



# MENTAL HEALTH PRESENTATION

6th

# ACTIVATOR WARNING

The following presentation involves content that may be activating or triggering, including topics of mental health, mental illness, suicide, trafficking, substance use, and physical and emotional abuse. If you or someone you know is struggling with the content or with related situations, please contact any of the following supports:

- Trusted Teacher/Adult
- Certified School Counselor
- Social Worker
- District Mental Health Counselor



WHAT IS HEALTH?

# WHAT IS HEALTH?

- Physical and Mental Health
- Recognize the physical and mental health needs of ourselves and others
- Use our personal power to decrease the stigma associated with mental illness




# KEY TERMS - MENTAL HEALTH

- **Healthy**
  - Being in good health.
- **Helping Professional**
  - A qualified professional who helps others with their mental wellbeing.
- **Mental Distress**
  - The emotional response to daily challenges that results in thoughts, feelings, and actions.
- **Mental Health**
  - A person's emotional wellbeing that affects thoughts, feelings, and actions.
- **Mental Health Problems**
  - The stronger or more intense emotional response to greater life challenges.



# KEY TERMS - CONTINUED

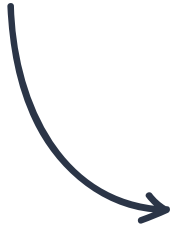
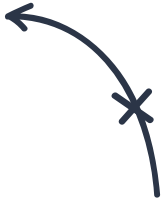


- **Mental Illness**
    - Extreme difficulty or changes in thoughts, feelings, and actions that lasts over time and interferes with daily activities. Mental illness is a medical condition that requires diagnosis and help from a qualified helping professional.
  - **Mental Wellbeing**
    - Being able to handle the stressful and unexpected things that happen in daily life. Managing thoughts, feelings, and actions positively.
  - **Physical Health**
    - The health or condition of your body.
  - **Physical Wellbeing**
    - Physical wellbeing is more than just the health of your body. Physical wellbeing includes the lifestyle choices that promote and enhance physical wellness.
  - **Stigma**
    - A negative or disapproving attitude or belief that can cause people to avoid or fear something; usually a result of lack of knowledge or understanding.
  - **Unhealthy**
    - Being in poor health
- 

# MENTAL WELLBEING

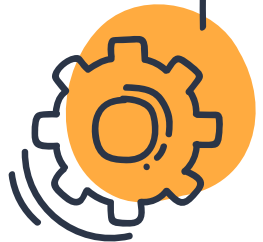
- Mental health includes:
  - Sense of self-esteem and self-confidence
  - Identify, express and regulate emotions
  - Set and achieve goals
  - Recognition of one's creative skills
  - The ability to expand knowledge and skills
  - Feel and show empathy for others
  - Create and maintain satisfying relationships

- Good Physical Health
  - Physical Illness
- Good Mental Health
  - Mental Illness



# STIGMA

- Stigma
  - A negative or disapproving attitude or belief that can cause people to avoid or fear something
  - Usually a result of lack of knowledge or understanding.
- Mental health is often stigmatized.
  - When diagnosed with a physical illness, do we judge or blame the person?
  - When diagnosed with a mental illness, have you or have you seen others judge or blame the person?
- There are often predetermined thoughts, ideas, and judgements about mental illness which are untrue and can be harmful
  - Usually a lack of knowledge or understanding





# HEALTH IS LIKE THE WEATHER

- Sunny Day

- Feel healthy
- Thoughts are clear
- Making good choices
- Do not need any help

- Rainy Day

- May not feel as healthy
- Some aches, pains, or struggles
- May not think as clearly
- May act out on your emotions
- A friend, parent, trusted adult, or school counselor may be helpful

- Stormy Day

- Feel unhealthy, sick, or injured
- Strong feelings and emotions are overwhelming
- Thoughts are jumbled
- Actions may be out of your control
- Doctor or helping professional may be required



# UNDERSTANDING MENTAL AND PHYSICAL HEALTH

- Everyone has mental and physical health
- Are times we may get sick or injured and need help to get better
- Understanding mental and physical needs helps us understand when to seek help





WHAT IS MENTAL ILLNESS?



# STIGMA

- Often a stigma associated with mental illness
- Negative ideas and beliefs usually stem from a lack of understanding
- Can keep some people from seeking needed help
- Understanding mental health helps us decrease the stigma.



# KEY CONCEPTS - MENTAL ILLNESS



- 
- 
- **Healthy:**
    - Being in good health.
  - **Helping Professional:**
    - A qualified professional who helps others with their mental wellbeing.
  - **Mental Distress:**
    - The emotional response to daily challenges that results in thoughts, feelings, and actions.
  - **Mental Health:**
    - A person's emotional wellbeing that affects thoughts, feelings, and actions
  - **Mental Health Problems:**
    - The stronger or more intense emotional response to greater life challenges.
  - **Mental Illness:**
    - Extreme difficulty or changes in thoughts, feelings, and actions that lasts over time and interferes with daily activities. Mental illness is a medical condition that requires diagnosis and help from a qualified helping professional


# KEY CONCEPTS, CONTINUED

- **Mental Wellbeing:**
  - Being able to handle the stressful and unexpected things that happen in daily life. Managing thoughts, feelings, and actions positively.
- **Physical Health:**
  - The health or condition of your body.
- **Physical Wellbeing:**
  - Physical wellbeing is more than just the health of your body. Physical wellbeing includes the lifestyle choices that promote and enhance physical wellness.
- **Stigma:**
  - A negative or disapproving attitude or belief that can cause people to avoid or fear something; usually a result of lack of knowledge or understanding.
- **Unhealthy:**
  - Being in poor health



# CAUSES OF ILLNESS



- Causes of physical illness or injury.
  - How do you catch a cold?
    - From germs - by touching something that has germs, drinking after someone who is sick.
  - How do you get asthma?
    - From genes - a person's airways constrict or get smaller which makes it hard to breathe
  - How could someone sprain their ankle?
    - From moving the wrong way -a fall, a car accident, playing sport
  - Sometimes we don't know exactly what causes a person to get sick or injured
  - Can be many causes of physical injuries and illness, there can also be many causes of mental illnesses and mental health problems
    - Biological factors
    - Genetics or heredity
    - Illness
    - Injury
    - Environmental factors
  - Mental illness is NOT caused by personal weakness or poverty
- 

# HOW THE BRAIN IS INVOLVED IN MENTAL HEALTH


- You needed to deliver an important message to a friend, but the door is locked
- Can you deliver the message?
- Can you deliver the message correctly?
- What could happen?
  - Your friend may go home on the bus
  - Your friend may not know what to do
- When a message is not sent or delivered accurately, it can cause problems
- Brain sends messages to different parts of itself through neural pathways and connections
  - Pathways get blocked or broken and the communication is disrupted







