**IP Prevention On Purpose Content Suite**

Below are Purpose Prep’s current course offerings, along with a suggested grade-range for each course to be offered. The training videos, discussion questions and content have been effectively delivered to and received by students. Purpose Prep still provides a general recommended framework for schools to implement these offerings across 6-12th grade. This is based on the development of the offerings, age-appropriate content, and to provide the scaffolding and support to create the greatest impact in schools and students’ lives. This structure may be altered based on school knowledge, experiences, and the emotional, social and academic capacity of student populations at the school’s discretion.

**Middle & High School**

1. IP Personal Development – 6-8th Grade
2. IP Character & Leadership Development – 6-8th Grade
3. IP Unlock Your Purpose – 6-8th Grade
4. IP Social & Emotional Success – 6-12th Grade
5. IP Mental Health & Wellness – 9-12th Grade
6. IP College & Career Readiness – 9-12th Grade
7. IP Climate & Culture Transformation – 6-12th Grade
8. IP Restorative Practices & Principles – 6-12th Grade
9. IP Trauma-Informed Living – 9-12th Grade
10. **IP PERSONAL DEVELOPMENT**

**UNIT 1 – IP DEVELOP YOURSELF**

MENTORSHIP: THE POWER OF MENTORSHIP

What is Traditional Mentoring?

The Man on Stage vs. Man in the Mirror

Transactional vs. Transformational Mentorship

Inspiration from a Mentor

The Importance of Mentorship

PAST & FUTURE:HOW TO REFLECT ON YOUR PAST & PREPARE FOR YOUR FUTURE

Personal Reflection + Future Projection = Personal Development

To Create or Be Created

Born to Be Different

Personal Leadership

Don't Let the Same Team Beat You Twice

A SATISFIED LIFE: FIND SATISFATION IN EACH STAGE IN LIFE

Getting Out of Your Comfort Zone

Harness Your Ability to Learn, Read & Obtain Knowledge

The Perpetual Learner

The Questioner

Achieving a Fulfilling Career

BE YOURSELF:GIVE YOURSELF PERMISSION TO BE YOU

Be Honest with Yourself

Joy & Happiness

Inner-Peace / Outer-Peace

The Journey is the Reward

Being Yourself & Letting Others Be Themselves

**UNIT 2 – IP STRATEGIC PLANNING**

WHERE ARE YOU HEADED: BUILDING A ROADMAP

Embracing Your Design

Define Your Identity

What Makes You Tick?

What is Your Passion & Design?

Focus

ARE YOU UNIQUE: A STRATEGY FOR LIFE

Does it Pay to Be Different?

When Good Isn’t Enough

Stay True, Be You

Build Around Your Uniqueness

How to Get Unstuck

OPPORTUNITY: ATTRACTING THE RIGHT OPPORTUNITIES

Move by Vision, Not by Need

Challenge + Change = Opportunity

Don’t Force it, the Opportunities Will Come

Preparation Meets Opportunity

Listening to the Universe

DREAMING: DREAMS WORTH PURSUING – THE CYCLE

Learning How to Dream

Creation

Reinventing the Dream

Persistence

Don't Stop Dreaming

**UNIT 3 – IP SELF-ESTEEM**

VALUE: THERE’S GOOD IN EVERYONE

See the Value in Yourself

Appreciate the Value in Others

Stop Expecting, Start Appreciating

Healthy Self-Esteem

Practical Examples of Self-Esteem

WHO’S IN CONTROL: TAKING RESPONSIBILITY

What’s in Your Hands?

Who You Are & Who You’re Not

Time is Ticking

Personal Accountability

Command Your Temper

NEEDS & LIMITS: COMMUNICATING NEEDS & OVERCOMING LIMITATIONS

We All Have Needs

Don’t Fault People’s Limitations

Living in Denial

What About Me

Identifying My Needs

DON’T STAY SILENT: SPEAK OUT!

