

# ChatterHigh Mental Health

Question Booklet  
Canada 2021/22



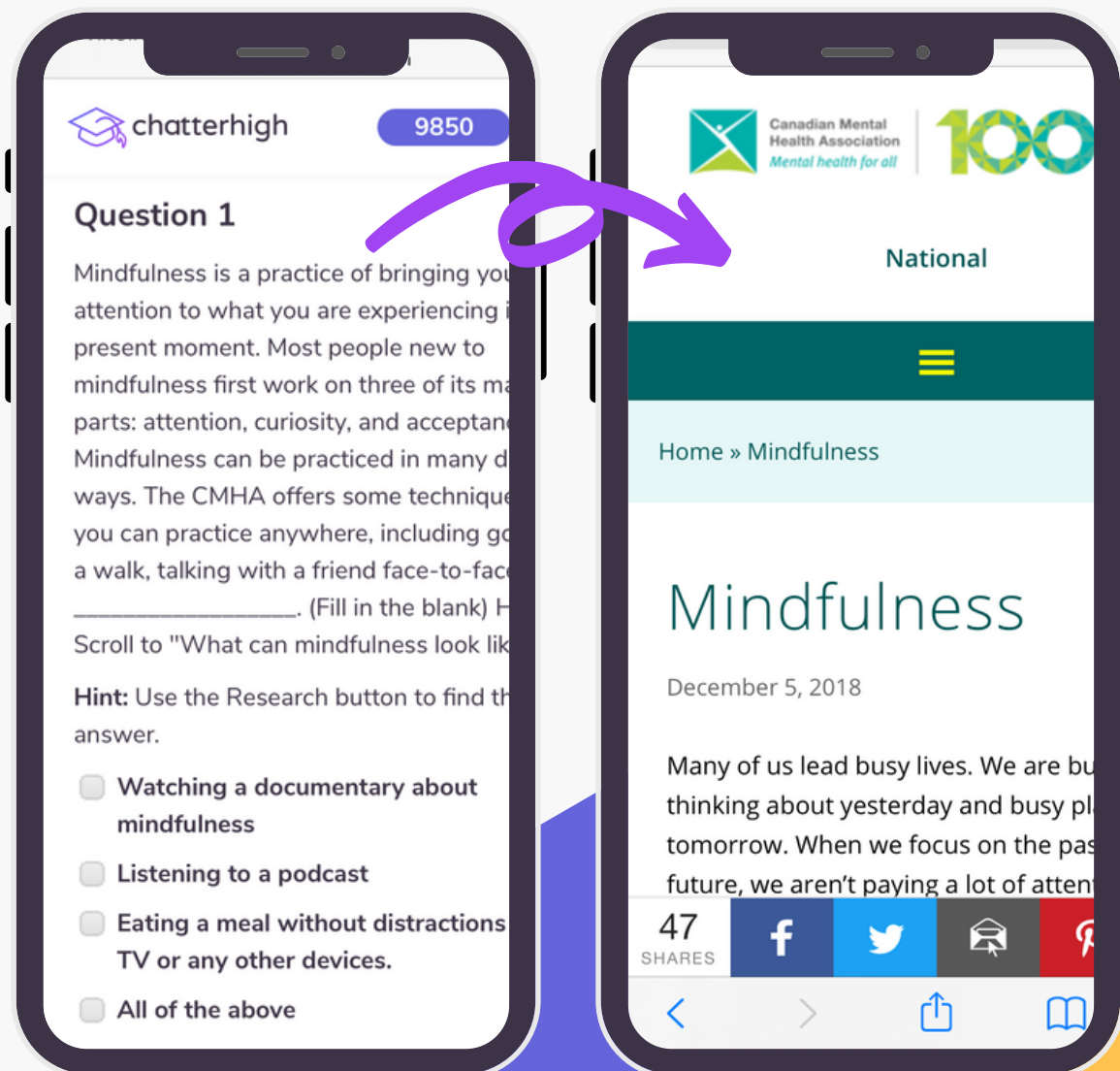
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# How It Works

Welcome to the Mental Health and Wellness Modules, by ChatterHigh. In each module, we ask students a series of questions about a mental health topic. They'll search for the answers on the webpages of Canada's leading mental health organizations. When they answer questions, they'll earn points, which they can use to enter prize draws or to donate to Food Banks Canada. Along the way, they'll build knowledge and awareness of valuable information and resources like help lines, counselling options, apps and activities, and more.





# Our Objectives

Light The Way  
to Support

Build Awareness  
of  
Mental Health

Inspire  
Compassion  
& Eliminate  
Stigma

Encourage  
Help-Seeking  
Behaviour

Make Mental  
Health Content  
More Accessible  
& Engaging





# Student Testimonials

"I have found many internal links for places I can communicate with. I've actually been trying to find a free clinic that does counselling, and through the Kids Help Phone, I was able to get in touch with someone who is assisting me with finding face-to-face places."

"The most interesting point I discovered is how there are ways to safely/effectively get a loved one proper treatment for their mental illness(es)."

"It helped me get a better understanding on different mental disorders, the effects of them and how to spot them, hot lines, and overall support for kids who may not know how to reach out."



# Student Testimonials

"Most importantly, it helps us to find out the symptoms of [mental health disorders]. We may be able to match the symptoms with ourselves and practice appropriate actions as soon as possible. A false alarm is always better than a real emergency or no alarm at all."

"As I completed the module I was thinking to myself why I hadn't researched these problems myself in the past? When I actually needed them? Also, during the module, I kept wondering if I had had friends who were struggling with mental health issues without me noticing? And how could I have helped them through it if I did notice?"

"I found out there isn't really a shortage of phone numbers to call and crisis helplines to use if you are in need."



# We're here to help!

Have questions? Want a demo?  
Book a call, or send us an email.



**Taylor Irving** | Supporting Teachers

taylor@chatterhigh.com

Book a call (15, 30, or 60 mins)



**Deborah Deacon** | Supporting Districts

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Book a call (15, 30, or 60 mins)





# Module Set 1:

## Mental Health and Wellness

Module Topics for Middle School (6-8) & High School (9-12):

- What is Mental Health?
- Exercise, Sleep & Nutrition
- Emotional Wellbeing & Self-Care
- Stress & Anxiety
- Body Image & Self-Esteem
- Mindfulness
- Support Networks, Friendships & Relationships
- Bullying, Safety & Helping Others
- Grief & Loss
- Social Media, Online Safety & Mental Health

Resources:

- Centre for Addiction and Mental Health (CAMH)
- Canadian Mental Health Association (CMHA)
- Kids Help Phone
- Anxiety Canada
- About Kids Health

# Mental Health and Wellness

## List of Questions

### Module 1: What is Mental Health?

Welcome to Module 1. Let's begin. Mental health is the state of your psychological and emotional well-being. Having good mental health allows you to enjoy life and cope with obstacles along the way. Which of the following is NOT one of the listed examples of things that can positively or negatively impact your mental health?

Family situation

Work or school environment

Whether or not you live in a supportive and trusting community

Studying while listening to loud music

<https://www.canada.ca/en/public-health/services/about-mental-health.html>

One in five people in Canada will experience a mental health problem or illness in any given year. But \_\_\_\_\_ in five have mental health. (Fill in the blank)

One

Two

Four

Five

<https://cmha.ca/mental-health-what-is-it-really/>

Achieving a strong sense of mental health is not a one-person journey. Each setting, person, and situation you find yourself in can impact your well-being. What does good mental health look like?

A sense of purpose

Enjoying life

Studying psychology

A and B

<https://cmha.ca/mental-health-what-is-it-really/>

Fear and misunderstanding often lead to prejudice against people living with mental illness and substance use problems. This prejudice and discrimination leads to feelings of shame and hopelessness in those struggling to cope with their situation. Stigma prevents \_\_\_\_% of people with anxiety or depression from seeking medical help. (Fill in the blank)

20%

35%

40%

45%

<https://www.camh.ca/en/driving-change/addressing-stigma>

Experiencing periods where you feel mentally unhealthy does not automatically mean that you have a mental health disorder. It may be signalling to you to practice more self-care, learn new strengths to manage challenges, and \_\_\_\_\_. (Fill in the blank) Hint: Scroll to “Mental health is a spectrum”

get diagnosed

focus less on yourself and more on others

reach out for help from others

B and C

<https://kidshelpphone.ca/get-info/what-is-mental-health/>

Kids Help Phone's 'Wheel of Well-Being' shows you how seven different parts of your life make up your overall mental well-being. Certain segments of the wheel may be more relevant to you than others. What segment of the wheel relates to how you feel about your community? Hint: Scroll to #7.

