

MONTLY INTRODUCTION

September: Emotional Health, Self-Worth, & Suicide Prevention

In the month of September, we counter negative emotions that have the potential to lead to suicide, with lessons in building self-worth. Through this month we guide students through self-discovery process, self-actualization, and toward the acquisition of self-governing skills. Our lessons teach students how to find purpose by attaining a social role and implementing the following skills:

- Emotional Wellness & Maintenance
- Analyze Personal Assets
- Resilience
- Securing Protective Factors
- Respect and Acceptance for
 - Gender**
 - Socioeconomic status**
- Preventing/Resolving Conflict
- Stress Management
- Coping
- Family Balance & Function

Sexual Orientation
Religion

Disability
Culture

Ethnicity

Suicide Prevention requires instruction in suicide prevention within public schools. Instruction in suicide prevention shall be provided as part of any continuing education that public-school teaching staff members must complete to maintain their certification; and inclusion of suicide prevention awareness shall be included in the Core Curriculum Content Standards in Comprehensive Health and Physical Education.

Emotional Health
Character Development

Family Field Trips to Plan for September

Visit an Elderly/Disabled
Person



Take a Child on a Picnic

Take a Yoga Class

Schedule a Doctor's
Appointment

Take an Outdoor Nap

Visit a Cultural Museum

Watch a Ball Game

Take Cookies to a
Homeless Shelter