

Full Program Overview



Our full program is scheduled in **3 sessions**

Programming offered for grades 4-12

1ST SESSION

Reaching out to the Kid in the Corner – Overview

Our first session covers the importance of peer support, normalizing mental health and what it means to reach out to the kid in the corner.

Highlights:

- Defining stigma
- Zach's Story
- Penny Pledge
- Homework: *Reach out to 3 people*

At the end of this lesson students will be able to:

- Define stigma
- Understand how mental and physical health are similar
- Understand the role stigma played in Zachary's story
- Understand the Penny Pledge and its importance in ending stigma
- Understand the importance kindness plays in mental wellness
- Identify a kid in the corner
- Have strategies to reach out

2ND SESSION

Taking Care of My Own Mental Health – Review

Our second session covers the importance of self care and strategies to take care of your mental health.

Highlights:

- Review lesson on reaching out
- Debrief homework
- What is self-care?
- Sharing personal story
- Creating a self-care plan
- Group kindness activity
- Homework: *Have a discussion about self love language with family member*

At the end of this lesson students will be able to:

- Define stigma
- Articulate their self-care plan
- Know how and where to reach out for help
- Understand how stigma gets in the way of self-care
- Have strategies to shatter the stigma as it relates to self-care
- Communicate an element of their self care plan to a family member

3RD SESSION

Being a Safe & Caring Person to Talk to – Wrap Up

Our last session focuses on what it means to be a safe and caring person that others can talk to.

Highlights:

- Review and debrief homework
- Define active listening
- Sharing personal story
- Group activity around being a safe and caring person
- Group kindness project.
- Take the Penny Pledge, a three-part individual call to action

At the end of this lesson students will be able to:

- Define stigma
- Understand the importance of being a safe and caring person others can talk to
- Know how to be a good listener
- Know when to escalate
- Recite an empathetic statement
- Identify resources available to help support a friend
- Have strategies to be a safe and caring person others can talk to

What are people saying about KITC?

"I learned that it's okay to feel sad or not be okay, and that no one should feel ashamed of their feelings." – Student

"With the things we are going through right now. I strongly believe that these sessions should be offered again" – BCBS employee

"The most important thing that I learned in this lesson is how to be a good person to talk to about not being okay." – Student