Relationships

Environment

Emotions

Creativity & Thinking

<https://kidshelpphone.ca/get-info/kids-help-phones-wheel-of-well-being/>

## Module 2: Exercise, Sleep & Nutrition

Welcome to Module 2! There are many ways to maintain and improve mental health. Exercise, for example, is not just for improving physical health! People who exercise report feeling less stressed or nervous. Regular heart-pumping movement can reduce tension, fatigue and anger, and improve your mood, self-esteem and body image. For even greater benefits, get \_\_\_\_\_. (Fill in the blank) Hint: scroll to “Move to feel well”

a gym membership

a family member to join you

moving outdoors

up earlier to work out

<https://cmha.ca/move-for-your-mood/>

True or false: The only way to get physically fit is to either join a gym, play a competitive sport, or spend a lot of time on a demanding exercise schedule. (Hint: see section “How do I start an exercise routine?”)

True

False

<https://kidshelpphone.ca/get-info/work-it-out-exercise-and-fitness-tips/>



Exercise does not have to feel boring or overly difficult! There are many ways to get moving and have fun at the same time. Which of the following is one of the examples listed by Kids Help Phone? Hint: Look for the “How do I stay motivated to exercise?” section. 10

Walking

Lifting weights

Dancing

All of the above

<https://kidshelpphone.ca/get-info/work-it-out-exercise-and-fitness-tips/>

The food you eat plays a major role in the state of your mental well-being. You shouldn't see healthy eating as a way to change the way you look. Rather, you should look at the foods you eat as sources of fuel that will give you energy. The first step towards healthy eating is looking at your current food habits. According to AboutKidsHealth, some habits that you should try to avoid are: skipping breakfast, increased consumption of highly processed foods, \_\_\_\_\_, increased consumption of soft drinks. (Fill in the blank) (Hint: see “Food Habits”)

Increased eating outside of the home

Increased eating fast foods

Increased consumption of caffeinated beverages

Increased consumption of artificial sweeteners

<https://www.aboutkidshealth.ca/Article?contentid=638&language=English>

You may think that your body stops needing food for growth after childhood. However, your teen years are a time of rapid growth. What do teens need extra nutrients for? (Hint: see "Key points")

Brain development (plays a large role in concentration and learning)

Bone growth, hormonal changes, organ and tissue development

Heart health and hormonal changes

None of the above

<https://www.aboutkidshealth.ca/Article?contentid=638&language=English>

Food is an essential source of vitamins and minerals. No kind of supplement can replace its nutritional value. What are the two main nutrients of concern for teenagers?

Vitamin A and Biotin

Vitamin C and Iron

Calcium and Iron

Calcium and Vitamin B-12

<https://www.aboutkidshealth.ca/Article?contentid=638&language=English>

All of the following are great healthy eating tips, EXCEPT:

Cut out all foods with sugar and salt

Be mindful of foods with sugar and salt, balance is key

Get enough protein, fibre, and healthy fats from a variety of sources

Enjoy what you eat

<https://kidshelpphone.ca/get-info/nutrition-tips-to-fuel-your-body>

People often start dieting because they think they should be a certain shape or size. Messages portrayed in the media often place false value on appearance that can cause feelings of shame and stigma. In reality, every body has its own natural \_\_\_\_\_, and wellness is possible at any size. (Fill in the blank) Hint: Scroll to “Can I be healthy at any size?”

system

process for moderating weight

healthy weight range

preferred weight range

<https://kidshelpphone.ca/get-info/nutrition-tips-to-fuel-your-body/>

True or false: Drastic diets are a great way to lose weight fast. (Hint: read “Do diets work?”)

True. They are efficient and effective and you can easily get back to your regular diet after losing weight.

False. Diets cause some people to gain more weight over time compared to those who don't diet. Leaving out important food groups can greatly affect your physical and mental health over time.

<https://www.heretohelp.bc.ca/wellness-module/wellness-module-7-eating-and-living-well>

Sleep is a crucial aspect of staying healthy. With sleep, your body is able to heal faster from injury and illness, \_\_\_\_\_, regulate your appetite and metabolism, \_\_\_\_\_, and stabilize mood and decrease anxiety. (Fill in the blank)

Strengthen bones, improve concentration

Strengthen bones, repair and enhance memory

Develop and grow at a faster rate, repair and enhance memory

Develop and grow at a faster rate, improve concentration

<https://kidshelpphone.ca/get-info/all-night-get-better-sleep-these-tips>

It's natural to sometimes have a hard time getting enough sleep. But it can help to stick to a sleep schedule. This means going to bed and getting up around the same time every day. True or False: You don't need to stick to a sleep schedule on weekends. Hint: “How can I get a better sleep?”

True

False

<https://kidshelpphone.ca/get-info/all-night-get-better-sleep-these-tips>

True or false: Exercising before bed helps, and you should finish your workout a few minutes before bedtime so you are as exhausted as possible. Hint: Scroll to “How can I get a better sleep?”

True

False

<https://kidshelpphone.ca/get-info/all-night-get-better-sleep-these-tips>

### Module 3: Emotional Well-being and Self-Care

Welcome to Module 3! A big part of mental health is learning to recognize, understand, and deal with your emotions. Feelings like anger, loneliness, anxiety, insecurity, and sadness are all normal to experience, but there are ways we can cope with these feelings so they don't control our lives. If you're experiencing loneliness and isolation (like most of us during the pandemic!), you may feel unloved, like you don't fit in, like everyone else is in a relationship, or like you can't adjust to \_\_\_\_\_. (Fill in the blank)

society

a new environment, like a move or a new school

being alone

the way other people interact with each other

<https://kidshelpphone.ca/get-info/feeling-lonely-here-are-some-ways-feel-better/>

There are ways to help yourself feel less alone and isolated. You can join a virtual group, club or team, volunteer virtually for a cause you're passionate about, learn a new hobby, or \_\_\_\_\_. (Fill in the blank)

go for a trip

try meeting new people (but not online)

try meeting new people (while practicing online safety)

buy a pet

<https://kidshelpphone.ca/get-info/feeling-lonely-here-are-some-ways-feel-better/>

There is a big difference between having high standards and perfectionism. High standards can push you to reach your peak level of performance. Perfectionism is the tendency to set standards that are so high they either \_\_\_\_\_ (Fill in the blank)

Cannot be met or can be met with great difficulty

Can sometimes be met or can be met with great difficulty

Can be met with the help of friends or family

None of the above

<https://www.anxietycanada.com/articles/how-to-overcome-perfectionism/>

There is nothing wrong with having high standards, but when these standards are too high, they can really get in the way of your work/school, relationships and enjoyment of life. Anxiety Canada offers a list of questions to help you identify if you struggle with perfectionism. Which of the following is not one of these questions?

Have I been told that my standards are too high?

Have I been told that my perfectionism makes me difficult to be around?

Do I have trouble meeting my own standards?

Do my standards get in my way?

<https://www.anxietycanada.com/articles/how-to-overcome-perfectionism/>



When we feel overwhelmed, we may also feel anxious, out of control, hopeless and confused. Some tips to help you cope with feeling overwhelmed include grounding exercises, colouring to relax, journaling, and \_\_\_\_\_. (Fill in the blank)

#### Self-care checklist

Vent online

Binge a TV show

All of the above

<https://kidshelpphone.ca/get-info/im-feeling-overwhelmed-what-can-i-do-to-feel-better/>

We all experience sadness from time to time, but it's important to understand how big an issue your feelings of sadness may be. You can take a questionnaire from Kids Help Phone to learn more about your feelings of sadness. What is the first question of the questionnaire? Hint: Click "Take the Questionnaire"

How often have you had little interest in doing things?

How often have you been feeling down, depressed, irritable, or hopeless?

How often have you had trouble falling asleep or sleeping too much?

How often have you experienced poor appetite, overeating, or weight loss?

<https://kidshelpphone.ca/get-info/questionnaire-reflecting-on-feelings-of-sadness/>

A lot of us feel a little down on Sunday nights because we know the weekend is over and we're stressed about another week of school or work starting. If you're experiencing this, there are ways to cope and change your outlook on the week ahead. One way to cope is to stay positive by remembering \_\_\_\_\_. (Fill in the blank)

that Mondays aren't so bad

that everyone else feels bad on Sunday nights

the good things that come with a new week

All of the above

<https://kidshelpphone.ca/get-info/how-beat-sunday-night-blues/>

You can experience sadness in both your mind and your body. When you feel sad, you may notice a pain behind your eyes, a lump in your throat, or an aching feeling in your chest. You may also feel \_\_\_\_\_. (Fill in the blank)

Like being alone

Like you want to curl up into a ball

Small

All of the above

<https://kidshelpphone.ca/get-info/let-it-out-how-cope-feeling-sad/>

If you're dealing with sadness, it can help to identify the things that make you feel that way. You can write down a list of things and situations that make you feel sad, or a list of thoughts, images, and feelings that come to mind when you feel sad. True or False: When you let yourself feel sad, you may feel better more quickly than when you try to stop your feelings.

