



## What is Mental Notes?

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Mental Notes is a newly developed curriculum that LPS is piloting for middle and high school students about the brain and mental health. The lessons were created by LPS staff and students in partnership with a digital media company after a multi-year process of feedback and focus groups. The lessons are aligned to state standards and presented in 15 minute modules on a digital platform that guides educators and students through the material and activities together as a class conversation.

## Why is LPS introducing a universal mental health education curriculum for middle and high school students?

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Adolescents are in a time of rapid development in the midst of overwhelming expectations, exposure to digital media, substances and social pressures. LPS is committed to helping students gain critical knowledge to keep themselves safe and resilient. A few of the key factors considered include:

- Local and national data support the growing need to support youth mental health and resilience
- Our focus groups and surveys consistently reveal that students want to learn more about mental health at school
- Student mental health is a top a concern reported by administrators, classroom staff and parents
- Social and Emotional Wellness is included in the Colorado Academic Content Standards

- To address recommendations in Dr. Anna Mueller's research report on suicide prevention in LPS
- To support the [LPS 100% Goal](#) and [Portrait of a Graduate](#)
- To build upon the foundation of social emotional learning provided in our elementary schools

## What is the focus of the curriculum?

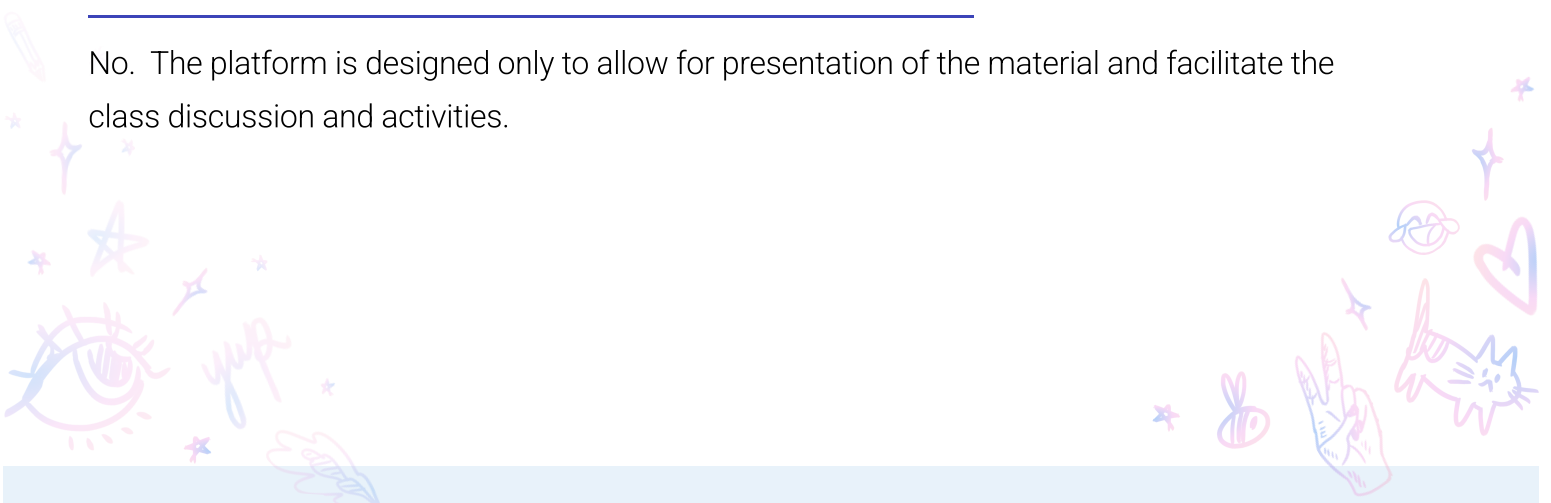
The program focuses on the brain and understanding how it relates to our mental health, wellness, social relationships and success at school. Each of the eight modules will help students apply neuroscience to the common challenges of adolescence:

1. Brain Basics
2. Brain & Body Connection
3. Social Emotional Skills
4. Social Media & Digital Citizenship
5. Relationships & Belonging
6. Substances & the Brain
7. Mental Wellness & Resiliency
8. Suicide Prevention and Accessing Help for Self & Others

For more details, please see the [Mental Notes Curriculum Overview](#).

## Is there any data collected about students?

No. The platform is designed only to allow for presentation of the material and facilitate the class discussion and activities.



## Which students will receive this content?

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This year is a pilot program for all 6th and 9th grade students and schools can choose to include other grade levels or groups if feasible. Each school will create their own implementation plan to deliver the content over the course of the year. LPS may expand its use in future years based on evaluation of the pilot program.

## What if I am worried about how a student may respond to these topics

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If you have concerns or questions about a student, please reach out to your school mental health professional (Counselor, Psychologist, or Social Worker) to discuss their specific needs.

## What can parents and families do to support this curriculum?

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Parents and guardians can provide a critical role in helping students learn and practice the essentials of mental wellness. Ask your student about the lessons, find out more about their thoughts and ideas. And reinforce the importance of talking to a trusted adult when things aren't okay. We need the partnership of parents, family members and community leaders to reinforce the importance of mental health, brain literacy, and be trusted caring adults for students.



Thank you to all of the Task Force members who helped develop this curriculum:

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