# THE BRAIN, CONTINUED



- Can cause thoughts, feelings, or behaviors to be affected
  - Could cause someone to have very sad thoughts, very strong emotions, or cause their behaviors to change
    - Might be a signal of mental illness or a mental health concern
  - Intense thoughts, strong emotions, and changes in behavior do not always signal mental illness
    - Could be normal or expected reactions to life events
    - For example, feeling anxious or worried about moving to a new town
    - Feeling grief and wanting to be alone after the death of a family member
    - Sleeplessness and fear about a hurricane on the way
  - Reactions are often temporary, could be normal
  - Cause for concern based on intensity and duration of reaction
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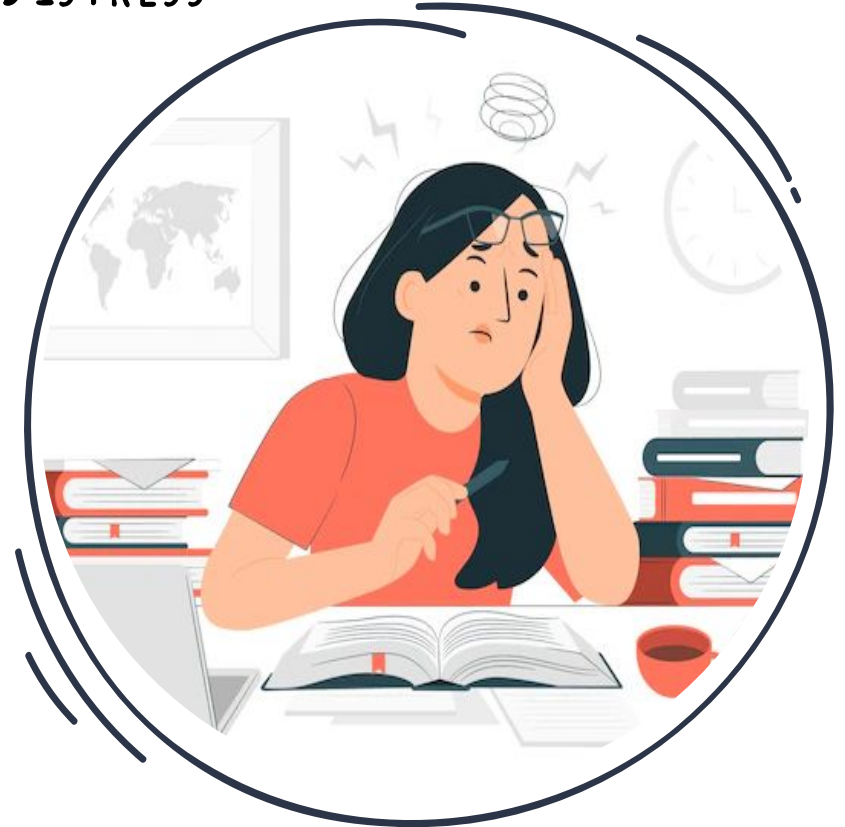
# STATES OF MENTAL HEALTH



- 
- 
- Everyone goes through a range of emotions and mental health states
  - Stressful events/situations can generate a reaction
  - Difference between temporary emotional reaction and a mental health concern/mental illness
  - Sunny Day
    - Feel healthy
    - Thoughts are clear
    - Making good choices
    - Do not need any help
  - Rainy Day
    - May not feel as healthy
    - Some aches, pains, or struggles
    - May not think as clearly
    - May act out on your emotions
    - A friend, parent, trusted adult, or school counselor may be helpful
  - Stormy Day
    - Feel unhealthy, sick, or injured
    - Strong feelings and emotions are overwhelming
    - Thoughts are jumbled
    - Actions may be out of your control
    - Doctor or helping professional may be required

# STATES OF MENTAL HEALTH - MENTAL DISTRESS

- The emotional response to daily challenges that results in thoughts, feelings and actions
- A person may think:
  - “I don’t want to do this”
  - “I don’t like what is happening”
  - “I can’t do this”
- A person may feel:
  - Anxious
  - Sad
  - Upset
  - Confused
  - Angry



# MENTAL DISTRESS, CONTINUED

- A person's body may:
  - Have stomach butterflies
  - Tense muscles
  - Shed a few tears
- A person may:
  - Start working on a plan to deal with the situation
  - Do what they did last time to handle the problem
  - Ask for help



# STATES OF MENTAL HEALTH - MENTAL HEALTH PROBLEM

- The stronger or more intense emotional response to greater life challenges.
- A person may think:
  - “I can’t handle this”
  - “I want things to be the way they were before”
  - “I will never get over this”
- A person may feel:
  - A great deal of anxiety
  - Extreme sadness
  - Tremendous grief
  - Very angry





# MENTAL HEALTH PROBLEM, CONTINUED

- A person's body may:
  - Not be able to sleep or sleep too much
  - Not be able to eat or eat too much
- A person may:
  - Have problems getting along with family or friends
  - Have problems doing the things they usually do
  - Need to ask for help from a friend, trusted adult or helping professional



# STATES OF MENTAL HEALTH - MENTAL ILLNESS



- 
- 
- Characterized by extreme difficulty or changes in thoughts, feelings, and actions
  - Lasts over time and interferes with daily activities
  - Medical condition that requires diagnosis and help from a qualified helping professional
  - A person may have thoughts that are:
    - Hopeless
    - Unrealistic or delusional
    - Suicidal
  - A person may feel:
    - Overwhelming anxiety
    - Uncontrollable sadness
    - Tremendous grief
    - Extreme anger or rage
    - Mania - unusually elevated mood, impulsivity

# MENTAL ILLNESS, CONTINUED

- A person's body may have:
  - Extreme tiredness, can't get out bed
  - Inability to sleep - staying up for days at a time
  - Uncontrollable movements or twitches
  - Severe eating problems
- A person may:
  - Withdraw from family or friends
  - Refuse to participate in things they used to enjoy
  - Not be able to leave the house
  - Try to harm themselves
  - Have problems doing the things they usually do
- Must seek help from a trained mental health professional who can provide the needed care.






# DECREASING STIGMA

- Can make assumptions that may or may not be true
  - Might be afraid of what we do not understand
  - Might avoid it
- Important to work on decreasing stigma associated with mental health concerns
  - Because of stigma, someone might feel embarrassed to admit they are having a hard time
  - Can lead to reluctance to talk about what they're experiencing or to seek help



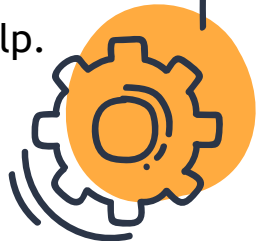
# HOW TO DECREASE STIGMA



- Talk openly about mental health
    - Everyone struggles sometimes
  - Learn about mental health and mental illness
  - Challenges with physical and mental health can be the result of a treatable illness
    - If you had a broken leg, you'd go to the doctor
    - If you're experiencing a mental health concern, seek help from a mental health professional
  - Show compassion for those with mental illness
    - Just as you would show compassion for someone with a physical illness
    - Never make fun of or bully someone because of mental health
  - It's OK to talk about it.
    - Be honest about what you're feeling and seek help if you need it
- 

# CREATING POSITIVE STATEMENTS

- It's okay...
  - It's okay to feel sad. It's okay to ask for help. It's okay to talk to a friend.
- Everyone needs...
  - Everyone needs help sometimes. Everyone needs someone to talk to. Everyone needs to cry sometimes.
- You can ask...
  - You can ask for help. You can ask to talk to a counselor. You can ask a friend to talk.
- Never forget that...
  - Never forget that someone cares. Never forget that people are here to help.
- There is always...
  - There is always someone to listen. There is always a trusted adult to help





