

Childhood & Adolescent Mental Health in the Classroom

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The Issues

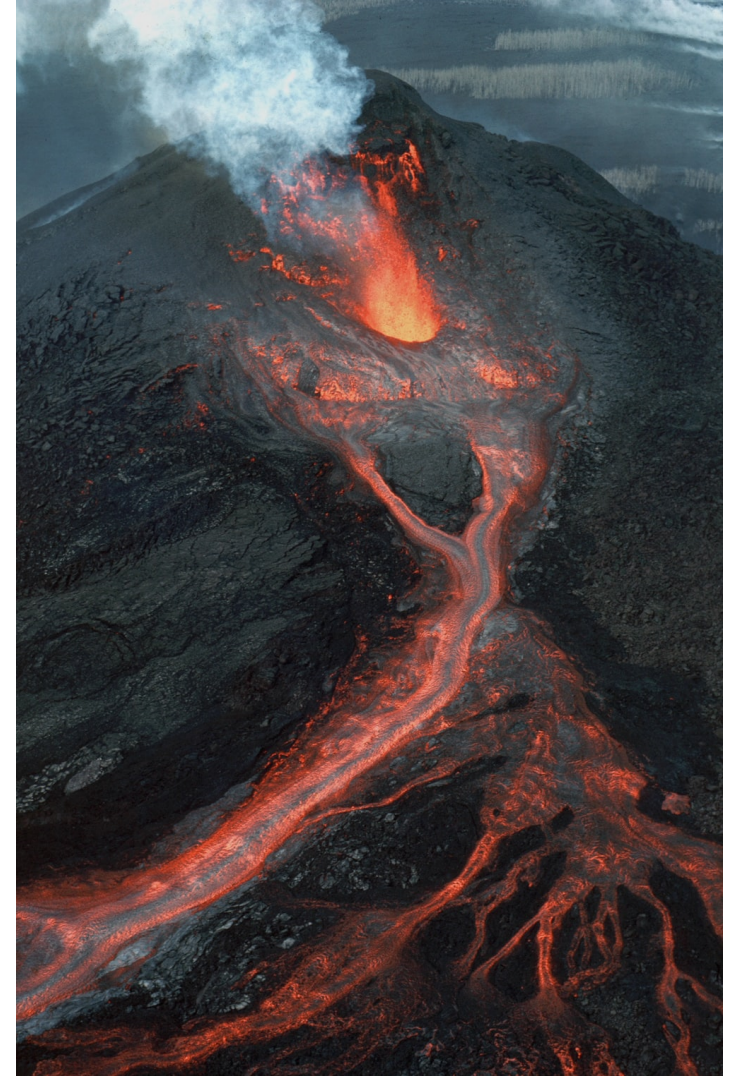
- Rapidly rising mental disorders in youth
 - Social and behavioral disorders
 - Increased levels of stress and burnout among teachers
- Stress
 - Trauma
 - Behavioral disorders
 - Burnout
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- Self-Esteem
 - Self-Control
 - Mastery
 - Emotional language
 - Positive Psychology

The Objectives

- Understand the problems
 - Creating a mental health toolkit (terminology, prevalence, common misconceptions)
- Create solutions!
 - Using a diverse range of materials (research articles, children's books, activities, social media...) to develop curricula that will address mental health issues in the classroom.

Example 1

- Emotional volcano activity
 - Science, art
 - Talk about feelings
 - Explosion of emotions (behavioral problems)



Example 2

- Social media analysis – Tik Tok enhanced beauty feature
 - Social Studies, English, Literature, Art
 - Ethics/critical thinking - Impacts on youth
 - Negative impacts on influencers



Other Examples

- The biology of emotions
 - Bruce Lipton PhD & Candace Pert PhD
- Mental health across cultures
 - Impact of race, class, and gender on mental health
- The quarter-life crisis
 - Stress, trauma, and living during the age of technology

Thank you