True.

False. It's important to prevent yourself from feeling sad and focus on hope and resilience instead.

<https://kidshelpphone.ca/get-info/let-it-out-how-cope-feeling-sad/>

Anger is a normal part of life. It's healthy to say what makes you angry and it's okay to feel angry as long as you don't hurt others, yourself, or property. There are also positive ways to release anger. One way you can express anger positively is by going for a walk or run to let off steam. What is another way?

Play video games where you can hurt people

Keep it to yourself so you don't hurt other people

Write out how you're feeling in a letter

B and C

<https://kidshelpphone.ca/get-info/how-cope-feeling-angry/>

Reflecting on the things that happen to us and the way they make us feel about ourselves and our lives is known as self-awareness and it has many benefits. It can help you communicate, strengthen your relationships, and boost your self-confidence. Kids Help Phone has a workbook to help you reflect. To get started, you need to \_\_\_\_\_. (Fill in the blank) Hint: Read in the green box.

Pick a friend that you have frequent disagreements with

Think about all the people you care about

Pick a moment that stands out in your mind

Any of the above

<https://kidshelpphone.ca/get-info/practise-self-awareness-with-this-creative-workbook/>

How are you feeling about the future? Wondering about things like relationships, community, health, school, work, family, and the environment can be a lot to process. You might be experiencing feelings of hope, happiness, and excitement. But you could also be feeling anxious, afraid, hopeless, or indifferent. A \_\_\_\_\_ detox is one way to help you cope with these feelings. (Fill in the blank)

sugar

caffeine

digital

social

<https://kidshelpphone.ca/get-info/how-can-i-cope-with-my-feelings-about-the-future/>

Are you practicing enough self-care? Self-care means nurturing your mental, physical, and emotional health. You can answer a quiz from Kids Help Phone to find out if you need to practice more self-care. What is the second true or false statement in the quiz? Hint: Click the "Start" button and click through the quiz.

The people I spend time with love and appreciate who I am.

I try to avoid thinking too much

I try to avoid self-critical thoughts about my mind and body.

I struggle to set aside time for self-care every day.

<https://kidshelpphone.ca/get-info/quiz-practicing-enough-self-care/>

## Module 4: Stress & Anxiety

Welcome to Module 4! What is stress?

TA situation

A reaction to a situation

Anxiety

None of the above

<https://cmha.ca/brochure/stress/>

Over time, stress can have a major impact on your physical health. What is an example of a physical problem related to stress? (Hint: read “What is stress?”)

Sleep difficulties

Headaches

More likely to get sick

All of the above

<https://cmha.ca/brochure/stress/>

All of the following are great ways to deal with stress, EXCEPT:

Take up more activities/responsibilities to distract yourself from stress

Simplify your life

Learn helpful thinking strategies

Start on the inside. e.g. develop breathing practices to better manage how you handle stressful situations at the moment

<https://cmha.ca/brochure/stress/>

True or false: if you try hard enough, you can remove all stress from your life. (Hint: read “Can I prevent stress?”)

True

False

<https://cmha.ca/brochure/stress/>

Which of the following is NOT a kind of symptom of stress?

Cognitive symptoms (e.g. difficulty thinking, memory problems)

Emotional symptoms (e.g. irritability, feeling unhappy)

Vocal symptoms (e.g. feeling like you have a 'lump in your throat')

Physical symptoms (e.g. rapid heart rate)

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/stress>

Anxiety is very common. Anxiety includes feelings of worry, nervousness, and panic. It's common for everyone to experience anxiety sometimes. If you're experiencing anxiety, try to focus on your breathing. There are 3 exercises you can try. Exercise #3 is to count from one to five as you breathe in, then count from one to \_\_\_\_ as you breathe out, and repeat until you calm down. (Fill in the blank)

Four

Six



Seven

Ten

<https://kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/>

A panic attack is a sudden, overwhelming feeling of fear or discomfort. You might experience shortness of breath, a racing/pounding heart, sweating, shaking/trembling, chest pains, chills or hot flashes, or dizziness--to name a few! They usually last less than 10 minutes but can feel much longer. Something upsetting or scary can trigger a panic attack. True or False: sometimes they happen for no reason at all. Hint: Scroll to "What is a panic attack?"

True

False

<https://kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/>

The Tension Release Exercise is a very good way to calm down when you're overcome with anxiety. It starts with your hands: make a fist, squeeze, and then let go. Then focus on your arms: stretch your arms, bring them over your head, and then drop them down. What is the third part of the exercise?

Your face

Your jaw

Your legs

Your stomach

<https://kidshelpphone.ca/get-info/tension-release-exercise/>

Kids Help Phone has a questionnaire to help you understand how big of an issue anxiety may be for you. What is the first question in the questionnaire? Hint: Click "Take the Questionnaire"

How often have you not been able to stop or control worrying?

How often have you been worrying too much about different things?

How often have you been feeling nervous, anxious, or on edge?

How often have you had trouble relaxing?

<https://kidshelpphone.ca/get-info/questionnaire-reflecting-on-feelings-of-anxiety/>

A major source of stress and anxiety, especially when you are young, comes from your feelings about the future. This could be related to school, work, relationships, or even the world around you (e.g. climate change). One thing you can do to help yourself is focusing on what you can see, hear, touch, taste, or smell in a moment. What is this called?

Breathing exercise

Feel-good technique

Grounding techniques

None of the above

<https://kidshelpphone.ca/get-info/how-can-i-cope-with-my-feelings-about-the-future/>

There's a lot going on in the world today. From climate change to tragedies to racism to political unrest and more, you may see and/or hear negative things in the news. Certain headlines and content can bring up feelings of fear, panic, anxiety, sadness, anger, and stress. But there are tools you can use to support yourself. Which of the following is not one of the "Stress and anxiety support" tools listed?

Understanding your window of tolerance for stress

Worry Rockets

Stress Storm

Breathing Balloon

<https://kidshelpphone.ca/get-info/how-to-cope-with-triggering-news-stories/>

### Module 5: Body Image & Self-Esteem

Welcome to Module 5! Body image is how you feel about your appearance and how you think others perceive how you look. Having a positive body image is crucial for developing good self-esteem. What does positive body image include?

Exerting a lot of effort into achieving a certain body type which sometimes may compromise your health

Engaging in negative self-talk to achieve your 'dream' body

Wearing clothing that other people compliment you on

Understanding that beauty is subjective and the majority of people don't look like celebrities.

<https://kidshelpphone.ca/get-info/body-image-how-love-what-you-see-mirror>

Sometimes it can be challenging to like the way you look. Many things can affect how you feel about your body. Young people experience a lot of changes during puberty and it can take time to adjust. Popular culture also tends to depict unrealistic or unhealthy body image. What is another thing that can affect your body image?

Peer pressure and bullying

DNA/genetics

How athletic you are

All of the above

<https://kidshelpphone.ca/get-info/what-body-image-and-why-it-important/>

Having a poor body image can change your behaviour in unhelpful ways. For example, you might avoid social situations or \_\_\_\_\_. (Fill in the blank)

Not speak your mind to avoid calling attention to yourself

Not feel confident about expressing your uniqueness

Avoid activities, like sports, that expose your body

All of the above

<https://kidshelpphone.ca/get-info/what-body-image-and-why-it-important>

Self-esteem is the way a person feels about themselves and how much they value or appreciate their own worth. Your body image impacts your self-esteem but there are other aspects of it as well. Your experiences, environment, and expectations of yourself can also have an impact. To help your self-esteem, you can be generous with others by \_\_\_\_\_. (Fill in the blank)

Giving large gifts

Volunteering

Being generous with yourself

All of the above

<https://kidshelpphone.ca/get-info/feeling-low-boost-your-self-esteem-these-tips/>

When someone has a negative body image, they are not satisfied with their body. This is also known as body dissatisfaction. Body dissatisfaction affects 90% of women and girls and between 40% and 60% of men and boys. True or False: Body dissatisfaction can lead to disordered eating. Hint: "Key Points"

True

False

<https://www.aboutkidshealth.ca/Article?contentid=625&language=English>

In order to have a positive body image, it's important to recognize and accept that healthy bodies come in different shapes and sizes and that body size and weight do not predict happiness, success, or health. Also remember that images in the media are \_\_\_\_\_. (Fill in the blank)

created to sell products

unrealistic

created to make you feel bad about yourself

A and B

<https://www.aboutkidshealth.ca/Article?contentid=625&language=English>

Being comfortable in your own skin isn't always easy. To practice self-acceptance in your day-to-day life, try identifying your strengths, celebrating your accomplishments, setting goals, and embracing \_\_\_\_\_. (Fill in the blank)

change

what makes you unique

other people's judgment

All of the above

<https://kidshelpphone.ca/get-info/10-ways-practice-self-acceptance/>

## Module 6: Mindfulness

Welcome to Module 6! Mindfulness is a way of being and a skill you have to develop and practice over time. Mindfulness has 3 key components: attention, curiosity, and acceptance. Which of the following statements is false?