AWARENESS AND PREVENTION

# KEY TERMS - AWARENESS AND PREVENTION

- **Suicide:**
  - Intentionally taking one's own life.
- **Suicidal ideology:**
  - Thinking about, planning for, or considering suicide
- **Important to understand the risk factors and warning signs of suicide**
- **Always seek help when there is a concern about suicide**




# MENTAL ILLNESS AWARENESS

- Involves a variety of conditions.
- Common mental illnesses:
  - Depression
  - Anxiety
  - Eating disorders.
- Never joke about or make fun of mental illness or mental health challenges
- Important to understand general information about mental illnesses
- Should not assume everyone who displays a symptom of a mental illness has one
- A qualified professional must make a diagnosis




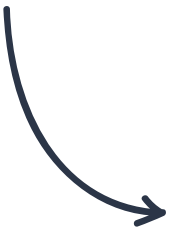
# SYMPTOMS OF COMMON MENTAL ILLNESS



- **Anxiety Disorder:**
    - Feeling extremely afraid, worried, or uneasy about a situation or thing.
    - Feelings are intense - interferes with daily activities.
  - **Bipolar Disorder:**
    - Mood or emotional disorder causing extreme mood swings
    - From an extremely happy or good mood (mania) to extremely sad, overwhelmed, or low mood (depression).
    - More extreme than usual ups and downs
  - **Conduct Disorder:**
    - Behaviors that are extremely destructive toward other people, animals, and property
    - Includes failure to follow rules and comply with requests
    - Running away or skipping school may be result of a conduct disorder
  - **Depression:**
    - Overwhelming feelings and emotions that include sadness and irritability for an extended period
    - Daily activities can be impacted
      - Sleeping
      - Eating
      - Attendance
- 

# SYMPTOMS, CONTINUED



- 
- 
- **Eating Disorder:**
    - Distorted body image
    - Dangerous, abnormal, extreme eating behaviors, including insufficient intake of food (anorexia nervosa), excessive eating (binge eating disorder), or purging after eating (bulimia)
  - **Schizophrenia:**
    - Serious mental illness
    - Disconnection between thoughts, emotions, and behaviors
    - Withdrawal from reality, delusions, difficulty thinking, speaking, or interacting in an organized way
  - **Suicide:**
    - Not a mental illness
    - May result from mental illness
    - Second leading cause of death in youth age 10 - 24
    - Defined as self-inflicted behavior with the intent to die
    - Suicidal ideation or ideology
      - thinking about, planning for, or considering suicide.



# DIAGNOSIS

- This is **not** a comprehensive list
- Most common with students in middle and high school
- Background information, not to determine a diagnosis
  - Only trained professionals can diagnose a mental illness
- Please seek help from a trusted adult if you have any concerns



# SUICIDE RISKS

- Mental illness such as depression or bipolar disorder
- Overwhelming feelings of distress or anxiety
- Perfectionism - wanting to be perfect, but feeling you are not perfect
- Low self-esteem
- Struggling in school
- Not feeling connected to or supported by family or friends
- The use and abuse of alcohol or drugs
- LGBTQ+ youth who may feel rejected



# SUICIDE WARNINGS

- Talking or writing about dying
- Making suicide plans
- Previous suicide attempts
- Giving away precious possessions
- The loss of a friend or family member to suicide
- Loss from death, divorce, or a friendship break-up
- Change in personality
- Change in behavior
- Feeling helpless or hopeless, seeing no hope for the future
- Low self-esteem
- Being or feeling isolated
- Being the victim of bullying



# SUICIDE PREVENTION

- Suicide has many causes and it is a VERY complicated issue
- If you or someone you know has thoughts or plans about suicide, you must seek help
- All threats must be taken seriously
- Sources of help can be:
  - Family member
  - Friends
  - School counselor
  - Crisis hotline
  - Suicide hotline
  - Mental health professional



# STATISTICS

- Suicide is the second leading cause of death among individuals between the ages of 10 and 34.
- Adolescent suicide is a growing problem in the United States.
- Adolescent suicide is a threat to youth of every race, ethnicity, and socioeconomic status.
- Over 90% of suicidal adolescents give clues to others prior to their attempt.
- Each day there are approximately 12 youth suicides.
- A person under the age of 25 dies by suicide every 2 hours and 11 minutes



# NATIONAL SUICIDE PREVENTION HOTLINE

**The National Suicide Prevention Hotline:  
1-800-273-8255**

**Suicide and Crisis Lifeline [call or text]:  
988**

**Mobile Crisis Response:  
211**

**Emergency Services:  
911**


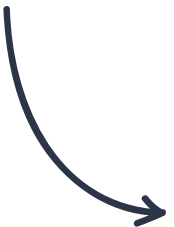


# FINDING A BETTER SOLUTION

- Permanent solution to a temporary problem
- Never a good decision
- Other options for a problem causing serious distress include:
  - Talk to a friend, parent, school counselor, trusted adult
  - Ask for help
  - Call a crisis hotline or suicide prevention hotline
- Everyone has faced a difficult situation.
- However challenging or hopeless, suicide is NEVER a solution
- No matter the problem, there is always someone who will listen and who can help.