Against the Grain

Limits Are Meant to Be Broken

Be Vocal About Your Direction

Breaking Free from My Secrets

Surround Yourself with Giants

**UNIT 4 – IP COMPLETE HEALTH**

MENTAL HEALTH: WHAT IS MENTAL HEALTH?

Break it Down

Shifting Your Perspective

Healing Your Mind

The Freedom in Forgiveness

Tips to Mental Health

PHYSICAL HEALTH: HARNESSING YOUR PHYSICAL ENERGY

Challenge Yourself

A Change in Pace Leads to a Change in Production

We Are What We Consume

Mindfulness

Personal Hygiene

SOCIAL/EMOTIONAL HEALTH: FINDING THE BALANCE WITHIN

Human Boundaries

Emotional Pain, Loss & Stress

The Daily Forgiveness, Thankfulness & Confidence Exercise

Accepting Your Circumstances

Explore a New Environment

GROWTH MINDSET: HEALTHY DISCIPLINES SHOULD LEAD TO GROWTH

Assess Your Budget

The Decision-Making Chart

Daily Disciplines

Emotional Intelligence

Breaking Free of Limitations

**2. IP CHARACTER AND LEADERSHIP DEVELOPMENT**

**UNIT 1 – IP MISSION, VISION, PURPOSE**

VISION

The Guiding Image

Map Out Your Future

How to Find Your North Star

Creating a Vision Board

Why is Vision Important

MISSION

Be Guided by Your Values

Proven Principles

Why Are You Here?

Starting from the Bottom

PURPOSE

Inspire the Journey

The Future is Now

Why Does Purpose Matter?