Attention means noticing everything in the present and finding meaning in all things (even if they are not so joyful)

Curiosity allows you to explore different perspectives and examine situations without judgment

Curiosity can lead to major disagreements with friends

Acceptance means acknowledging how you feel and realizing that uncomfortable feelings will pass

<https://cmha.ca/brochure/mindfulness/>

Mindfulness does not always have to mean sitting still with your eyes closed. It can be practiced in many ways. What is an example of mindfulness?

Eating a meal while watching your favourite TV show

Scrolling through social media with a friend

Go for a walk while listening to a podcast

Checking in with yourself

<https://cmha.ca/brochure/mindfulness/>

You might be wondering how exactly you can practice mindfulness. Anxiety Canada outlines a few exercises. One example is telling yourself to “come back.” In what kind of situation would you say this?

Whenever you find yourself anxious about the future or guilty about the past

Whenever you start to compare yourself to people you see on social media

Whenever you and a friend get into an argument and they begin to walk away

Whenever you get distracted by social media when you should be doing homework

<https://www.anxietycanada.com/articles/mindfulness-exercises/>

True or False: Mindfulness can improve your relationships with friends and family.

True

False

<https://www.ementalhealth.ca/Canada/Mindfulness-101-The-Basics/index.php?m=article&ID=55385>

Take a look at the section “Informal and Everyday Mindfulness.” In what areas of everyday life can you be more mindful?

Waking up in the morning

Cooking

Cleaning

All of the above

<https://www.ementalhealth.ca/Canada/Mindfulness-101-The-Basics/index.php?m=article&ID=55385>

What are two examples of ways you can practice a more formal kind of mindfulness? (Hint: Look at the “How to be Mindful: Formal Mindfulness” section)



Awareness of the breath and manage distractions

Awareness of the breath and mindfulness pause

Mindfulness pause and avoid multitasking

Mindfulness pause and avoiding social media

<https://www.ementalhealth.ca/Canada/Mindfulness-101-The-Basics/index.php?m=article&ID=55385>

## Module 7: Support Networks, Friendships, and Relationships

Welcome to Module 7! People need people. Social support can improve our mental and physical health by helping us manage our stress, cope with setbacks, and solve problems. People who feel like they have social support often have lower levels of \_\_\_\_\_. (Fill in the blank) Hint: read the section “Why is it important?”

stress

heart problems

responsibility

adrenaline

<https://cmha.ca/brochure/social-support/>

What are the characteristics of a supportive person? Hint: see “What is a healthy community of support?”

Someone who cares about you and your well-being, asks questions about how you are and how they can help

Active listener (e.g. they reflect back what you tell them)

Make validating comments (e.g. “that sounds hard”)

All of the above

<https://kidshelpphone.ca/get-info/how-to-map-out-your-community-of-support/>

It might be helpful to sit down and reflect on your community of support. Which of the following is NOT one of the questions you should ask yourself when reflecting? Hint: see “Mapping out your community of support”

How should I reach out to someone who always puts me down and get them to like me more?

What communities do I want to engage with more?

Who can I reach out to when I’m having a bad day or feeling lonely?

Who can I reach out to when I need more immediate support?

<https://kidshelpphone.ca/get-info/how-to-map-out-your-community-of-support/>

A major part of building healthy support networks is having healthy friendships. This might mean being able to recognize when you might be in a toxic friendship. Which of the following is NOT an example of a toxic friendship?

You feel as though your friendship brings out the worst in you

You get into minor arguments

There's a lot of jealousy in the relationship

You don't treat each other respectfully

<https://kidshelpphone.ca/get-info/friends-forever-how-deal-toxic-friendship/>

Sometimes it may feel as though a friendship has changed and you and your friend have outgrown the relationship. No one is necessarily to blame here, but it might seem as though you two no longer have things in common. What is this a sign of?

Toxic friendship

Drifting Apart

Getting a new friend group and replacing someone

None of the above

<https://kidshelpphone.ca/get-info/friends-forever-how-deal-toxic-friendship/>

Making new friends may sound intimidating. There are always new things you can try to develop new friendships, such as:

Show interest in others--listen, learn, and ask questions

Be approachable and let them come to you.

Be a good friend yourself--be there for others when they are going through something difficult

A and C

<https://kidshelpphone.ca/get-info/making-friends-how-build-friendships/>

In healthy relationships, people can feel safe, respected and accepted for who they are. Signs of a healthy relationship include honesty, good communication, the ability to be yourself, trust, equality, support, and feeling safe. Which of the following is not one of the signs of an unhealthy relationship? Hint: Scroll to "Unhealthy relationships"

Your partner gets angry easily and you don't know what will set them off.

Your partner destroys your things when they're angry

Your partner doesn't enjoy any of the same hobbies as you

Your partner tells you who to hang out with

<https://kidshelpphone.ca/get-info/healthy-relationships-vs-unhealthy-relationships/>

You might find yourself in a disagreement with a friend or peer at times. This is normal and often not something to worry about. In fact, disagreeing can be a sign of a healthy relationship, if done with respect. All of these are great tips to 'fight' fairly/respectfully, EXCEPT:

Share your argument with other friends to get their opinions on the situation

Don't make accusations (e.g. say "I felt 'X' when 'Y' happened)

Stay calm. Sometimes you need time to cool off.

Don't bring up grudges--there is no point in bringing up a conflict from months ago

<https://kidshelpphone.ca/get-info/arguing-friend-heres-how-fight-fair>

Kids Help Phone has a quick quiz to help you understand what healthy and unhealthy relationships are. For example, if your partner demands to see your calls, texts, or emails, it is a sign of an unhealthy relationship. How many questions are in this quiz? Hint: Click “Start”

9

6

12

20

<https://kidshelpphone.ca/get-info/quiz-healthy-relationship/>

If you are thinking about ending a friendship or relationship, you might consider ghosting. This is when you end all communication with someone without any kind of explanation. This behaviour can be especially hurtful to someone as they are not given closure and may be left wondering what they did wrong. If you have really thought through it and decided that you no longer want a relationship with someone, you might want to consider a more formal ‘breakup.’ What should you do here? (Hint: see “Breakup Etiquette”)

Talk to the person one-on-one

Break up on social media or publicly

Be respectful- share why the friendship/relationship is not working but stick to the facts

A and C

<https://kidshelpphone.ca/get-info/arguing-friend-heres-how-fight-fair/>

### Module 8: Bullying, Safety, and Helping Others

Welcome to Module 8! Most people know what bullying is. It’s when someone uses their power to hurt, frighten, exclude or insult someone else. But while we may know what bullying is, we don’t often know what to do about it. Kids Help Phone has a Bullying Incident Report. This is a tool to help you keep track of bullying incidents so you can report the harassment to a safe adult when you feel ready. How many questions are involved in the Bullying Incident Report? Hint: Click “Start.”

5

8

9

12

<https://kidshelpphone.ca/get-info/bullying-incident-report/>

Most bystanders do nothing when they witness bullying. They worry that they can’t help, believe that others won’t approve, or they are afraid of being the next target. But doing nothing is actually doing something. It makes the situation worse and can be mistaken for approval. If you step in, other people are more likely to step in, too. True or False: You should only step in if it’s safe to do so.

True.

False. You can never really know if it is safe to intervene, so you should always do something.

<https://kidshelpphone.ca/get-info/bystander-what-do-if-you-witness-bullying/>

True or False: Teens are sometimes more likely to convince each other to stop bullying than adults are.

True

False

<https://kidshelpphone.ca/get-info/bystander-what-do-if-you-witness-bullying/>

If you see someone being bullied, but you aren't comfortable directly confronting the bully, approach the person being bullied and ask them if they're OK. You can also invite them to leave with you. This not only provides an escape for the person being bullied, but it also shows the bully that you're not approving of their behaviour. What is another suggested action you can take to intervene if you witness bullying?

After the situation is over, don't talk about it with the person being bullied. It could stress them out more.

After the situation is over, call the police, even if someone isn't being physically harmed.

After the situation is over, make sure the person who is experiencing the bullying is OK, reminding them that it's not their fault.