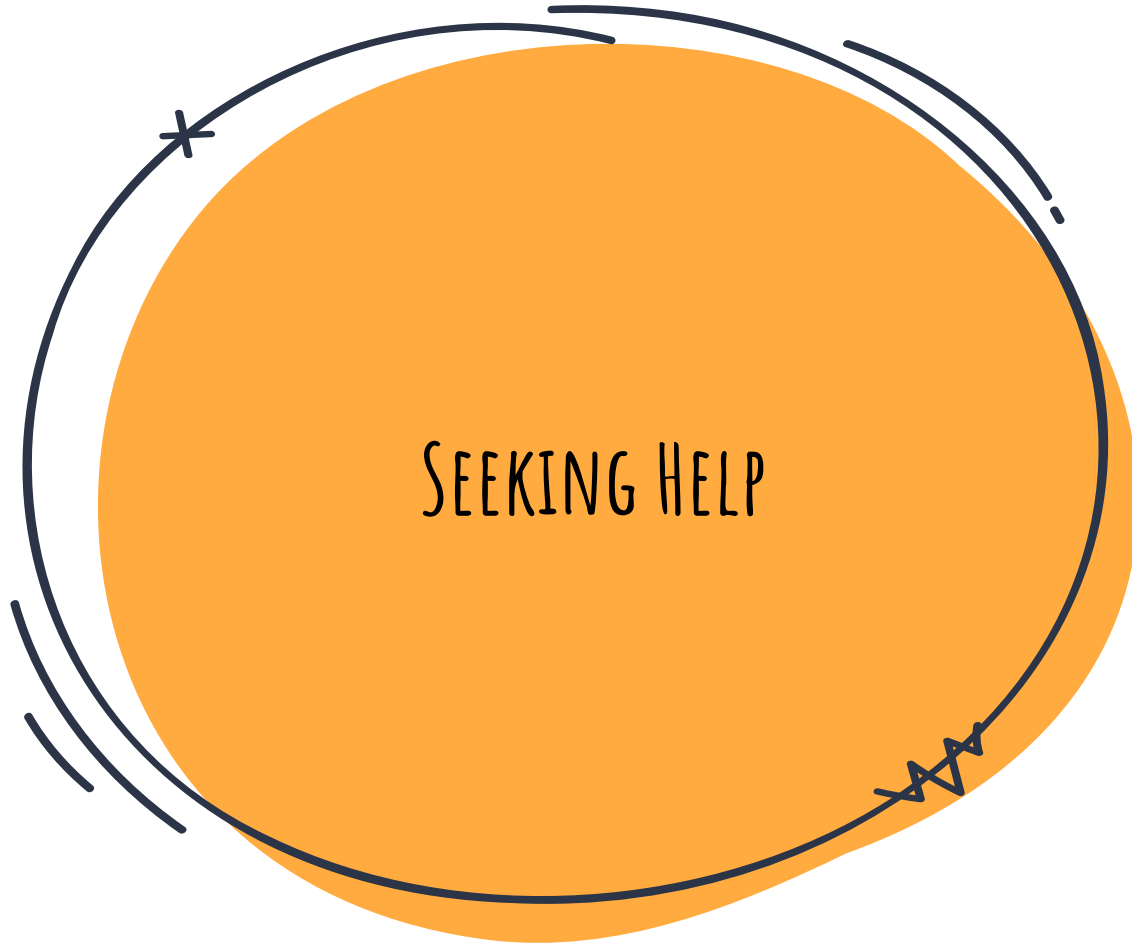
# SUPPORTING OTHERS



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- If you or anyone you know are demonstrating signs or risks of suicidal thinking or behavior, you must get help immediately
  - When someone is feeling suicidal, it is difficult to think clearly
- 

- **DON'T**
  - Try to rationalize or minimize what the person is feeling
- **DO**
  - Tell them you are concerned
  - Tell them you don't want them to hurt themselves
  - Tell them you are going to get help





# KEY TERMS - SEEKING HELP

- There are warning signs - Red Flags - that signal a mental health concern
- Important to:
  - Be aware of warning signs
  - Use personal power to seek help
- Red Flag:
  - Warning sign or signal that something is wrong and help is needed



# PHYSICAL HEALTH RED FLAGS

- Physical signals tell us our bodies need something.
- For example:
  - Need sleep - we yawn
    - Yawn is the signal that we need sleep
  - Need food - stomach growls
    - Stomach growling is a signal that we need food
- Need to pay attention to mental health Red Flags, too



# MENTAL HEALTH RED FLAGS

- There are many Red Flags to signal help is needed for our mental health
- Important to know:
  - When things are more than a “rainy day”
  - When a trusted adult or a mental health professional should be contacted
  - When you should be concerned for yourself or someone you know
- If you or someone you know is experiencing any of the red flags on the following slide, you need to seek help



# WARNING - TIME TO GET HELP

- Feeling very sad or down for more than 2 weeks (crying frequently, feeling tired, not wanting to do anything)
- Feeling scared or afraid for no reason, sometimes with racing heart or fast breathing
- Not eating, throwing up, losing a lot of weight
- Extreme mood swings that cause problems in relationships with friends and family.
- Drastic changes in behavior, personality or sleeping habits (difficulty falling or staying asleep, sleeping too much or too little, acting differently, not feeling like yourself)
- Extreme difficulty paying attention, sitting still, finishing schoolwork
- Feeling extremely worried and fearful, causing inability to complete daily activities
- No longer being interested in the activities and things someone used to like
- Trying to harm or kill oneself or making plans to do so
- Behavior that is out-of-control or dangerous that can cause harm to self or others
- Using and abusing drugs or alcohol

# SEEKING HELP

It is important to:

- Seek help for others
- Check in on ourselves
  - Supporting others comes with its own challenges



# IDENTIFYING RESOURCES

- Being aware of when you need to get help is important. It is also important to think about who you can go to for help.
- Consider:
  - Who can help when you are at school?
  - Who can help when you are at home?
  - Who can help when you are concerned about a teammate?
  - Who can help if you are worried about a neighbor?
  - Who can help if you are worried about a parent?
- **REMEMBER:** ask for help and continue to ask until you are both heard and helped.



# RESOURCES FOR TEENS



National Suicide Hotline:  
1-800-SUICIDE (784-2433)

National Alliance on Mental Illness  
(NAMI):  
800-950-6264 or text NAMI to 741741

National Suicide Prevention Lifeline:  
1-800-273-TALK (8255)


Project Safe Place:  
1-888-290-7233

SAMHSA - Substance Abuse and Mental  
Health Services Administration:  
1-300-622-HELP (4357)

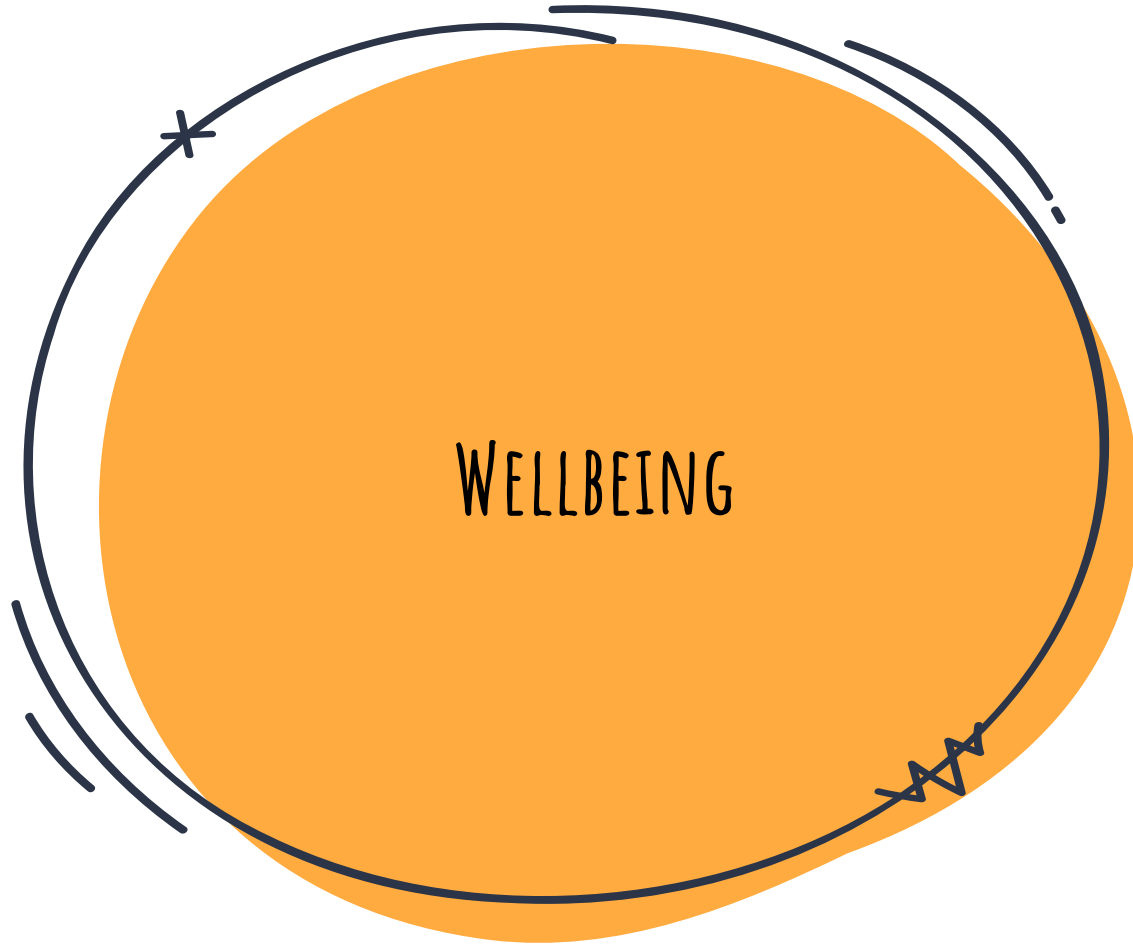
The Jason Foundation:  
1-800-274-TALK  
(8255) or text JASON to 741741

