

RIVERSIDE PUBLIC SCHOOL DISTRICT 96

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Middle School Health/PE SEL Topics

National Alliance on Mental Illness (NAMI)

- NAMI presentations take place during September. Each class will spend one PE class period with NAMI.
- **6th Grade: Ending The Silence**
 - Program Description: The purpose of this presentation is to help middle schoolers understand how mental illness makes a big difference in the lives of individuals. They will be teaching the students about the warning signs for themselves and their friends. NAMI Ending the Silence helps raise awareness and change perceptions around mental health conditions.
 - For more information please visit <https://namimetsub.org/our-programs/community-programs/ending-the-silence>
- **7th Grade: Stress Less: Resilience for Success!**
 - Program Description: Stress Less: Resilience for Success is an in-school presentation for middle and high school students. Teenagers are experiencing stress at high levels for many different reasons: school, friendships, family relationships, extracurricular activities, and more. This presentation teaches students how to identify causes of stress, develop stress management techniques, and practice mindfulness. Mindfulness not only reduces stress and anxiety in individuals but leads to better school performance and overall well-being. By addressing this community need, NAMI Metro Suburban hopes to teach students how to reduce stress and practice good mental health behaviors.
 - For more information please visit <https://namimetsub.org/our-programs/community-programs/stress-less-resilience-for-success>
- **8th Grade: Stress Less 201: Mental Fitness**
 - Program Description: A follow up to Stress Less: Resilience for Success, this program teaches stress management techniques including failure and growth mindset, gratitude, changing negative thought patterns, flow, and progressive muscle relaxation. Teenagers may experience stress daily from sources like school demands and frustrations, negative thoughts or feelings about themselves, changes in their bodies, problems with friends and/or peers at school, and more. Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful, and they may not always have the resources to cope. Some teens become overloaded with stress which can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol use. By learning practical mental fitness techniques, teenagers can begin to manage stress and live happier lives.
 - For more information please visit <https://namimetsub.org/our-programs/community-programs/stress-less-201-mental-fitness>

Sarah's Inn: *Together Strong Project*

- Sarah's Inn has been moved to a different time period each of the past few years. This year it will take place between Tuesday, January 20, and Friday, January 23.
- 6th grade: ***Together Connect***
 - Helps students navigate peer relationships and identify the emotional consequences for choices made in person and online. The curriculum highlights topics including healthy friendships, methods for addressing interpersonal differences, positive decision-making skills, and responsible online interactions. Students will be asked to think critically about the behaviors of themselves and those of their peer group.
- 7th grade: ***Together Discover***
 - Helps students understand adolescent dating relationships and identify the emotional consequences for the choices they make. The curriculum highlights topics including identifying personal values, developing empathy, mastering positive coping skills, and building healthy relationships. Students will be asked to think critically about their actions, feelings, and motivations in order to better navigate the challenges and obstacles they face.
- 8th grade: ***Together Prepare***
 - Helps students understand adolescent dating relationships and identify the emotional consequences for the choices they make. The curriculum highlights topics including healthy dating relationships, conflict management, positive coping skills, and responsible online interactions. Students are asked to articulate their individual rights and corresponding responsibilities within interpersonal relationships, and to practice thinking critically about the causes and consequences of their choices, and to create healthy personal boundaries.
- For more information, please visit www.sarahsinn.org.

Additional Speakers throughout the year:

Erin's Law by Victor Pacini. The goal of this program is to create a safe and engaging environment where children will learn about the dangers of abuse and the difference between safe and unsafe touching. Through a personal story of a boy's experience with abuse and how he kept it a secret. The discussion of how unsafe secrets are not healthy to keep. To empower children to have a voice in who they are, the confidence to speak up, and the awareness to recognize a potentially dangerous situation.

For more information, please visit www.victorpacini.com/.

Candor Health Education

6th Grade: Puberty: Navigating Changes II presentation by Candor Health Education. This class builds on Understanding Changes, focusing on the effects of changes during puberty. With additional information on both the male and female anatomy, students will explore the concept of respect for themselves and others. Difficult topics such as sexual harassment and sexting are explored through age-appropriate scenarios.

Students will:

- Demonstrate ways to maintain healthy relationships
- Identify functions of reproductive organs
- Recognize the role hormones play during puberty
- Identify strategies for staying safe online

- For more information, please visit <https://candorhealthed.org/puberty-2-navigating-changes/>

7th Grade: Candor Health Education will present its Teen Sexual Health I program. Program goals: This redeveloped program provides students with straightforward information about sexuality and its risks using an engaging storytelling approach. Science-based program topics include forms of sexual contact, teen pregnancy and contraception, and the signs and consequences of sexually transmitted infections (STIs). Additionally, topics such as identity and values, healthy communication, consent, and gender are explored. Based on the program content, educators lead students in identifying the skills and strengths that they possess to make responsible sexual choices.

Students will...

- Recognize that the decisions they make can impact their sexual health
- Identify the powers they possess to make decisions about their sexual health
- Understand sexual intercourse and its relationship to human reproduction
- Understand STIs, how they are transmitted, and ways to minimize the risk of transmission
- For more information, please visit <https://candorhealthed.org/teen-sexual-health-1/>.

8th Grade: Candor Health Education will present its Teen Sexual Health II program. Program goals: This entirely new program picks up where Teen Sexual Health I left off. In Teen Sexual Health II, students explore the far-reaching impact of sexting, the importance of setting boundaries in relationships, the warning signs of an unhealthy relationship, the impact of alcohol or other drugs on sexual decision making, and the impact of sexually explicit pictures and videos. With a focus on respect for self and others, students are provided with conversation starters to help navigate boundary-setting and consent.

Students will...

- Use sources of factual information to make decisions about my sexual health
- Understand how STIs are transmitted and ways to reduce risk
- Understand how pregnancy occurs and ways to reduce risk
- Recognize why boundaries are important to keep in-person and online relationships healthy and safe
- For more information, please visit <https://candorhealthed.org/teen-sexual-health-2/>.