B and C

<https://kidshelpphone.ca/get-info/bystander-what-do-if-you-witness-bullying/>

Kids Help Phone has youth stories to help bring youth perspectives on bullying. In this youth story, the writer talks about his struggles with being bullied and feeling pressure to suppress his emotions because of the stigma attached to masculinity and showing emotion. When he talked to a counsellor at Kids Help Phone, the counselor told him that it was normal to be emotional and to feel things. Talking to the counselor gave him the courage he needed to \_\_\_\_\_. (Fill in the blank) Hint: Scroll down to "Getting help"

Fight back

Report his situation to the proper authorities

Tell his parents

All of the above

<https://kidshelpphone.ca/get-info/youth-story-bullying-masculinity-and-cultural-perceptions/>

Cyberbullying is incredibly painful and common. It can seem easier to say or do certain things online as you are not able to witness the first-hand pain you are causing someone. Almost 1 in 10 Canadian online teens say they have been victims of online bullying on social networking sites. Unlike face-to-face bullying, cyberbullying can be \_\_\_\_\_ because it can reach a victim anywhere at any time. (Fill in the blank)



relentless

more serious

longer-lasting

scarier

<https://www.publicsafety.gc.ca/cnt/ntnl-scr/cbr-scr/cbrbllng/prnts/cbrbllng-en.aspx>

Abuse (particularly in the family) is when an adult, typically a parent or caregiver, uses violence to control and/or harm a family member. This abuse can be physical, emotional/psychological or sexual. Neglect is another form of abuse. Neglect is when parents or caregivers who have a responsibility to care for a young person don't meet their basic needs. Which of the following is not a basic need? Hint: Scroll to "Neglect"

A safe place to live and clean, weather-appropriate clothing

Medical care

A reasonable allowance

Adequate hygiene (soap, shampoo, and a place to bathe)

<https://kidshelpphone.ca/get-info/family-abuse-what-it-is-and-how-to-identify-it/>

If you think that a friend is experiencing abuse or neglect, it's important to get a safe adult involved--even if your friend has sworn you to secrecy. You can't stop what's happening to your friend by yourself. There are some things you can do to support your friend though. For example, being there for your friend, letting them talk about what's going on, and being a good listener are all good ways to help. True or False: You should reach out to your friend if you are worried, even if they haven't told you anything is wrong.

True

False. Wait until they tell you something is wrong.

<https://kidshelpphone.ca/get-info/how-help-friend-dealing-family-abuse-or-neglect/>

Feeling unsafe at home is never OK. If you feel unsafe at home, it's important to tell a safe adult (such as a Kids Help Phone counsellor) about what's going on. Your safety is important and there are other spots in your community you can go, like a friend's house, a youth shelter, a relative's house, or \_\_\_\_\_. (Fill in the blank)

school

a community or drop-in centre

the library

All of the above

<https://kidshelpphone.ca/get-info/10-places-go-if-you-dont-feel-safe-home/>

## Module 9: Grief, Loss, and Major Life Changes

Welcome to Module 9! Losing someone or something you love is an incredibly difficult and emotional experience. Grief refers to the feelings someone experiences after they have suffered a major loss, such as death. Whatever these feelings are, they are valid and normal. They may arise upon the passing of a loved one or a pet, for example. What types of grieving reactions are there?

Emotional and physical reactions

Mental, spiritual, and neurological reactions

Emotional, physical, mental, and spiritual reactions

Emotional, neurological, mental, and spiritual reactions

<https://kidshelpphone.ca/get-info/coping-grief-loss-and-change/>

Which of the following is not one of the listed physical reactions involved in grief?

A tight feeling in your chest

Loss of smell or taste

Nausea

A choking sensation or feeling like you can't breathe

<https://kidshelpphone.ca/get-info/coping-grief-loss-and-change/>

In some situations, you may experience relief in response to the loss of a loved one. This is a normal response, especially if someone was really sick for a long time. Relief can come from knowing that the person isn't suffering anymore. What is another emotional response you may experience?

Guilt

Anger

Confusion

All of the above

<https://kidshelpphone.ca/get-info/coping-grief-loss-and-change/>

Everyone grieves differently. There is no one way to grieve and there are many things you can do to help you cope with a painful loss. One example is a healing ritual. Here, you can participate in something meaningful to help you celebrate the life of someone or something that has passed. Which of the following is a type of healing ritual?

Memory box (e.g. gathering photos or other objects to remind you of someone)

Collage (e.g. collecting your favourite photos of someone into some sort of album)

Healing circle (e.g. gather a group of people who were also close with the person and discuss how you feel)

All of the above

<https://kidshelpphone.ca/get-info/living-loss-ways-help-you-grieve-death>

Maybe you have not experienced a direct loss before, but you know a friend who currently is. When it comes to grief, everyone is on their own timeline and it is important to be patient and supportive to your friend throughout this process. You might feel unsure of what right words to use and that's okay. Speak from the heart and be there for your friend. What should you avoid doing when helping a grieving friend?

Tell your friend to cheer up

Mark the memory in some way

Smother your friend by calling, texting, or emailing all of the time

A and C

<https://kidshelpphone.ca/get-info/how-help-friend-dealing-grief>

There are different types of loss. You can experience grief over major life changes. For example, if you are dealing with a break-up, the divorce of family members, developing a disability, or \_\_\_\_\_, you may be experiencing grief. (Fill in the blank)

fighting with friends

failing a test at school

puberty

All of the above

<https://kidshelpphone.ca/get-info/coping-grief-loss-and-change/>

### Module 10: Social Media, Online Safety, and Mental Health

Welcome to Module 10! In Canada, 94% of people have at least one social media account. Whether you think social media is making mental health better or worse, there are ways to use social media in ways to protect your well-being. Scrolling mindlessly may be a good way to kill time, but next time you're online, try actually connecting with others. This means \_\_\_\_\_. (Fill in the blank)

Sending messages to friends and family

Add comments to the content you're viewing

Share meaningful posts about what's really going on in your life

All of the above

<https://cmha.ca/5-ways-to-social-media-proof-your-mental-health/>

There are many kinds of online frauds that you or someone you know might encounter online. For example, phishing occurs when e-mails, text messages, and websites are fabricated by criminals to look like they come from a trusted source as they seek your personal or financial information. What is a phishing catchphrase you should watch out for?

"E-mail Money Transfer Alert: Please verify this payment information below..."

"It has come to our attention that your online banking profile needs to be updated as part of our continuous efforts to protect your account and reduce instances of fraud..."

"Important Service Announcement: You have 1 unread Security Message!"

All of the above

<https://www.rcmp-grc.gc.ca/cyccp-cpcj/is-si/osf-efel-eng.htm>

Knowing what and how much to share online is key to protecting your personal information and staying safe in the online world. You can take a self-assessment on the research webpage to see how much you know about the online world. What is the last question in the self-assessment?

Who should I give my passwords to?

When installing new programs on your computer or phone, what precautions do you take?

Should you be posting or sharing pictures online with people?

Once something is posted on the Internet, I can delete it and remove it forever, right?

<https://www.rcmp-grc.gc.ca/cyccp-cpcj/self-assessment-autoevaluation/is-si/index-eng.htm>

Being online (if accessible to you) can be a great way to connect, play, learn, share and more. You may already know some of these safety tips. But it's good to have a refresher. Tip #2 on the research page is to review your privacy settings. Each website/app/etc. has different privacy and security options. Some places to start your review include your passwords and \_\_\_\_\_. (Fill in the blank)

advertising preferences

location sharing

username

A and B

<https://kidshelpphone.ca/get-info/5-online-safety-tips-everyone-needs-to-know/>

The Internet can sometimes be a place for negativity, exploitation, cyberbullying, abuse, racism and more. What can you do if you are threatened online and are worried about your safety? Hint: Tip #3

Report abuse to the website/app/etc.

Tell a safe adult

Contact the emergency services in your area

All of the above

<https://kidshelpphone.ca/get-info/5-online-safety-tips-everyone-needs-to-know/>

It's impossible to have complete control over photos/videos. Even if you pay your own phone bill and have your own computer, there's no guarantee photos/videos will stay private. Even with apps that promise photos/videos will disappear in seconds, it's still very easy to \_\_\_\_\_. (Fill in the blank) Hint: "Privacy and technology"

get cyber-stalked

be scammed

take a screenshot

take a video recording

<https://kidshelpphone.ca/get-info/sexting-privacy-and-law/>

Everyone needs a digital detox now and then. For example, a good time to do this would be if you often find yourself experiencing a fear of missing out (FOMO) as you compare yourself to what other people are doing on social media. There are many physical and mental health benefits of unplugging from the technology, such as:

Improved relationships with friends and family

A heightened feeling of independence

Better sleep and eating habits

All of the above

<https://kidshelpphone.ca/get-info/digital-detox-unplug-recharge>



## Module Set 2:

# Mental Health Disorders & Substance Use

Module Topics for Middle School (6-8) and High School (9-12)

- Eliminating Stigma
- Introduction to Mental Health Disorders
  - Anxiety Disorders
  - Mood Disorders
  - Personality Disorders
  - Eating Disorders
  - Psychosis
- Understanding Substance Use
  - Addiction
  - Drugs, Smoking, and Alcohol
  - Effects on People Around You
- Finding Help & Supporting Others