The Trevor Project:  
866-4-U-TREVOR

TeenScreen.org:  
866-833-6727







# KEY TERMS - STRESS

- Stress
  - Feeling worried or uneasy about something.
- Stressor
  - The event or circumstance that makes you feel stressed



# HEALTHY STRESS

- Stress can be healthy or unhealthy
- Normal stress - the kind that you encounter during your regular day
- Weather analogy
  - A sunny day can have clouds or sprinkles (something stressful that happens), but you can handle it and go on with your day
- Normal stress can happen:
  - When you read aloud in class
  - When introducing yourself to someone new.
- Normal stress can cause:
  - Sweaty hands
  - Butterflies in stomach
- Reactions go away quickly.
- Normal stress helps you get things done

# UNHEALTHY STRESS

- Unhealthy stress
  - More intense feelings
  - Daily life more difficult
  - Reactions continue for a much longer time
  - Reactions more serious



# IDENTIFYING STRESS

## Emotions:

- Frustrated
- Angry
- Sad
- Anxious
- Irritable
- Nervous

## Physical Reactions:

- Difficulty sleeping
- Difficulty eating/stomach aches
- Difficulty concentrating
- Headaches
- Crying

# MANAGING STRESSORS

- Stressors
  - events or circumstances that make you feel stressed
- Might include difficulty in school, a big fight with a friend, family problems, health problems
- Can use our personal power to manage stress
- CLEAR



# CLEAR THE STRESS

- Creative - Be creative
  - write a poem, draw a picture
- Like and Love - Spend time with the people you like and love
  - Go for a walk with your mom, play a video game with your friend
- Enjoy - Do the things you enjoy and that make you feel good
  - Watch a football game, read a book
- Active - Be active, get moving, exercise
  - Go for a run, take a yoga class, play basketball
- Relax - Slow down, take a deep breath, relax, and practice self-care
  - Find a quiet place to sit and relax





RELAXATION ACTIVITIES - BREATHING  
TO RELAX



A serene landscape featuring a calm lake in the foreground, reflecting the surrounding forest and mountains. The water is still, creating a clear mirror image of the trees and the distant peaks. The sky is a soft, pale blue, suggesting a clear day. The overall atmosphere is peaceful and relaxing.

# RELAXATION ACTIVITIES - ROLLING RELAXATION

# IN CONCLUSION

- Everyone has stress in their life
- Cannot always control things that cause stress
  - can often learn to manage stress
- Good stress is normal
  - helps us do what we need to do
  - Ex: study for a test
- Unhealthy stress is overwhelming
  - Can lead to mental health concerns
- Important to learn ways to manage and reduce stress





# HEALTHY LIFESTYLE CHOICES

# KEY TERMS - HEALTHY CHOICES

- **Addiction:**
  - To be physically and mentally dependent on a substance and unable to stop using it
- **Assertiveness:**
  - Using your personal power to be confident and stand up for yourself and others while also being considerate of others and not violating their rights
- **Balance of Power:**
  - Equal and shared power by people in a relationship
- **Consequence:**
  - The result or effect of the choices you make




# ASSERTIVENESS

- Assertiveness:
  - using our personal power to be confident and stand up for ourself and others while also being considerate of others and not violating their rights.
- Assertiveness can help us deal with Peer Pressure
  - To fit in
  - Feeling worried about losing a friend if you say no
  - Our friends are doing it
  - Because we want to feel older or do what the older kids are doing
  - Because they are curious
  - To ease physical or emotional pain




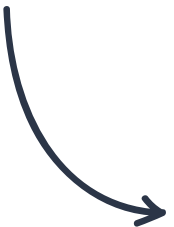
# CHOICES



- Choices result in consequences:
    - what happens after we make a choice
  - Example:
    - Choice:
      - Study for the test
    - Consequence:
      - Get a good grade
    - Choice:
      - Get high every morning and skip school
    - Consequence:
      - Fail your classes
  - Choosing drugs, alcohol, or nicotine will have consequences
    - Ex: Developing a drug abuse or addiction problem
  - Addiction:
    - To be physically and mentally dependent on a substance and unable to stop using it
- 