Evolving Your Purpose

Derailed from Purpose

IMPACT YOUR COMMUNITY

Love It, Learn It, Live It & Lead It

Prepare Yourself to Lead

Practice What You’ve Learned

Getting Involved

**UNIT 2 – IP PERSONAL EXPERIENCE**

ADVENTURE

Take Up the Challenge

Do Something Out of the Ordinary

Uncharted Territories

Be Spontaneous

MEMORIES

The Power of Reflection

Family, Friends & Loved Ones

Be Present

Overcoming Bad Memories

YOUR STORY

Experiences & Stories Enable You to Connect with Others

The Importance of Authenticity

HAVE A LITTLE FUN

Don’t Take Everything So Seriously

Choose to Be Different

Hobbies & Dreams

It Doesn't Cost to Have Fun

Learn to Date Yourself

**UNIT 3 – IP IDENTITY**

DISCOVER YOUR IDENTITY

The Assignment

Uncover Who You Are

Recover What You Used to Have

Discover New Things About Yourself

Identity Leads to Purpose

EMOTIONAL AUDIT

An Emotional Audit

The Mind Map

The Three Levels of the Mind

Emotional Differences

Mastering Your Emotions

INNER ENGINEER

Competing Commitments

Activities, Time Commitments & Fearing Success

The Pain of Rejection

Attitude, Schedules, & Behaviors

OVERCOME IDENTITY ISSUES

Defining Identity

Different Identity Issues

Evaluate Your Identity Foundation

You Are Not What You Do

Acknowledge and Embrace All of You

**UNIT 4 – IP TRANSFORMATION**

MYSTERY

Becoming the Seeker

Time is Not an Enemy

Process Your Future

COMPASSION AND STILLNESS

The Secret of Purpose

Find Peace Through Stillness

Finding Solutions in Stillness

Why Compassion Matters

A REINVENTED LEADER

True Leadership

Embrace the Paradox

Logical vs. Emotional Thinking

It's Not Black and White

START AGAIN

Completion is the Difference

Make the Decision

Until Next Time

Turning Your Life Around

Start Today

1. **IP UNLOCK YOUR PURPOSE**

**UNIT 1 – IP HAPPINESS vs. SUCCESS**

MAP YOUR FUTURE: HEALTHY SUCCESS & A FULFILLING CAREER

Living Out Your Destiny

Creating Healthy Success

What We Truly Desire

It’s Not About the Money

Take the First Step

PEOPLE & PROBLEMS: LEARNING ABOUT THE TYPES OF PEOPLE & PROBLEMS

Types of People

You Choose

Types of Problems

Your Purpose Dictates Everything

Decide Who You Want to Be

FOCUS & SUCCESS: THE FOUR PILLARS OF FOCUS & SUCCESS

Four Pillars of Focus

Four Pillars of Success

Defining Success

Setting Goals: First Step to Success

The Importance of Planning

FROM LEARNING TO EARNING: HOW LEARNING AFFECTS OUR EARNING

Learn How to Learn

Learn How to Earn

Meaning > Money

From Purpose to Profession

Changing Your Mindset About Money

**UNIT 2 – IP MAKING A DIFFERENCE**

GIVING IS GETTING: UNLOCK THE POWER OF GIVING

An Uncharted Principle

Giving Back or Just Giving?

The Giving Experience

Is There a Higher Purpose?

Why Farmers Win?

REASONABLE RESPONSE: HOW A WEALTH MINDSET WORKS

Wealth & Power

The Dead Sea or Niagara Falls

Gratitude

Hope in Hopelessness

Helping Those in Need

MAKE A DIFFERENCE: HOW TO MAKE A DIFFERENCE WHERE YOU ARE

What Does it Take to Make a Difference?

Being a Positive Influence on Others

The Simple Gift of Life

Investing into Your Community

Embrace a Different Lifestyle

BE THE CHANGE: CREATE A LEGACY

Is There More to Life?

Is Doing Good Better Than Being Great?

A Life Plan Can Help Build a Legacy

Giving Beyond

Thriving or Surviving

**UNIT 3 – IP THOUGHTS, WORDS & SILENCE**

FRAME YOUR WORLD: LEARN THE POWER OF WORDS

Words Shape Thought

Thoughts Shape Beliefs

Belief Shape Actions

Visualize Your World

Choosing Between Two Realities

POSITIVE & NEGATIVE: THE EFFECTS OF POSITIVITY & NEGATIVITY

The Effects of Negativity

Turn Negativity into Positivity

Positivity Exercise

Reshape Our Worlds

The Importance of Rest

SILENCE & QUESTIONS: THE IMPORTANCE OF SILENCE & ASKING QUESTIONS

The Importance of Silence

Questions First Please

Curiosity

Filling the Void

Ask More Questions

WARPING REALITY: UNLOCK YOUR POTENTIAL

Limitless Design

The Words Exercise

Daily Affirmation Statement

How Energy Affects Humans

Breaking Through Our Hardships

**UNIT 4 – IP RELATIONSHIPS**

RELATIONSHIPS: CAPITALIZE ON YOUR RELATIONSHIPS

Our Most Essential Need

Opening Doors of Opportunity

The Power of Connection

Setting Realistic Boundaries

Developing, Managing and Sustaining Your Relationships

BELONGING: HOW DO YOUR SOCIAL GROUPS AFFECT YOU?

Get the Support You Need

Find Your Tribe

Acceptance = Freedom

The Power of Love

Find Where You Belong

VULNERABILITY: SHOULD VULNERABILITY BE SCARY?

Overcoming Confrontation

Loyalty & Trust Lead to Vulnerability

The Five-Minute Connect

Excruciating Vulnerability

How to Handle Shame

SAFETY: FIND & CREATE SAFETY IN YOUR RELATIONSHIPS

Finding Safety

A Safety Net for Others

Positive Speaking & Reflective Writing

Are Your Relationships Safe?