### Resources:

- Canadian Mental Health Association (CMHA)
- Centre for Addiction and Mental Health (CAMH)
- Anxiety Canada
- Kids Help Phone
- MADD
- BeThere
- Crisis Services Canada

# Mental Health Disorders

## List of Questions

### Module 1: Eliminating Stigma

Welcome to the Mental Health Disorders and Substance Use Modules. Let's begin by exploring the topic of stigma. We often hear the term "stigma" when talking about mental health, but what does it mean? Essentially, it is the negative attitudes and beliefs surrounding a person, quality, or circumstance. It involves a judgment that sets a person apart from the norms of society. Stigma can cause real harm. It prevents \_\_\_\_% of people with anxiety or depression from seeking help. (Fill in the blank)

20

30

40

45

<https://www.camh.ca/en/driving-change/addressing-stigma>

When you hear statistics about mental health conditions, it may feel overwhelming to know how common they are. But when we see how common they are, we can feel more comfortable talking about mental health and seeking help. In any given year, \_\_\_\_\_ people in Canada will experience a mental health problem or illness. (Fill in the blank)

1 in 3

1 in 5

1 in 10

1 in 20

<https://cmha.ca/fast-facts-about-mental-illness>

One of the best ways to reduce stigma is to educate yourself. By completing these modules, you are already becoming more informed and better able to eliminate stigma. Another way to reduce stigma is to be aware of your attitudes and behaviour and to choose your \_\_\_\_\_ carefully. (Fill in the blank) Hint: Scroll to "Seven things..."

friends

news sources

words

all of the above

<https://www.camh.ca/en/driving-change/addressing-stigma>

Mental illness is a sensitive topic and it can be challenging to know how to speak about it with others in a way that is respectful and compassionate. Using people-first language is a good first step. Essentially, people-first language prioritizes the person over the \_\_\_\_\_. (Fill in the blank)

illness

condition

disability

all of the above

<https://mhfa.ca/en/blog/combat-mental-health-stigma-shift-towards-people-first-language>

When we define someone by their mental health problem/diagnosis, we don't see all the wonderful things that define that person. You may see yourself as a mental health ally, but if you are using stigmatizing language (ex. "that's so crazy"), people who are living with a mental health problem may be less likely to \_\_\_\_\_. (Fill in the blank) Hint: Scroll down past the green text box.

like you

approach you

be confident

feel happy

<https://mhfa.ca/en/blog/combat-mental-health-stigma-shift-towards-people-first-language>

When you scroll down to the section titled "How Can You Use it?", you'll see a table with examples of stigmatizing language and respectful language. Instead of saying "This person suffers from depression", what could you say?

This person is mentally ill

This person is perpetually sad

This person lives with depression

This person suffers from a mood disorder

<https://mhfa.ca/en/blog/combat-mental-health-stigma-shift-towards-people-first-language>

There are many hurtful attitudes and myths around mental illnesses that fuel stigma and discrimination. One of these hurtful myths is that people who experience mental illnesses are weak and can't handle stress. According to the CMHA, people who experience mental illnesses may actually be better at handling stress than other people because they learn skills like \_\_\_\_\_ so they can take care of their stress before it affects their well-being. (Fill in the blank)

stress management

problem-solving

all of the above

self-counselling

<https://cmha.ca/documents/myths-about-mental-illness>

One of the myths of mental illness is that people don't recover. People can and do recover from mental illnesses. Even when people experience mental illnesses that last for a long time, they can learn how to \_\_\_\_\_ so they can get back to their goals. (Fill in the blank)

cover up their symptoms  
 manage their symptoms  
 ignore their mental illness  
 All of the above

<https://cmha.ca/documents/myths-about-mental-illness>

Thank you for completing this module. We encourage you to keep exploring these resources to learn about mental health myths and how we can eliminate stigma. All of the following are included in the CMHA's list of 10 common myths about mental illness. Which of the following is Myth #9?

People who experience mental illnesses can't work  
 Kids can't have a mental illness like depression. Those are adult problems  
 Mental illnesses will never affect me.

Everyone gets depressed as they grow older. It's just part of the aging process.

<https://cmha.ca/documents/myths-about-mental-illness>

## Module 2: Introduction to Mental Health Disorders

Welcome to Module 2: Introduction to Mental Health Disorders. In this module, we'll explore some different categories of mental health disorders. It's important to know the signs and symptoms so you can recognize them in yourself and in your loved ones, and find support as soon as possible. If you want to talk to a professional counsellor about any of this information, call Kids Help Phone in English or French \_\_\_\_\_ by calling 1-800-668-6868. (Fill in the blank)

Monday-Friday 9AM-5PM

Any day, 9AM-5PM

24/7

After 9AM

<https://kidshelpphone.ca/call/>

Anxiety is something that everyone experiences from time to time. But anxiety can become a problem if it happens a lot, feels pretty intense, goes off when there is no real danger, and if it stops you from doing fun and important things that you want to do. Anxiety Canada has videos that explore some types of anxiety problems experienced by teens. The first video is from Millie, who lives with panic disorder. She has unexpected \_\_\_\_\_. (Fill in the blank)

phobias

social anxiety

panic attacks

phobia-induced panic episodes

<https://www.anxietycanada.com/articles/types-of-anxiety-problems/>

Anxiety disorders can affect anyone at any age, and they are the most common mental health problem. Normal, expected anxiety is part of being human but anxiety disorders are real illnesses that affect a person's well-being. Each anxiety disorder has its own

specific treatments and goals, but most include some combination of strategies including \_\_\_\_\_. (Fill in the blank)

Counselling and support groups

Medication

Self-help strategies

All of the above

<https://cmha.ca/documents/anxiety-disorders>

Children and teens who live with social anxiety disorder have an excessive and persistent fear of social and/or performance situations. This disorder can develop suddenly after a stressful or embarrassing experience, or slowly over time. True or False: In any given year about 7% of children will have a diagnosis of social anxiety. Hint: Scroll to the "Facts" box.

True

False. Only 5% of children will have this diagnosis.

<https://www.anxietycanada.com/disorders/social-anxiety/>

Obsessive-Compulsive Disorder (OCD) has two key parts, obsessions and compulsions. An obsession is an unwanted thought and most obsessions are pretty unpleasant. Compulsions are repetitive behaviours (ex. rituals and habits). Many times, obsessive thoughts can lead to compulsive behaviours. Many children will develop OCD early, starting between the ages of \_\_\_ and \_\_\_\_\_. (Fill in the blank)

8 and 12

6 and 13

7 and 12

5 and 10

<https://www.anxietycanada.com/articles/child-or-teen-obsessive-compulsive-disorder-ocd/>

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can develop after experiencing or witnessing a major trauma. Children and teens who live with PTSD can have a number of symptoms after a trauma that fall into three categories. Which of the following is NOT one of these categories?

Attempts to avoid anything that reminds the child or teen of the trauma

Violent outbursts

Reliving the trauma in some way

Very high anxiety (also called "hyperarousal") and being easily startled.

<https://www.anxietycanada.com/articles/post-traumatic-stress-disorder-in-children-and-teens/>

Kids who live with Generalized Anxiety Disorder (GAD) worry about the same kind of things most kids do, but their worry is excessive and very tough to shut down once it gets started. Physical symptoms can include headaches, muscle tension, stomach aches, trouble falling asleep at night, and more. True or false: Many children who live with GAD also have other anxiety problems.



True

False

<https://www.anxietycanada.com/articles/child-or-teen-generalized-anxiety-disorder/>

Depression is a mental illness that affects a person's mood—the way a person feels. Mood impacts the way people think about themselves, relate to others, and interact with the world around them. Signs of depression include feeling sad, worthless, hopeless, guilty, or anxious a lot of the time. Some feel irritable or angry. People lose interest in things they used to enjoy and may \_\_\_\_\_. (Fill in the blank)

Withdraw from others

Start new hobbies

Have problems with vision and hearing

Experience memory loss

<https://cmha.ca/brochure/depression-and-bipolar-disorder/>

It's normal to feel sad or upset from time to time. But depression is deeper and longer-lasting. It is a common mental health disorder and can affect people of all ages and impact all areas of a person's life. Sometimes depression happens for no clear reason. It can be genetic. What of the following is another thing that can cause depression? Hint: Scroll to "What causes depression?"

