

Lesson Plan

Grade Level: 9-12	Subject: Anchor Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Topic:	Content Area: Health HE 1.2
Lesson Focus and Goals: Describe the interrelationships of emotional, mental, physical, social, spiritual, and environmental health.	
Resources: (Including Websites): <ul style="list-style-type: none">• Teen PSA - The Greatest Save Teen PSA Program• Mental Health -Reach Out• Mental Health/Anxiety – Just Breathe• Depression – Check on Your Friends• Depression – Don’t Let Depression Consume You	
Materials Needed: <ul style="list-style-type: none">• Audio and visual equipment• Internet	Learning Objectives: <ul style="list-style-type: none">• Identify symptoms and methods of treatment of mental health disorders, including depression, and stress.
Structure / Activity: <ul style="list-style-type: none">• Conduct lesson as determined by the school district.• Use one or more of the Teen PSAs, 30-second Public Safety Announcements, to introduce, explain the topic, or end the lesson.<ul style="list-style-type: none">• Allow students to discuss the TPSA.• Connect the TPSA to the lesson.	
Assessment: <ul style="list-style-type: none">• Give each student an exit slip asking:<ul style="list-style-type: none">• Did you learn anything new?• Will this change anything you do in the future?• Will you share this information with someone else?• Allow students to create TPSA for a class project.	