Finding Safe Leaders

**4. IP SOCIAL AND EMOTIONAL SUCCESS**

**UNIT 1 – IP IMPORTANT LIFE SKILLS**

CHOOSING PURPOSE

Make Powerful Decisions

Manage Stress

Living Self-Disciplined & Self-Motivated

Life-Changing Goals

Organizational Skills

SOCIAL SKILLS

Social Awareness

Perspective is Everything

Dynamic Empathy

Diversity Expansion

Respect Creates Connection

HEALTHY RELATIONSHIPS

Relationship Skills

Communication Matters

Embracing Society

Meaningful Relationships

The Dream Team

SUCCESSFUL DECISION-MAKING

Critical Thinking

Problem-Solving

Evaluating & Reflecting

Choosing Humanity

**UNIT 2 – IP MINDFULNESS**

ENGINEERING CONSCIOUSNESS

Philosophy in Life

The Idea of Self

Becoming Aware

Mindfulness

Processing Adversity

MINDFULNESS PRACTICES AND PRINCIPLES

Meditation

Science & Neuroscience

HEALTHY COMMUNICATION

Listening

Thinking & Speaking

Seeking to Understand

KNOWING YOURSELF

Face Your Emotions

See Yourself

Identify Your Strengths

Build Self-Confidence

Believe in Yourself

**UNIT 3 – IP BARRIERS TO SUCCESS**

MAKING POWERFUL DECISIONS

Death of a Loved One

Digital Citizenship and Safety

CRISIS MANAGEMENT

Gangs, Guns and Fighting

Suicide Prevention and Education

Adrenaline and Aggression

Learned Helplessness

Mood and Behavior Management

PAIN TO PURPOSE

Dealing with Divorce and Separation

The Consequences of Drugs

Diversity and Inclusion

DEALING WITH TRAUMA

Trauma with Sexual Abuse and Molestation

**UNIT 4 – IP REDIRECTING MY LIFE**

INTRODUCTION TO SUBSTANCE ABUSE

Drugs and the Body and Mind

Marijuana, Nicotine, Tobacco and Cigarettes

Stimulants and Depressants

Vaping and JUULing

The Impact of Drugs on Your Relationships

INTERVENTION CAN HELP YOU

Living Drug Free and Overcoming Drugs

Coping with Grief, Loss and Shame

Truancy: Absenteeism and Missing School

Swearing and Degrading Words

Suspension and Expulsion

SOCIAL AND SELF-AWARENESS SKILLS

Cultural Implications within Family and Learned Behavior

Primary and Secondary Impacts of Behavior

Restoring Yourself and Others

COPING STRATEGIES

Suicide Prevention

Negative Thinking Patterns

Coping with Loss and Separation

Trauma and Behavior

1. **IP MENTAL HEALTH AND WELLNESS**

**UNIT 1 – IP UPGRADE YOURSELF**

ANGER MANAGEMENT

Defining Anger Management

Types of Anger

Handling Anger

Overcoming Anger

COMMUNICATION SKILLS

Connecting with Your Parents

Communicating with Your Teachers

Relating with Other Adults

Communication with Your Friends

Your Internal Dialogue

THOUGHTS AND ACCEPTANCE

Changing Our Thought Patterns

Overcoming Sad Feelings

Motivated by Positive Feelings

The Feeling of Hopelessness

How Choices Affect Our Thinking

KNOW YOURSELF, LOVE YOURSELF

Self-Worth

Loved, Valued, and Accepted

Positive Reinforcement

**UNIT 2 – IP TRANSFORMING BULLYING**

UNDERSTANDING BULLYING

Bullying: Hurt People…Hurt People

Bullying: A Tragedy on Both Sides

Solutions to Bullying

EFFECTS OF BULLYING

Bullying: Dehumanizing the Victim

Bullying: Effects on the Bullied

Bullying: Effects on the Bully

Bullying: Effect on Culture

BEING A CHAMPION

Diffuse the Situation

Knowing Your Worth and Everyone Else's

What's at Stake

Being Observant

Creating Real Change

**UNIT 3 – IP SOCIAL IMPACT**

CITIZENSHIP

Defining Citizenship

The Power of Your Vote

Your Country

Being A Part of Your Community

DIVERSITY

Defining Diversity

Embracing Diversity

Diversity: Broadening Our Perspective

DEALING WITH PEACE OFFICERS

Who Are Peace Officers?