A major change in a person's life

Trauma, abuse, physical health issues, and/or substance use

Experiencing racism and other forms of oppression

All of the above

<https://kidshelpphone.ca/get-info/am-i-experiencing-depression/>

Bipolar disorder is another mental illness that affects mood. With bipolar disorder, people experience episodes of depression and episodes of mania. Mania is an unusually high mood for the person. People may feel \_\_\_\_\_. People usually experience periods of wellness between episodes of depression and mania. (Fill in the blank)

unrealistically confident, happy, or very powerful

like their thoughts are racing

hyperactive

all of the above

<https://cmha.ca/brochure/depression-and-bipolar-disorder/>

Depression and bipolar disorder can affect anyone. They are likely caused by many different factors that work together, including family history, biology, the environment, life experiences, personality, and physical health problems. These disorders can be very challenging. But there are ways that people can manage their symptoms and even recover, in some cases. What kind of counselling is commonly used to help those living with mood disorders?

ECT

CBT

CST

DBT

<https://cmha.ca/brochure/depression-and-bipolar-disorder/>

Every day, we are surrounded by different messages from different sources that impact the way we feel about the way we look. For some, poor body image is a sign of a serious problem: an eating disorder. Eating disorders are not just about food. They are often a way to cope with difficult problems or regain a sense of control. They are complicated illnesses that affect a person's sense of \_\_\_\_\_. (Fill in the blank)

emotional and financial stability

identity, worth, and self-esteem

time and space

taste and smell

<https://cmha.ca/brochure/eating-disorders/>

Eating disorders are common conditions many young people across Canada experience. People experiencing them can be all shapes and sizes. Eating disorders don't discriminate based on gender, age, class, physical ability, race, or ethnic background. It's not \_\_\_\_\_ if you experience an eating disorder. Help is available through Kids Help Phone. (Fill in the blank) Hint: Look under "Here are some things to know about eating disorders:"

surprising

your fault

a big deal

all of the above

<https://kidshelpphone.ca/get-info/eating-disorders-important-things-to-know/>

One type of eating disorder is Anorexia nervosa. A person living with this disorder may restrict the amount of food they eat or exercise much more than usual. Another type of eating disorder is Bulimia nervosa, which involves periods of uncontrollable binge-eating, followed by purging. True or False: For both disorders, people may feel overweight regardless of their actual weight. Hint: Read the short paragraph below "Anorexia nervosa" and "Bulimia nervosa"

True.

False. This is only a feature of Anorexia Nervosa.

False. This is only a feature of Bulimia Nervosa.

False. This is not a feature of either disorder.

<https://cmha.ca/brochure/eating-disorders/>

Kids Help Phone lists some common types of eating disorders and their characteristics. Other Specified Feeding and Eating Disorders (OSFED) involve disordered eating habits that don't match the descriptions or that look different than the most common types of eating disorders. True or False: OSFED is usually less serious than other eating disorders. Hint: scroll down to the list of common types of eating disorders, and find OSFED.

True

False

<https://kidshelpphone.ca/get-info/eating-disorders-important-things-to-know/>

Personality disorders are patterns of thoughts, feelings, and behaviours that may last for a long time and create challenges in a person's life. People who experience personality disorders may have difficulties with \_\_\_\_\_. (Fill in the blank) Hint: Scroll to "Personality disorders"

Developing healthy relationships with others

Working toward important life goals

Managing their emotions well

All of the above

<https://cmha.ca/brochure/mental-illnesses/>

Borderline personality disorder (BPD) is one example of a personality disorder. People living with BPD are highly sensitive to what is going on around them and can react with intense emotions to small changes in their environment. If you scroll down to "Additional Resources," you can find a link to a free \_\_\_\_\_ on Personality Disorders provided by CAMH. (Fill in the blank)

class

tutorial

mentor

book

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/conditions-and-disorders/borderline-personality-disorder>

Psychosis is a health problem that affects how people understand what's real and what isn't real. People experiencing psychosis may sense things that aren't real or strongly believe things that can't be real. What is one example of a psychotic disorder? Hint: Scroll to "Psychotic disorders"

Dissociative identity disorder

Cyclothymia

Schizophrenia

Obsessive-compulsive disorder

<https://cmha.ca/brochure/mental-illnesses/>

The way we think of schizophrenia has changed over time. Where once it was viewed as a chronic (persistent or long-term) and deteriorating or worsening condition, now recovery is considered to be a realistic possibility. True or False: Recovery is seen as a process of gaining control over one's life and finding meaning, as well as the total absence of symptoms. Hint: Scroll to the bottom portion of the page.

True

False

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/conditions-and-disorders/schizophrenia>

Thank you for completing this module. Experiencing a mental illness can be very distressing. People experiencing mental illness may not know what's happening to them, and they may worry about other people's reactions. It's important to know that it's not your fault and it's not a sign of weakness. True or False: Finding help early may reduce the risk of problems in the future. Hint: Scroll to "What can I do about it?"

True

False

<https://cmha.ca/brochure/mental-illnesses/>

### Module 3: Understanding Substance Use

Welcome to Module 3: Understanding Substance Use. Many people will use substances (e.g. caffeine, prescription medication, alcohol, etc.) over the course of their lifetime without any problem. Substance use becomes a problem when it starts to have harmful effects on a person's life. If a person uses a substance often, it can cause \_\_\_\_\_ changes in their brain and body, which can make it difficult to stop using. (Fill in the blank) Hint: Read the "Why do people use substances?" section for the next few questions.

Chemical

Structural

Slow

Minor

<https://kidshelpphone.ca/get-info/what-substance-use/>

A person's brain continues to develop and grow into their twenties. The "\_\_\_\_\_" part of the brain is still growing in this period, and so a younger person will have difficulty knowing how much is "too much" and when to stop. (Fill in the blank) Hint: "Why do people use substances?"

Judgment

Decision

Logical

Adult

<https://kidshelpphone.ca/get-info/what-substance-use/>

Many drugs make people "feel good" because they encourage the brain to overproduce a naturally occurring chemical called dopamine. When a person stops using the drug, or when their body learns to tolerate the drug, their dopamine level drops, and their brain eventually loses some of its ability to produce dopamine naturally, which can lead to greater dependence on the drug. Which of the following is an activity that produces dopamine naturally? Hint: "Why do people use substances?"

Eating

Exercise

Listening to music

All of the above

<https://kidshelpphone.ca/get-info/what-substance-use/>

Before saying “yes” or “no” to drugs and alcohol, there are a few things you may want to learn more about. Kids Help Phone provides more detailed information for questions like: “Which drugs are legal/illegal?”; “What are the risks?”; and “\_\_\_\_\_?” (Fill in the blank)

What is addiction?

What time of day should I use substances?

What drug is the most addicting?

All of the above

<https://kidshelpphone.ca/get-info/drugs-and-alcohol-important-things-know/>

Kids Help Phone offers detailed information about the possible health effects of cannabis, information about cannabis legalization, and how you can reduce risks if you choose to use cannabis. Which of the following is not one of the listed factors that contribute to a person’s experience with cannabis?

Medical history (including family history)

Your gender

Genetics

Its level of THC/CBD

<https://kidshelpphone.ca/get-info/cannabis-important-things-know/>

If you want to learn more about smoking, its risks, and tips for quitting and supporting others to quit, Kids Help Phone shares answers to common questions about smoking. Which of the following is not one of the questions that they answer?

Why do people smoke?

At what age is it safest to start smoking?

Is smoking addictive?

How can I quit smoking?

<https://kidshelpphone.ca/get-info/common-questions-about-smoking/>

Vaping is a relatively new way of using substances in Canada. On social media, vaping is often depicted as safer and less harmful than smoking cigarettes. But in fact, the world is still trying to understand the possible effects of vaping. You can read more about what we do know about vaping on the research webpage. True or False: It is still possible to experience “second-hand smoke” from vaping. Hint: “What are the potential risks of vaping?”

True

False

<https://kidshelpphone.ca/get-info/vaping-is-on-the-rise-heres-what-you-need-to-know/>

Alcohol affects judgment, hand-eye coordination, ability to focus, ability to see and think clearly, and ability to recognize potentially dangerous or hazardous road conditions or situations. Road crashes are the leading cause of death among teenagers, and alcohol and/or drugs are a factor in \_\_\_\_% of those crashes. (Fill in the blank)

45

36



90

55

<https://kidshelpphone.ca/get-info/vaping-is-on-the-rise-heres-what-you-need-to-know/>

Many young people think that driving under the influence of cannabis is risk-free. Yet studies have shown that smoking cannabis can also lead to a shorter attention span, an altered perception of time and distances, and slower reaction times that impair the driver's ability to respond to sudden events in traffic. A study by researchers at Dalhousie University found that smoking cannabis \_\_\_\_\_ before driving nearly doubled a driver's risk of having a crash. (Fill in the blank)

One week

One day

Three hours

None of the above

<https://madd.ca/pages/programs/youth-services/statistics-links/>

"Addiction" is a common term used to describe when a behaviour is out of control, usually in a harmful way. Addiction or dependence (needing to use alcohol or other drugs to stop withdrawal) is one kind of substance use problem, but you don't need to experience an addiction to experience harms to relationships, finances, or health from alcohol or other drug use. It's helpful to think of alcohol and substance use as a \_\_\_\_\_. (Fill in the blank) Hint: "What do we mean?"

