

Supporting the Mental & Emotional Health of Youth

Ripple Effects for successful prevention and mental health promotion

Ripple Effects for Teens (gr. 6 -12) or *Kids* (gr. 2 -5) are proven, trauma-informed digital programs, aligned with federal (and most states') mental health frameworks. Schools can use recommended lesson scopes and to provide effective prevention training for youth in grades 2 through 12 in areas related to youth mental health awareness and well-being, including suicide, substance abuse, bullying and cyber-bullying prevention, anxiety and depression.

Promoting youth understanding, skills and attitudes about mental health. The recommended lessons provide information and skill-building for the most frequently occurring mental health challenges youth face.

Extensive prevention curricula. Includes lessons, with the option to add more, in the areas of bullying, cyber-bullying, substance abuse, violence and suicide prevention, developing strengths that can reduce risks. The programs build a stronger sense of self, stronger refusal skills, critical thinking skills, and skills in managing feelings.

Builds healthy coping skills and promotes positive mental health. Use of alcohol and drugs as a response to depression and anxiety predicts school failure, behavior problems, and more depression. Research has shown use of *Ripple Effects* training in psycho-social strategies, as part of a program including exercise and personal supports, resulted in decreased rates of depression among seven cohorts of depressed youth, as well as improved behavioral and academic outcomes.

Enhances help-seeking self-efficacy, addresses stigma. Ripple Effects learner-directed program is available for ongoing mental & behavioral health supports and personal problem-solving, specific to each student's personal contexts. Youth have the opportunity to privately address, without stigmatization, the underlying issues that are of most concern to them, or put them at risk.

Strategies to support peers. Statistically, peers provide the most help in preventing suicidal youth from completing suicide. In addition to the lesson "Suicide – friend," *Ripple Effects* age appropriate programs contain lessons that teach youth how to address signs of distress in their peers, and strategies to support them.

Awareness of resources and delivers a clear message to youth how to access help. All lessons require the user to identify people who can help them, and the lessons related to harming behaviors, teach skills such as asking for help, and point them, within the program, to community resources.

Example: Ripple Effects for Teens Lessons			
6th Grade	Strengths Liking yourself Body image Social media	Making friends Managing feelings Loneliness Managing change	Stress Asking for help Bullied Suicidal
7th Grade	Anxiety Loneliness Mental health issues Help – getting it	Self-talk Self-calming Coping Substance abuse	Saying what you need Suicidal friend Peer pressure Online safety
8th Grade	Temperament Managing anger Triggers – outside Calming breath	Getting support Sadness Hopeless Self-injury	Helping others Making decisions Alcohol Drugs
9th Grade	Aware of yourself Setting goals Depression Feeling crazy	Choosing friends Risky behavior Drinking too much Marijuana	Predicting consequences Resources Parent – talking to Brush it off
10th Grade	Risk and protection Values Agency Resilience	Trauma Expressing feelings Aggression Asserting yourself	Active listening Communication skills Discrimination Money – not enough
11th Grade	Connecting with others Optimism Controlling impulses Practicing happiness	Pressure to succeed Fear of failing Anxiety attacks Using counselors	Setting limits Assertive message Assertive posture Assertive reasons
12th Grade	Reliance - self Perseverance Future Self-advocacy	Change – unplanned Control taking Resolving conflict Assertive voice	Practicing happiness Exercise Mentors After high school

Customize to your site. To meet particular risk factors or provide more targeted instruction in areas of mental & emotional health and areas of prevention, we recommend schools further customize the above grade-level scopes by selecting from skill-building lessons from this list taken from the more than 420 lessons in *Ripple Effects for Teens*.

Social skills	Drugs – antidepressants	Family violence	Death
Communicating feelings	Drugs – depressants	Attachment problems	Grief
Norms	Drugs – designer	Natural disasters	Rejected
Laughing	Drugs – hallucinogens	Obsessing	Shyness
Eating – healthy	Drugs – opioids	Bullying	Isolated
Exercise type	Drugs – prescription	Sleep problems	Shame
Reporting	Drugs – inhalants	Learning disability	Survivor guilt
Aches and pains	Drugs – marijuana	Gender identity	Weapons
Physical sensations	Drugs – Ritalin	Sexual orientation	Hospitalization
Faith	Synthetic drugs	Rape – victim	Drunk driving
Quitting habits	Steroids	Sexually abused	Addicted
Vaping	Heroin	Addicted parent	
Prescription drugs	Meth		
Tobacco – smoking	Cocaine		