PrepareU®
Mental Health Curriculum

Ages 13 - 18 Years / Grades 9 - 12

HECAT Module MEH Standards

	MEH1.12.1 Analyze interrelationship of various facets of health	MEH1.12.2 Analyze characteristics of a mentally & emotionally healthy person	MEH1.12.3 Analyze how mental & emotional health can affect health-related behaviors	MEH1.12.4 Summarize healthy ways to express affection, love, friendship, & concern	MEH1.12.5 Summarize strategies for coping with loss & grief	MEH1.12.6 Differentiate between a positive & negative body image	MEH1.12.7 Analyze the causes, symptoms, & effects of depression	MEH1.12.8 Analyze the causes, symptoms, & effects of anxiety	MEH1.12.9 Analyze strategies for managing & reducing interpersonal conflicts	MEH1.12.10 Analyze how sharing personal information online can impact mental health	MEH1.12.11 Explain the effects of eating disorders on healthy growth and development	MEH1.12.12 Summarize characteristics of someone who has self-respect and self-control	MEH1.12.13 Analyze how pro-social behaviors can benefit overall health	MEH1.12.14 Summarize personal stressors at home, in school, and with friends	MEH1.12.15 Explain the body's physical & psychological responses to stressful situations	MEH1.12.16 Evaluate effective strategies for dealing with stress	MEH1.12.17 Summarize impulsive behaviors & strategies for controlling them	MEH1.12.18 Justify why people with eating disorders need professional help	MEH1.12.19 Determine when to seek help for mental and emotional health problems	MEH1.12.20 Describe personal characteristics that make people unique	MEH1.12.21 Summarize the benefits of living in a diverse society	MEH1.12.22 Summarize how intolerance can affect others	MEH1.12.23 Explain how to build and maintain healthy family and peer relationships	MEH1.12.24 Analyze characteristics of healthy relationships	MEH1.12.25 Summarize the qualities of a healthy dating relationship	MEH1.12.26 Evaluate effective strategies for dealing with difficult relationships
Program	x	x	x	x	x		x	x	x	x		x	x	x	x	x	x		x	x		x	x	x	x	x
Class 1 Self-Reflection																				x						
Class 2 Personal Narrative & Mentalization																				x						
Class 3 Personality & Biopsychosocial	x		x					x							x	x	x			x						
Class 4 Biopsychosocial Reflection	x		x					x							x	x	x			x						
Class 5 Cognitions & Behavior							x																			
Class 6 Anxiety & Stress			x					x					x	x	x	x	x									
Class 7 Anger																	x									
Class 8 Suicide																	x		x							
Class 9 Family Systems & Grief	x				x															x			x	x		x
Class 10 Mental Health & Stigma			x																			x				
Class 11 Social Media & Technology										x																
Class 12 Relationships 1 Perceptions		x		x					x			x							x				x	x	x	x
Class 13 Relationships 2 Connections		x		x					x			x							x				x	x	x	x
Class 14 Meaningful Engagement	x																									
Class 15 It's Okay To Make Mistakes																										

	MEH2.12.1 Explain the influences of public policies on mental & emotional health	MEH2.12.2 Analyze how culture supports & challenges health beliefs & behaviors	MEH2.12.3 Analyze how peers & perceptions of norms influence health behaviors	MEH2.12.4 Analyze how personal attitudes, values, & beliefs influence health behaviors	MEH2.12.5 Analyze how some health risk behaviors interact	MEH2.12.6 Analyze how regulations influence mental health promotion & prevention	MEH2.12.7 Analyze how school & community affect mental & emotional health practices	MEH2.12.8 Analyze the effect of media & technology on mental & emotional health	MEH2.12.9 Differentiate the relevant influences on mental & emotional health practices	MEH2.12.10 Analyze the factors that influence obtaining health products & services	MEH3.12.1 Evaluate the validity & reliability of mental & emotional health information	MEH3.12.2 Evaluate the validity and reliability of mental and emotional health products	MEH3.12.3 Evaluate the validity and reliability of mental and emotional health services	MEH3.12.4 Determine the accessibility of valid & reliable mental health products	MEH3.12.5 Determine when professional mental health services may be required	MEH3.12.6 Determine the accessibility of valid & reliable mental health services	MEH3.12.7 Use resources that provide valid & reliable mental health information	MEH3.12.8 Use valid & reliable mental & emotional health products	MEH3.12.9 Use valid & reliable mental & emotional health services
Program		x	x	x	x		x	x	x	x					x	x	x	x	x
Class 1 Self-Reflection									x										
Class 2 Personal Narrative & Mentalization																			
Class 3 Personality & Biopsychosocial									x										
Class 4 Biopsychosocial Reflection									x										
Class 5 Cognitions & Behavior				x														x	x
Class 6 Anxiety & Stress			x		x		x		x										
Class 7 Anger					x				x										
Class 8 Suicide					x				x						x	x	x	x	x
Class 9 Family Systems & Grief									x										
Class 10 Mental Health & Stigma		x	x				x		x	x									
Class 11 Social Media & Technology								x	x										
Class 12 Relationships 1 Perceptions									x						x	x	x	x	x
Class 13 Relationships 2 Connections									x						x	x	x	x	x
Class 14 Meaningful Engagement				x					x										
Class 15 It's Okay To Make Mistakes																			