Scale

Spectrum

Ladder

All of the above

<https://cmha.ca/brochure/concurrent-mental-illness-and-substance-use-problems/>

People who experience a mental illness are more likely than others to also experience a substance use problem. True or false: People who experience problems with substance use are also more likely to be diagnosed with a mental illness. Hint: "What is the relationship?"

True

False

<https://cmha.ca/brochure/concurrent-mental-illness-and-substance-use-problems/>

It can be hard to start a conversation with someone you love about their substance use but it's important. Friends and family are an important support system for someone who is looking for help. This Government of Canada webpage lists key signs to look for that might indicate a friend or a peer is struggling with substance use. Which of the following is not on the list?

Missing work or school

Researching substance use in their spare time

Trying new types of drugs or mixing drugs to get a more intense high

Getting lower grades in school

<https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/help-friend.html>

Stigma often arises when we fail to understand a person's unique circumstances, and instead blame their decisions. For example, some people are more likely to develop a substance use problem compared to others. This reflects the importance of understanding what risk factors are. Which of the following is not an example of a risk factor? Hint: Scroll to "Risk factors for substance use problems in youth"

Having friends who drink or use drugs

Cost of drugs

Poverty, family conflicts, chaos, or stress

Experiencing discrimination or oppression

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction>

Thanks for completing this module. As you know, stigma can be a big barrier that prevents people from seeking help. It's important to make sure that the language we use to talk about substance use is respectful and compassionate. You've already learned about "people-first" language. Instead of using words like "addict," "user," and "junkie," we can say \_\_\_\_\_. (Fill in the blank)

People with a substance use disorder

People who use drugs

People with lived experience

All of the above

<https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/problematic-substance-use/substance-use-eng.pdf>

#### [Module 4: Finding Help & Supporting Others](#)

Welcome to Module 4: Finding Help & Supporting Others. Jack.org's Be There project can help you learn how to recognize when someone might be struggling with their mental health and gives you 5 Golden Rules to help you support and be there for them. Which of the following is not one of the 5 Golden Rules?

Hear them out

Know your role

Give psychological advice

Connect to help

<https://bethere.org/Home>

We all experience less than optimal mental health now and then; whether that's because of fear, sadness, stress, confusion, grief, or some other kind of mental distress. What's important is to recognize when the mental distress you or someone around you is experiencing becomes a mental health problem. Someone may be struggling with their mental health if you notice a change in their thoughts, feelings, and behaviours that is \_\_\_\_\_. (Fill in the blank)

affecting you in a bad way

intense, long-lasting, and negatively affecting their daily routine, relationships, or responsibilities

lasting for 1 or 2 weeks

All of the above

<https://bethere.org/Be-There-Basics>

If you notice someone might be struggling with their mental health, it is important to talk to them. Everyone is unique so it can be hard to tell whether someone is struggling with their mental health or just experiencing the regular ups and downs of life. But if you're worried, there is truly no harm in checking in. If you are not on good terms with the person, you can still help. You can still say what you see, but be careful not to \_\_\_\_\_. (Fill in the blank)

have the conversation in person

make assumptions or come across as judgmental

tell anyone you're helping them

All of the above

<https://bethere.org/say-what-you-see?q=qna-4>

Kids Help Phone lists a few ways you can offer support to someone who needs help online, at school, or in public. If you notice someone posting worrying content on social media, for example, what can you do to help?

Report the post(s)

Ignore it unless it is repetitive.

Contact emergency services if you know the person and you are worried they are in immediate danger

Both A and C

<https://kidshelpphone.ca/get-info/how-intervene-if-someone-needs-help-crisis/>

When offering support to someone who may be struggling with their mental health, it is important to know your role and set boundaries to protect your relationship and your own mental health. Your role is not to judge, preach or fix anyone. It is to be there for them. Remember not to downplay their situation. Sometimes trying to make them feel better can imply that they are \_\_\_\_\_. (Fill in the blank)

Lazy

Overreacting

Overemotional

not smart enough to solve their own problems

<https://bethere.org/know-your-role>

When someone you love has been diagnosed with a mental illness, you feel a mixture of emotions that could include concern, compassion, disbelief, anger, relief, anxiety, grief, love, guilt, and more. It's important for you to know that your own needs are just as important too. All of the following are tips for taking care of yourself while you support a loved one. What is tip #7?

### Develop coping strategies for challenging behaviours

Take time for yourself and recharge

Learn more about mental illnesses

Accept your own feelings and know that you are not alone

<https://cmha.ca/brochure/supporting-a-loved-one/>

Research shows that talking about suicide does not increase the likelihood that someone will take their own life. In fact, connecting with someone who cares can make all the difference. You can call or text Crisis Services Canada toll-free. Their responders are there to listen to you, support you, and keep you safe. What phone number do you call?

Hint: Top left corner.

1.824.888.8484

1.833.456.4566

1.833.345.4544

1.334.456.4566

<https://www.crisisservicescanada.ca/en/>

The signs of an eating disorder often start before a person looks unwell, so weight should never be the only consideration. The more you learn about eating disorders, the better you will be able to identify when a friend or loved one needs help. The CMHA offers a list of tips to help you support a loved one that is experiencing an eating disorder. The first tip is to remember that eating disorders are a sign of \_\_\_\_\_.

(Fill in the blank)

bad eating habits

a much bigger problem

flawed thinking

perfectionism

<https://cmha.ca/brochure/eating-disorders/>

When someone you love is diagnosed with depression or bipolar disorder, you may wonder how you can really help. You can offer support in different ways: offering emotional support or practical support, watching for signs of relapse or other difficulties, and more. When supporting a loved one, make sure to make your own boundaries and to seek support for yourself. What else should you do? Hint: Scroll to “How can I help a loved one?”

Make sure your expectations are realistic

Tell them to think more positively about the day ahead of them

Let them take care of day-to-day tasks themselves

All of the above

<https://cmha.ca/brochure/depression-and-bipolar-disorder/>

Wellness Together Canada is a place that you can go to get the right support, and it is always free. You can get in touch with a counsellor, check in with regular wellness assessments, and \_\_\_\_\_. (Fill in the blank) Hint: Look at the icons under “Get the right support. Always free.”

Learn: Browse free articles, videos, and more

Subscribe: Pay for premium mental health content

Game: Play online games that teach you about mental health

All of the above

<https://wellnesstogether.ca/en-CA>

Kids Help Phone is another resource that is used by elementary, middle, and high school students, and even young adults who have graduated from high school. The site offers peer-to-peer support forums, a live chat, and a text and phone service. True or False: You can also access support using Facebook Messenger.

True

False. But you can email them.

<https://kidshelpphone.ca/>

It can be hard to tell if someone's relationship with substances is changing. If you're not sure if your friend is struggling, there are some ways to identify changes. Which of the following is not one of the listed changes that you should think about?

Whether they are more social than usual

Whether they are missing more school or getting lower grades than usual

Whether they are using substances alone

Whether they are avoiding activities until they've used substances

<https://kidshelpphone.ca/get-info/5-ways-to-talk-to-a-friend-about-their-substance-use/>

If you've decided to have a conversation with a friend about their substance use, there are some things you should remember. The first one is to show empathy and use neutral and "person-first" language. Make sure to consider the timing of the conversation as well. An ideal time is when your friend \_\_\_\_\_. (Fill in the blank) Hint: Scroll to "Consider the timing"

Has just used a substance

Hasn't been using substances

Is feeling bad about themselves

Is in a good mood

<https://kidshelpphone.ca/get-info/5-ways-to-talk-to-a-friend-about-their-substance-use/>

Living with a parent/caregiver's substance use can be hard. It's normal to feel stressed, sad, angry, or any other emotion if their substance use is affecting you. Remember, you didn't cause their behaviour and you can't control their actions. But there are ways you can cope and support your own well-being. Which of the following is not one of the suggestions on coping and self-care?

Tell a safe adult what's going on and ask for support

Spend some time away to take a break, if possible

Create a safety plan

Tell your parent/caregiver to do some research on services and support

<https://wellnesstogether.ca/en-CA>

Thank you for completing this module. Remember, if you or someone you know needs help with their mental health or substance use, they can always connect with resources like Kids Help Phone, Wellness Together Canada, or Crisis Services Canada. If you're too nervous to call, you can send a text! What number do you text to reach Crisis Services Canada?

45354

45675

45645

54454

<https://www.crisisservicescanada.ca/en/>



## Next Steps?

1. Visit ChatterHigh.com, create an account & have your students do the same.
2. You create a class; your students join.
3. Check out your "Mindful Modules."
4. Start quizzing!

Remember to send us your feedback at  
[info@chatterhigh.com](mailto:info@chatterhigh.com)

