

Stigma-Free COVID-19 Youth Wellness Toolkit



School



Home



Online Toolkit

PHE Curricular Competencies: Healthy and Active Living, Mental Well-Being

Audience(s): Grades 4-12

Hyperlink: [Stigma-Free Society](#)

Description

The Stigma-Free Society is a Canadian Charity and has recently developed a comprehensive COVID-19 based Online Wellness Program to support youth mental health at home. The program is for educators, parents and youth to share and promote wellness. The program's toolkit includes stories, activities, a video library, and live events.

Objective(s)

The Stigma-Free Society has created this toolkit for youth to use to maintain their mental well-being during COVID-19. The toolkit also helps to increase youth mental health literacy skills.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

Grades 4-8: Describe and assess strategies for promoting mental well-being, for self and others.

Grades 9: Analyze strategies for promoting mental well-being, for self and others.

Grade 10: Identify and apply strategies to pursue personal healthy-living goals

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com