Staying Safe in an Interaction

Best Practices When Questioned

Protecting All Rights

FIGHT FOR JUSTICE

Defining Social Justice

Environmental Justice

**UNIT 4 – IP OVERCOMING ADVERSITY**

IT'S NOT YOUR FAULT

Divorce & Separation

Physical Abuse

Emotional Abuse

Physical and Emotional Neglect

FAMILY CHALLENGES

Incarceration

Suicide

Depression & Anxiety

RESILIENCY

Defining Resiliency

Elasticity

The End Isn't the End

Coping Skills

Creating Your Team

MENTAL WELLNESS

Anxiety

Depression

Mindfulness

Learn How to Say "No"

Being Present

**6. IP COLLEGE AND CAREER READINESS**

**UNIT 1 – IP LIFE AFTER HIGH SCHOOL**

JOIN THE WORKFORCE

The Value of the Workforce

Job-Searching Skills

Which Careers Will Have the Highest Demand in the Next Decade?

Identify Your Character Traits & Find Related Career Interests

Develop a College & Career Vision Statement

WHICH SCHOOL IS RIGHT FOR YOU?

Types of Colleges

Community/Junior College

Trade, Vocational & Technical College

Testing Programs (ACT & SAT)

Timeline for Applying to College

ENTREPENEURSHIP

The Importance of a Team

Cultivating an Idea / Recognizing Opportunities

Securing Funding

The Startup Lifestyle

Everything is Sales

EXPLORE OTHER OPPORTUNITIES

Internships

Entrepreneurship

Volunteering

Pursue Your Passions

Overseas Travel Opportunities

**UNIT 2 – IP COLLEGE AND CAREER PREPARATION**

FINDING SUCCESS AT WORK

Why Problem-Solving is Important at Work

Changing the Way We Think About Productivity

Proper Grooming & Dress

Accomplishing Big & Small Tasks at Work

How to Be Enthusiastic About Our Life

FINANCIAL AID

Scholarships

Student Loans

Grants

Work-Study Funds

FAFSA / Application Deadlines

JOB PREPARATION

Resumes & Online Profiles

Interviewing Skills

Follow-Up Letters, Portfolio Creation & Reference Lists

Networking

What Makes a Good Interview

PREPARE FOR COLLEGE AND CAREER

Time Management and Priorities

How to Discover What You Want to Do

Social Distractions

What Are Your Gifts?

Don’t Know Where to Get Help?

**Unit 3 – IP STARTING SCHOOL AND GETTING THE JOB**

TRAITS OF A SUCCESSFUL STUDENT AND EMPLOYEE

Professionalism

Work Ethic

Problem-Solving & Decision-Making

Driven & Dependable

Lifelong Learner

LIFE SKILLS

Household Basics

The Art of Negotiation

Staying Safe & Healthy

Moving Out

The Art of Conversation

MAKE YOURSELF MARKETABLE NOW

Making the Choice & Accepting Responsibility

Extracurricular Activities and Clubs

How to Stay Curious and Motivated

Creating a Vision for Your Life

Life Experiences

RESOURCES

Teachers

Parents/Guardian

School Groups

Quality Peers

Mentors

**UNIT 4 – IP TOOLS FOR SUCCESS**

PERSONAL FINANCE

Budgeting, Saving & Investing

Setting Up & Managing a Bank Account

Smart Shopping

Credit Cards

What Does a Budget Look Like?