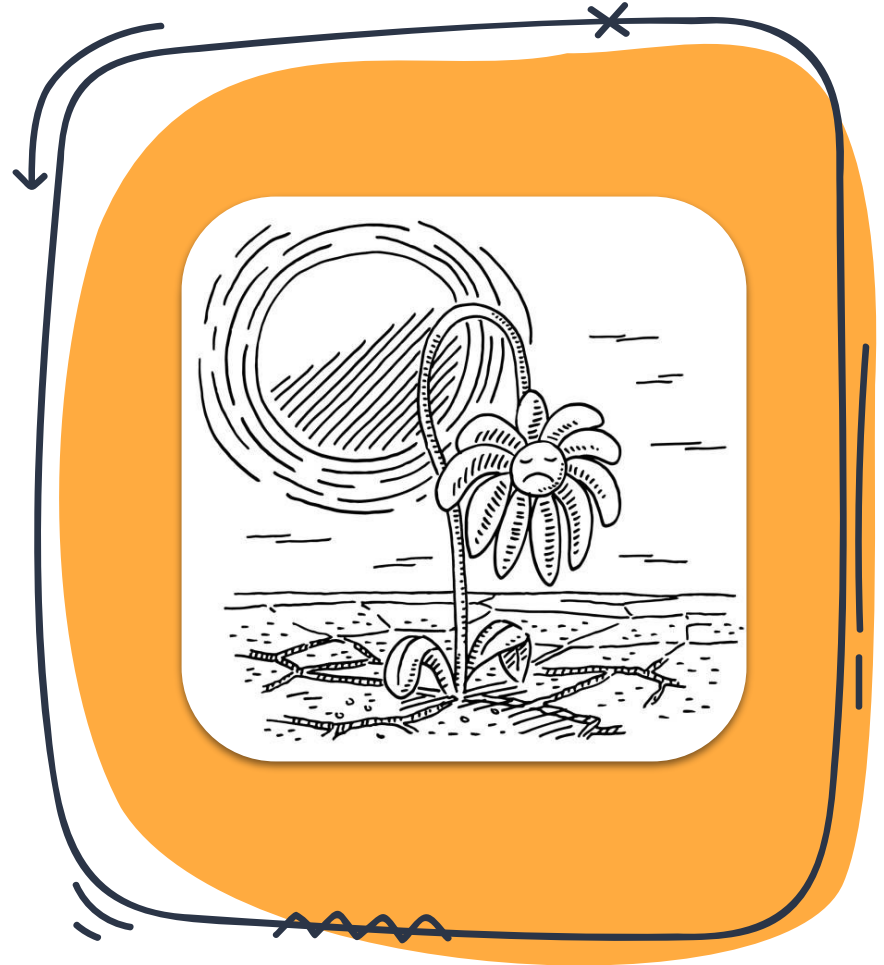
# ADDICTION



- 
- 
- Five stages of developing an addiction:
    - Trying
    - Using
    - Misusing
    - Abusing
    - Addiction
  - Reasons people try drugs:
    - Peer pressure
    - Wanting to fit in
    - Worrying about what others will think
    - Curiosity
    - Wanting to act older
    - To escape their problems
  - Important to understand the dangers of drug use and when help is needed
    - At any stage help may be required to stop
  - Personal power, can help us make healthy choices

# UNHEALTHY FRIENDSHIPS

- A “friend” who pressures you to try drugs, alcohol, or nicotine and does not respect you saying no is not a true friend
- NOT a balance of power in a relationship where one person pressures the other to do things they do not want to do







# HUMAN TRAFFICKING

# INTRODUCTION TO TRAFFICKING

- When someone is recruited, hidden, or transported against their will for services and the financial gain of another person
- "Modern-day slavery"
- Important to identify unsafe situations and unhealthy relationships
- Using personal power to maintain balance of power will help you stay safe




# KEY VOCABULARY - HUMAN TRAFFICKING

- **A.C.T.:**
  - Ask, Care, Tell.
- **Balance of Power:**
  - How power is shared by people in a relationship.
- **Coercion:**
  - Maintaining control and making someone do something against their will by using threats and intimidation
- **Force:**
  - Maintaining control and making someone do something against their will by using violence
- **Fraud:**
  - Maintaining control and making someone do something against their will by using false promises and lies
- **Human Trafficking:**
  - When someone is recruited, hidden, transported against their will for services and the financial gain of another person.



# KEY VOCABULARY, CONTINUED



- **Personal Power:**
    - Tools we have to help us make safe decisions to help ourselves and others
  - **Safe and Unsafe Relationships:**
    - Safe relationship - balance of power where healthy boundaries protected; relationship is positive, rational, productive, and supportive
    - Unsafe relationship - imbalance of power; results in one person being controlled and manipulated by another; boundaries not respected, resulting in a negative relationship
  - **Trauma Bond:**
    - A bond rooted in survival instinct; the victim is made to feel they cannot survive without the protection and support of the abuser, making it very difficult for the victim to leave. The trafficking victim loses their sense of self, adopts the worldview of the abuser, and takes responsibility for the abuse.
- 

# CONTROL

- Exert control by removing victim's freedom
- Control:
  - Money
  - Food
  - Personal identification
  - Living conditions
- Often provide illegal drugs to victims, maintaining control through access to drugs
- Emotional and psychological manipulation



# RISK FACTORS



- Running away from home
- Needing money or living in poverty
- Dropping out or skipping school
- Lack of job opportunities - unemployment, looking for a job
- Low self-esteem
  - When you don't feel good about yourself, you may be more easily taken in by the lies and manipulation of traffickers
- Social isolation
  - Being alone may limit who you turn to for help and who will notice that you may be in an unsafe situation
- Substance abuse - using drugs and alcohol
- Traffickers look for victims who are not going to tell
- Using your voice and personal power is an important way to protect yourself



# TARGETING - SOCIAL MEDIA

Traffickers use many popular social media sites and digital devices to contact potential victims

- Human traffickers groom victims
  - May start by scouting victims through social media sites
  - Use a variety of techniques to manipulate the victim
  - Trap the victim and use them for financial gain
- Often post false ads promising easy money as a way to find vulnerable victims who can be tricked, trapped, and trafficked
- Cell phones and social media are also used to maintain control
  - Will pretend to be the victim and send messages to friends and family claiming that everything is okay and that the victim is safe



# TARGETING - MALLS, HANG-OUTS, BUS STOPS



- Find victims in the places where kids spend time:
  - Malls
  - Movie theaters
  - Fast food restaurants
  - Bus stops
- Know that a teen who is alone may be more vulnerable
- Look for teens who respond to their attention, who are homeless, or who need money
- Build a relationship, make false promises, and trap the victim





# TARGETING - PEER RECRUITERS



- 
- 
- May find a victim at a local hangout or online
    - Starts giving the victim attention and gifts
    - May act like a boyfriend/girlfriend
    - Introduces victim to the trafficker; victim is trapped and trafficked
  - Will befriend the victim and offer drugs and alcohol
    - Maintain control through access to the drugs and alcohol
    - Use threats of telling parents or other important adults
    - Fear of getting in trouble or addiction to drugs keeps victim trapped
  - May trick victims by showing off expensive clothes, fancy shoes, pretty nails, and hair
    - Recruiter offers to introduce the victim to a friend who will do the same for them
    - Gifts and attention are soon replaced with demands from the trafficker

# RED FLAGS OF TRAFFICKING

- Appears fearful or anxious
- Overly submissive, nervous, or tense
- Lack of eye contact
- Displays unusually anxious behavior or appears fearful at the mention of law enforcement
- Appears to be in poor health or does not seek medical attention when needed
- Appears undernourished or malnourished
- Shows signs of physical and/or sexual abuse
- Has marks indicating physical restraint or confinement
- Branding or tattoos with a name or nickname



# LIVING AND WORKING CONDITIONS

- Unable to leave or come and go when you want
- Working for little or no pay, or paid only with tips
- Working extremely long and/or unusual hours
- Not allowed to take a break
- Working with excessive restrictions
- Owing the employer large amounts of money and being unable to repay the debt
- Recruited with false promises regarding the type or work, living conditions, and working conditions
- High security measures at the work site and/or the living locations
  - Boarded up or covered windows, security bars, security cameras, barbed wire fences
- Signs of drug addiction
- Being forced into sexual situations

## GETTING HELP

- Tell a trusted adult
- Call the National Human Trafficking Resource Center (NHTRC) Hotline at 888-373-7888
- Text HELP to “BeFree” (233-733) to be connected with the NHTRC Hotline
- Call the Florida Abuse Hotline at 800-96-ABUSE (1-800-962-2873)
- Call 911 to reach local law enforcement
- Call the US Department of Justice at 888-428-7581



# ASK CARE TELL

- A.C.T.
  - **Ask** when we observe something of concern in a friend.
  - **Care** about our friend by responding without judgement and with support when that friend discloses something unsafe or when we are concerned about a friend's safety
  - **Tell** a trusted adult or helping professional.
- You must involve a trusted adult and either accompany that friend when you tell an adult or tell an adult yourself if the friend feels as though they cannot tell



