEACHER AND COORDINATOR ☺