SKILLS YOU NEED

Written Communication

Nonverbal & Verbal Communication

Activities That Energize You

The Power of Focus

Organizing Your Life

BEHAVIORS AND TRAITS THAT LEAD TO SUCCESS

Be Proactive

Have Integrity

Develop a Passion

Be Optimistic

Have Persistence & Dedication

DISCIPLINES THAT LEAD TO SUCCESS

Learn How to Study

Dress for Success

Develop Business Vocabulary and Terminology

Cultural Sensitivity

Self-Assessment & Awareness

1. **IP CLIMATE & CULTURE TRANSFORMATION**

**UNIT 1 – IP HEALTH AND SAFETY**

PEER CONFLICT

How to Be Assertive

Communicating Effectively

Addressing Unfriendly Classmates or Friendships

Don't Fight Fire with Fire

Assault and Battery

SOCIAL MEDIA SAFETY

Staying Safe

Protecting Your Reputation

Sending Inappropriate Pictures

Warning Signs

Protecting Your Identity

DATING AND RELATIONSHIPS

The "Talking" Stage

Self-Respect

Love Is an Action

Communication & Compatibility

STRESSFUL LIFE EVENTS

School, Homework, & Test Stress

Breakups

Overcommitment

Being Unprepared

**UNIT 2 – IP RELATIONSHIP SUPPORT**

TALKING TO OUR PARENTS

It's Never Too Late to Start

Parents Are Here to Help

Raising Difficult Topics

How to Talk So Parents Will Listen

When Talking to Your Parents Doesn't Work

TALKING TO ADULTS

Dealing with Intimidation

Overcoming the Age Gap

Wisdom

R-E-S-P-E-C-T

COMPASSION & EMPATHY

Living with Compassion

Giving the Benefit of the Doubt

Love Always Wins

FINDING A MENTOR

Finding Those Who Inspire

Studying Those We Admire

Learning Life as We Go

You Don't Need to Figure Everything Out Alone

Expand Your Life Vision

**UNIT 3 – IP SOCIAL AWARENESS**

UNDERSTANDING SOCIAL DIFFERENCES

Ethics and Values

Personality Types

Emotional Intelligence

Perspective Taking

REFUSAL SKILLS & STRATEGIES

Being Willing to be Awkward

Different Is Valuable

Trust Your Discernment

Perseverance & Hope

The Decisions Made: Goal Setting

GIVING SIMPLE RESPECTS

Saying Please & Thank You

Giving Gratitude toward Life

Respect for Elders, Leaders, and Peers

A Strong Handshake or Warm Hug

PURPOSEFUL COMMUNICATION TECHNIQUES

Conflict Resolution

Negotiation

Collaboration

Letting Go of Your Ego

Asking for Help or Support

**8. IP RESTORATIVE PRACTICES & PRINCIPLES**

**UNIT 1 – IP RESTORATION BASICS**

RESTORATIVE JUSTICE

Restorative Practice

The Labeling Theory

Learned Definitions & Context

Being Patient with the Process

Absence of a Parent

SELF-PUNISHMENT

Why We Punish Ourselves & Others

Regret

Anxiety & Guilt

Accepting Your Flaws

Breaking the Cycle

MINDFULNESS AND ACCOUNTABILITY

What Happened from My Perspective?

What Was I Feeling?

Respecting the Rights and Interests of Others

Repairing the Harm

RESTORATIVE CIRCLES

Reflecting on Your Feelings with Others

Establishing Trust

Saying Sorry

**UNIT 2 – IP RESTORATIVE PREVENTION**

MY ENVIRONMENT

Managing Codependency

Creating Boundaries

Put Yourself First

MENTAL AND EMOTIONAL REGULATION

Who I Am and What I Value

Feel What You Need to Feel, Then Move Forward

Breaking Free from Inherited Family Expectations

Don’t Be So Hard on Yourself

Be Vocal About Your Hardships

WHO I AM AND WHAT I’VE DONE

Tracing My History

Gaining Control Over the Present

Dictating My Future

Each Day is a New Opportunity

Be Teachable

FOSTER CARE AND HOME LIFE

Handing the Rejection from Family

Regret and Resentment

Incarcerated Family or Friends

Personal Empathy

Adapting to New Homes & Schools

**UNIT 3 – IP RESTORATIVE INTERVENTION**

VIOLENCE

Learned & Unlearned Violence

Verbal Assault and Emotional Abuse

Physical Assault

Domestic Violence

TRUANCY

Frustrations with Studies

Meaningful Attachments

Assigning Purpose to Learning

HATE SPEECH & GRAFFITI

Vandalism and Graffiti

Creating a Safe Environment

Reflect on Your Perspective

DRUG ABUSE & REHABILITATION

What is Drug Abuse & Rehabilitation?