	MEH4.12.1 Demonstrate effective communication skills to enhance mental health	MEH4.12.2 Demonstrate how to manage using social media to prevent conflict	MEH4.12.3 Demonstrate effective peer resistance, negotiation, and collaboration skills	MEH4.12.4 Demonstrate effective strategies to prevent, manage, or resolve conflict	MEH4.12.5 Demonstrate how to effectively ask for assistance to improve mental health	MEH4.12.6 Demonstrate how to effectively offer assistance to improve mental health	MEH5.12.1 Examine barriers to making a healthy decision related to mental health	MEH5.12.2 Determine the value of applying thoughtful decision making to mental health	MEH5.12.3 Justify when individual or collaborative decision making is appropriate	MEH5.12.4 Analyze how family, culture, media, peers, & personal beliefs affect decisions	MEH5.12.5 Generate alternatives when making a mental health-related decision	MEH5.12.6 Predict potential short-term and long-term consequences of decisions	MEH5.12.7 Choose a healthy alternative when making a mental health-related decision	MEH5.12.8 Evaluate the effectiveness of mental and emotional health-related decisions
Program	x	x	x	x	x	x	x	x		x	x	x	x	
Class 1 Self-Reflection														
Class 2 Personal Narrative & Mentalization						x								
Class 3 Personality & Biopsychosocial						x								
Class 4 Biopsychosocial Reflection	x					x				x			x	
Class 5 Cognitions & Behavior	x					x		x					x	
Class 6 Anxiety & Stress			x			x	x			x		x	x	
Class 7 Anger				x		x								
Class 8 Suicide					x	x		x		x	x		x	
Class 9 Family Systems & Grief	x					x				x			x	
Class 10 Mental Health & Stigma			x		x	x	x			x		x	x	
Class 11 Social Media & Technology		x				x								
Class 12 Relationships 1 Perceptions	x	x	x	x	x	x								
Class 13 Relationships 2 Connections	x	x	x	x	x	x								
Class 14 Meaningful Engagement	x				x	x		x						
Class 15 It's Okay To Make Mistakes					x	x								

	MEH6.12.1 Assess personal mental and emotional health practices and behaviors	MEH6.12.2 Set a realistic personal goal to improve or maintain positive emotional health	MEH6.12.3 Assess the barriers to improve or maintain positive emotional health	MEH6.12.4 Develop a plan to achieving a goal to improve positive emotional health	MEH6.12.5 Implement strategies to achieve a personal mental health goal	MEH6.12.6 Use strategies to overcome barriers to achieving a goal to improve health	MEH6.12.7 Formulate an effective long-term personal health plan	MEH7.12.1 Analyze the role of individual responsibility in enhancing personal health	MEH7.12.2 Evaluate personal mental health practices that reduce health risks	MEH7.12.3 Demonstrate healthy mental health practices to improve health	MEH7.12.4 Make a commitment to practice healthy mental health behaviors	MEH8.12.1 Use positive peer & societal norms to formulate health-enhancing messages	MEH8.12.2 Persuade and support others to make positive mental health choices	MEH8.12.3 Collaborate to advocate for improving personal, family, & community health	MEH8.12.4 Encourage community environments to promote the mental health of others	MEH8.12.5 Adapt mental & emotional health messages for a specific target audience	MEH8.12.6 Persuade community leaders about the importance of mental health
Program	x	x	x	x	x	x				x	x		x				
Class 1 Self-Reflection	x																
Class 2 Personal Narrative & Mentalization	x												x				
Class 3 Personality & Biopsychosocial	x																
Class 4 Biopsychosocial Reflection	x	x		x						x	x		x				
Class 5 Cognitions & Behavior	x				x												
Class 6 Anxiety & Stress		x		x	x					x	x						
Class 7 Anger		x		x	x					x	x						
Class 8 Suicide	x		x	x	x	x											
Class 9 Family Systems & Grief	x												x				
Class 10 Mental Health & Stigma	x																
Class 11 Social Media & Technology	x																
Class 12 Relationships 1 Perceptions		x		x	x					x	x						
Class 13 Relationships 2 Connections																	
Class 14 Meaningful Engagement	x	x		x	x					x	x						
Class 15 It's Okay To Make Mistakes	x	x		x	x					x	x						

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