# SUMMARY

- Be cautious of potential risks
- Traffickers often seek out children and teens who are vulnerable
- Recognize an appropriate balance of power in relationships
- Be aware of situations where you may be coerced into giving up personal power
- Seek help from a trusted adult or call the National Human Trafficking hotline at 888-373-7888, or text help to 233733 (BeFree)

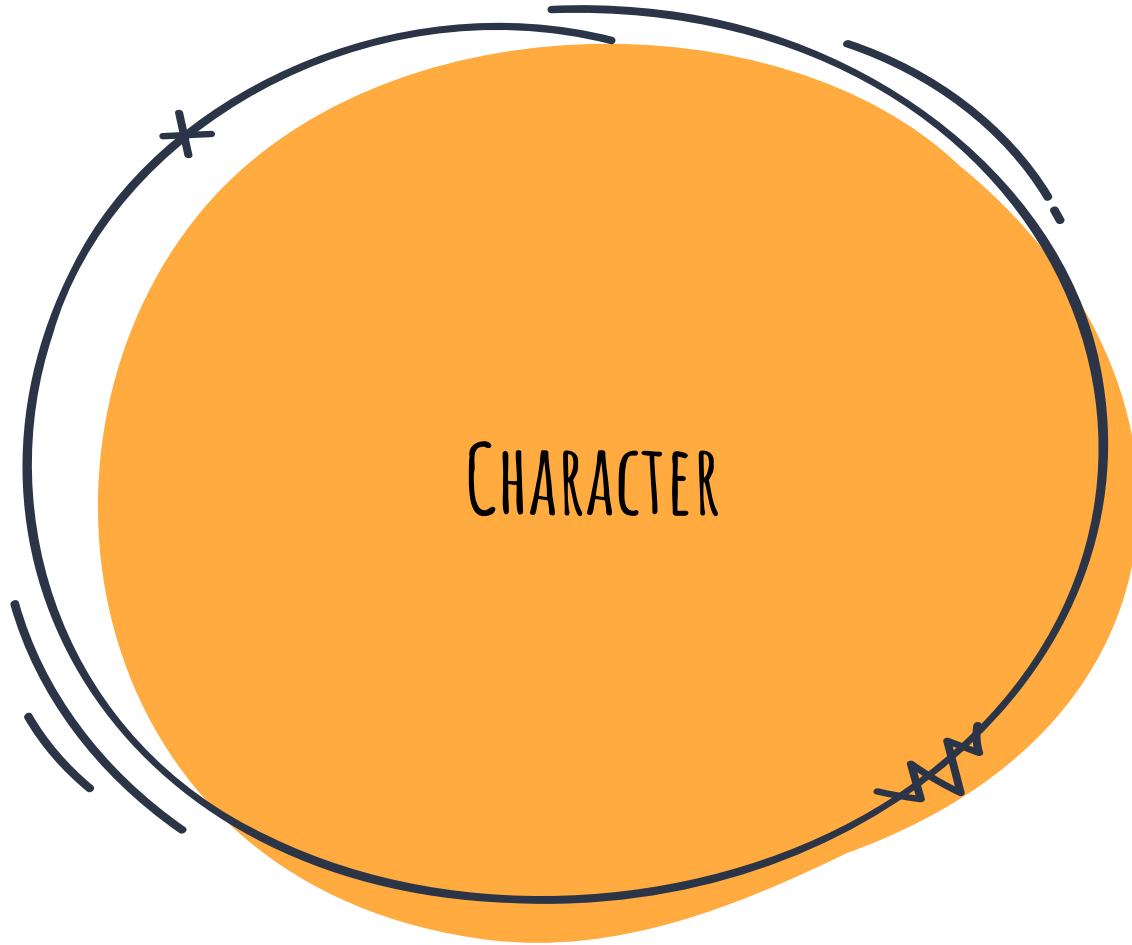


# REFLECT

“If I could have convinced more slaves that they were slaves, I could have freed thousands more.” -Harriett Tubman

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- What does this quote mean to you?
- Can you put it in context of the concept of trauma bonds?
- Why is it important use your personal power to keep yourself and others safe?





# RESILIENCE THROUGH ADVERSITY



- Ability to adapt to difficult situations
  - When stress, adversity or trauma strikes, you experience anger, grief and pain, but able to keep functioning
  - Being able to reach out to others for support is a key part of being resilient
  - Tips to improve your resilience
    - Get connected
    - Make every day meaningful
    - Learn from experience
    - Remain hopeful
    - Take care of yourself
    - Be proactive
- 

# EMPATHY, PERSEVERANCE, GRIT, GRATITUDE, AND RESPONSIBILITY

- **Empathy**
  - When students are aware of and able to understand the feelings of others
- **Grit**
  - Strength of character to **persevere** through any situation and work towards achieving goals
- **Gratitude**
  - Feelings of thankfulness and appreciation for the kindness and generosity of others
- **Responsibility**
  - Ability to be prepared, reliable and accountable for decisions and actions

# GRIT AND PERSEVERANCE

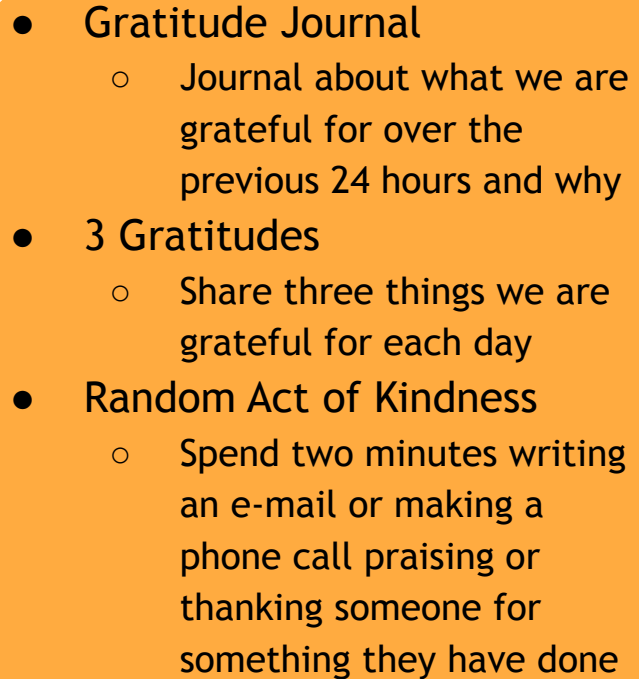
- Grit is passion and **perseverance** towards long-term goals
- A goal is the object of purposeful effort
- Reaching a goal requires **focus** and **effort**
- Writing down your goals makes you more likely to achieve them
  - includes creating an action plan and a system to hold yourself accountable
- **Action Plan**
  - A formal sequence of steps that guide you toward a goal.
- **Accountability**
  - The fact and understanding that you are responsible for something.
- You alone are accountable for your effort and focus

# SETTING GREAT GOALS

- **G**oal's Name
  - Describe your goal in 5 words or less
- **R**eason for Your Goal
  - Every GREAT goal has a “why” that gives it purpose and direction
- **E**fforts Required
  - How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond
- **A**ccountability Partner
  - When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with
- **T**imeline for Your Goal
  - Today is your starting point. When do you want to achieve your goal?