Substance Addiction

My Family or Friends Use

The Process of Rehabilitation

What Can Go Right & Wrong

**UNIT 4 – IP THE PROCESS OF RESTORATION**

OVERCOMING THE PAST

Choosing Change

Accepting Our Mistakes

Learning from Our Mistakes

Finding a New Crowd

HEALTHY LIFESTYLES

Don’t Limit Your Dreams

Be a Self-Starter

Learn from Others

Critical Thinking

MOVING FORWARD

Competency

Establishing Trust

Be Clear on What You Want and What You Don’t

Where Focus Goes, Energy Flows

Establishing a Strong Foundation

**IP TRAUMA-INFORMED LIVING**

**UNIT 1 – IP PERSONAL WELLNESS**

STAYING SAFE

Emotional Safety

Relational Safety

Parental or Caregiver Safety

RECOGNIZING POTENTIAL BARRIERS

Panic Attacks

Sleep Problems & Insomnia

Internet Addiction

SELF-ESTEEM

Body Image & Eating Disorders

It’s All About Perspective

Emotional Eating

Ethical Issues

How to Be Self-Confident

HELPLESSNESS TO HOPEFULNESS

Reaching Out to Others

Being Honest with Reality

Rejection to Restoration

Finding the Source of Helplessness

Changing Our Negative Thinking

**UNIT 2 – IP LIVING WITH THE EFFECTS OF TRAUMA**

SOCIAL-EMOTIONAL TRAUMA

Breaking Through Social Stereotypes

Trauma and Success

Experiencing Loss

REAL-LIFE CHILDHOOD TRAUMA

Unjust Criminal Charges

Trauma That Leads to Pain & Suicidal Thoughts

Neglect and Abandonment

Natural or Uncontrollable Disasters

DEALING WITH DEPRESSION

What is Depression?

How Common is Depression?

Depressed Friends

How to Recognize Depression

Causes of Depression

OVERCOMING ANXIETY

How to Deal with and Overcome Anxiety

How to Feel Better

Who Should I Tell and Not Tell?

How to Get Help

Prevention

**UNIT 3 – IP MENTAL HEALTH AWARENESS AND ASSISTANCE**

PREVENTION OF MENTAL HEALTH DISORDERS

Maintaining a Routine Schedule

Paying Attention to Warning Signs

Relationship Boundaries

Resisting Isolation

Communicating Stress in the Moment

REDUCING THE STIGMA OF MENTAL HEALTH

Feeling Sad About What We Feel

Feeling Ashamed for Being Depressed

It’s Ok to Talk About It

Protecting Those with Mental Health Illnesses

Minimizing the Importance or Issue

SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS

Long-Lasting Sadness

Being Irritable or Easily Frustrated

Social Withdrawal

Excessive Fear, Worry or Anxiety

Dramatic Changes in Eating or Sleeping Habits

WARNING SIGNS

Depression Warning Signs

Anxiety Warning Signs

Hopelessness Warning Signs

**UNIT 4 – IP SUICIDE PREVENTION**

SUICIDE PREVENTION

Talking about Suicide

What to Do If Your Friend Is Talking about Suicide

Finding Help Online & In Your Community

Reducing Stigma of Suicide

IDENTIFYING SUICIDE RISKS AND PROTECTIVE FACTORS

Mental Health and Substance Abuse

Evaluate Your Circle

Thinking Objectively About Our Feelings

 “Just Take it Easy, Man”

Self-Care is Not Selfish

THERE’S NO SHAME IN ASKING FOR HELP

Embracing Vulnerability

Leaning on Others

Letting Others Lean on You

Communication Techniques

Change the Conversation

FINDING AVAILABLE COMMUNITY SUICIDE PREVENTION RESOURCES

Local Crisis Centers

Hotlines

Friends and Family

School Resources

Seeking Therapy