
WELCOME TO on my mind

Dear parents,

we would like to give you some information about the curriculum **On My Mind** and show you the benefits of its implementation in the school environment.

Children experience ups and downs just as everyone else. Everyday they face situations which affect their mood and well-being. There may generally be a decline in mental health during adolescence.

50%

**of mental health problems
are established by the age
of 14 and 75% by the age of
24.**

Research shows that the sooner a person learns to take care of their mental health and well-being, the more resilient they are to difficulties and obstacles. These skills are particularly crucial in the second decade of life, when young people experience major physical, social, psychological and cognitive changes on their way to adulthood. By learning social-emotional skills children are more likely prepared to face those situation and they are able to take care of their mental health.

THE AIM OF THE CURRICULUM AND ITS CONTENT

The main aim of On My Mind is to promote mental health and well-being of the students through teaching mental health literacy and social-emotional learning. Curriculum consists of 20 lessons about mental health and well-being, emotions, body, stress or our behavior. There are lessons focused on relationships, communication or difficult situations and how we can act in there. Finally, students will learn about signs of the stress, mental health problems and help-seeking. Lessons were created by the Child and Adolescent Mental Health team in National Institute of Mental Health Czech Republic and they are delivered by the teacher in the form of educational and experiential. Students are involved in activities, discussions and they are provided with a journal full of little experiments that can support their mental health.

WHAT ARE THE BENEFITS OF THE CURRICULUM?

The main benefits of curriculum are:

- better academic performance
- improve attitudes toward schools
- positive social behavior
- decrease negative behavior/risky behavior
- reduce emotional stress
- have high self-esteem
- develop resilience and positive coping mechanisms



If you are interested in more information, you can visit www.onmymindprogram.com.