# EXPRESSING GRATITUDE

- One of the simplest ways to demonstrate caring to other individuals
- Added benefit of raising our happiness levels, making us more productive and healthier
- Long-term benefits of expressing gratitude are only felt if we make expressing gratitude a habit

- 
- Gratitude Journal
    - Journal about what we are grateful for over the previous 24 hours and why
  - 3 Gratitudes
    - Share three things we are grateful for each day
  - Random Act of Kindness
    - Spend two minutes writing an e-mail or making a phone call praising or thanking someone for something they have done

# MENTORSHIP

- The opportunity for a student to receive guidance and direction
  - Best Buddies Florida
  - Big Brothers Big Sisters
  - Boys & Girls Clubs of Florida
  - Girl Scouts of Florida “Get Real” Mentoring Program
  - Orlando After-School All-Stars
  - Take Stock in Children



# CITIZENSHIP & VOLUNTEERISM

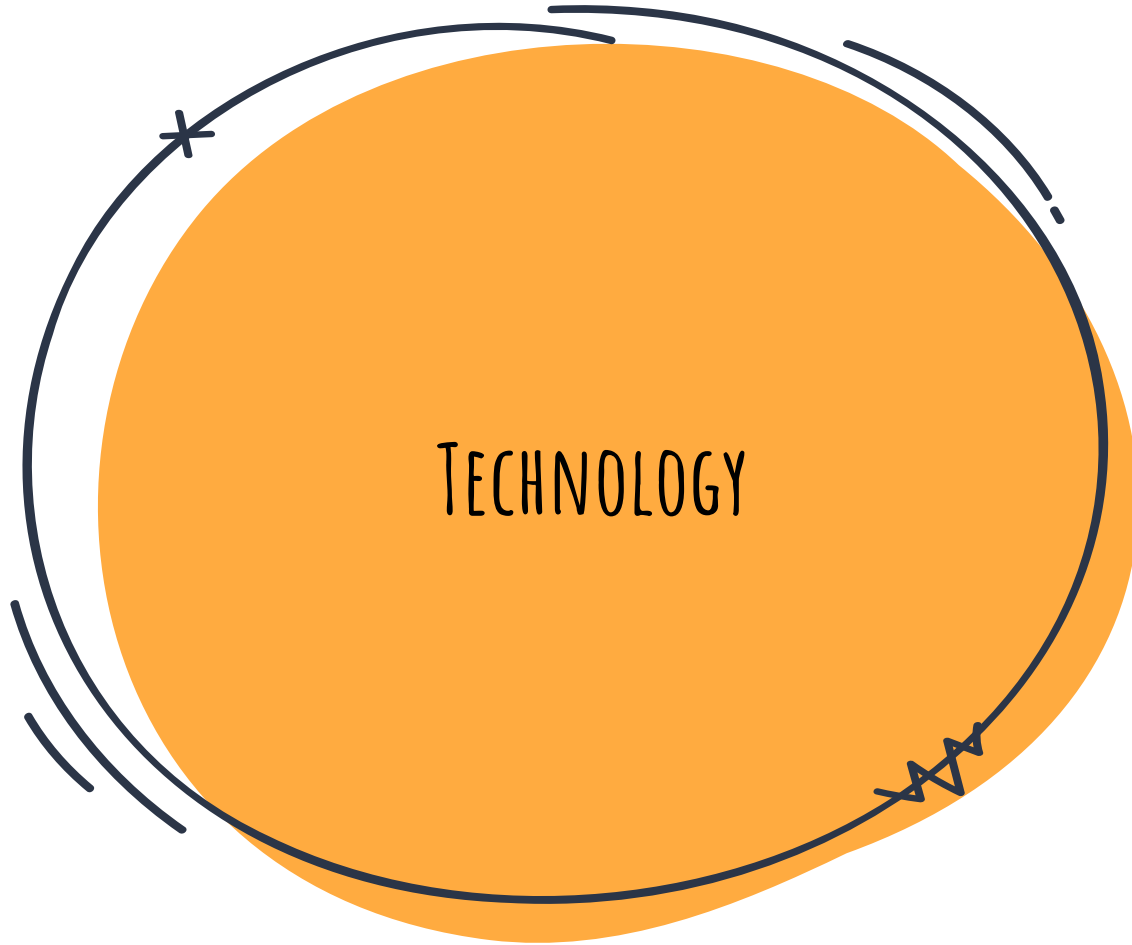
- Responsibilities of citizenship
- Things citizens may not have to do, but **SHOULD** do to make their community and the world around them a better place
- Citizens should be informed
  - Know what's going on around them, who elected leaders are, and what they're doing
  - Can be done by paying attention to the media, like newspapers or TV news
- Citizens should be involved
  - Voting for leaders who share their values, but also by contributing to the common good: **volunteering**, helping out, and donating their time or money



# HONESTY & INTEGRITY

- **Honesty**
  - Ability to be truthful in both their words and their actions
- **Integrity**
  - Being strong enough to do what you know is right
  - Knowing the difference between right and wrong and choosing to do the right thing, even when difficult
  - Includes honesty and responsibility
- **For Example:**
- Matt and his friends went to the movies. His friends snuck in the side door without paying. Should Matt sneak in, too?
- To act with honesty and integrity, he would NOT sneak in, as it is against the rules and dishonest





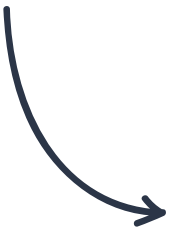
# TECHNOLOGY



- Negative Effects of Social Media

- Distraction
- Sleep disruption
- Exposure to negative interactions
- Heightened risk of depression and anxiety symptoms
- Decrease in life satisfaction

- Addiction

- Compulsive need to spend a great deal of time on the internet, to the point where relationships, work, and health suffer
  - Impulsivity and poor self-regulation can lead to internet addiction
- 

- Misinformation and Permanency

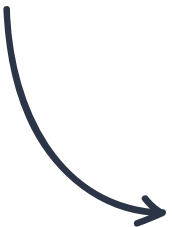
- The information people post on the internet is not always accurate
- Misinformation can influence beliefs and behaviors
- Digital permanence- any information or pictures you post online can be saved and accessed forever

- Cyberbullying

- Pattern of repeatedly sending or spreading threatening or mean messages, rumors or embarrassing photos by electronic methods

# TECHNOLOGY



- How to maintain personal security
    - Only add people you know and verify that they are who they say they are
    - Keep strong passwords
    - Never post personal details
- 

- How to report suspicious behavior
  - Each social media platform has its own user support
  - SafeOC
  - P3 Campus APP
  - Speakout Hotline
  - 800-423-TIPS

# TIMING

6<sup>th</sup>: 107:48 [1hr 47 min 48 sec]

- Title and Activator: 1:25
- What is Health: 6:57
- What is Mental Illness: 16:49
- Awareness and Prevention: 11:46 + 4:00  
[resources]
- Seeking Help: 6:30 + 5:00 [reflect] + 4:00  
[resources]
- Wellbeing: 7:49 + 5:00 reflection
- Healthy Lifestyle: 5:32 + 2:00 [reflect]
- Human Trafficking: 12:54 + 5:00 [reflect] + 4:00  
[resources]
- Character: 11:06