

# School Mental Health



## Standards:

This course aligns to all of the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Content Knowledge, Application of Content, Assessment, Planning for Instruction and Instructional Strategies.

It also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners, Teachers Know Content, Teachers Facilitate Learning and Teachers Analyze and Reflect.

Mental health is an essential component of any classroom.

The first section of this course explores trauma-informed teaching strategies. Educators will learn how trauma impacts learning behaviors, and the strategies they can adopt to help students regulate their emotions, build resilience, and thrive both within and beyond the classroom.

The second section deals with bullying – an unpleasant but inevitable part of life that happens in virtually every social group. Through video role plays, teachers will discover an innovative anti-bullying methodology that empowers students to not become victims.



Certificate of  
Completion



100% Online



Quizzes

# School Mental Health

## Course Outline

### SECTION A: Trauma Sensitive Teaching

#### LESSON 1: Understanding Trauma

- What is trauma?
- Signs and executive functioning of trauma
- Teaching methodologies
- Trauma and resilience

#### LESSON 2: Building Resilience

- What is resilience?
- Identify and label emotions
- Nurturing competence and tone of voice
- Promoting self-advocacy and problem-solving

#### LESSON 3: Trauma-induced Anxiety

- Types of anxiety
- Relationship building
- Resolving conflicts
- Fostering self-efficacy

#### LESSON 4: Creating Trauma-supportive Classrooms

- Physical organization and psychological culture
- Consistency and predictability
- Behavior strategies
- Homework, test and social anxiety

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## Course Outline

### SECTION B: Bullying: The Golden Rule Approach

#### LESSON 1: Understanding Bullying

- The role and impact of bullying among students
- The Golden rule (The Law of Reciprocity) – Meaning and Application
- Similarities between a bully and a victim
- Friendly Approach vs Bully Approach

#### LESSON 2: Principles

- Principles and Recommended practices while dealing with bullying
- Implementing the Golden Rule
- Teacher's role: Judge or Disciplinarian
- Freedom of speech and limits of speech

#### LESSON 3: Bullies to Buddies (B2B) Rules

- Strategies to help students turn bullies into their buddies
- Closer look on the B2B Strategies with video demonstrations
- Applying the B2B practices under various circumstances

#### LESSON 4: How You Can Help

- Handling Verbal attacks and rumors
- Tackling physical attacks among children
- Dealing with Cyber-bullying
- Tackling bullying effectively in the workplace



10 Hours  
of Learning



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