

School Toolkit for Positive Mindsets

High School

Implementation Guide

We can all do our part to help support the resilience and mental health of teens in South Dakota. When we send students encouraging messages about themselves and their mental health, it sets them up for a stronger and more satisfying future. It's also important we give students the right tools to manage stress, communicate their needs and ask for help when they're struggling. Your students matter, and these items are here to remind them of that.

Let's pave the way for healthier, more resilient students in South Dakota.

What's Included in this Toolkit:

- Posters
- Breakaway lanyards
- Mirror clings
- Pencils
- 988 floor clings
- Post it note pads
- Pocket mirrors
- Magnets
- Water bottle stickers
- Keychains

Online Materials Available at SDBehavioralHealth.gov

- Tech backgrounds
- Handout for parents to take at parent-teacher conferences
- Social media posts for schools to share on their social media channels
- Email content blocks that can be sent to parents and guardians
- Text alert content blocks that can be sent to parents and guardians

How to Use These Items

Use these items in a school setting to promote resilience and normalize mental health. Depending on the type of item, you may use it for purposes such as:

- "Brain breaks" between course concepts or activities.
- Sharing with a student as a reminder of strength and positivity.
- Posting clings in restrooms or high-traffic spaces to share resources like the 988 Lifeline.
- Build awareness throughout the school about resilience and mental health.
- Provide resources for parents and guardians to support their children's well-being.

Know the Signs: When a Student Might Need Help

Keeping an open, nonjudgmental dialogue with teens is critical. Listen, ask questions and try to frame scenarios as hypothetical from an outside or third-party perspective instead of using first- or second-person language. Watch for patterns. And if you see a prolonged change in behavior, know that it can be a warning sign.

Watch for:

- Steady decline in school performance
- Changes in eating habits or weight loss
- Constant worry or anxiety
- Persistent sadness, outbursts, or extreme irritability
- Avoiding social interactions
- Frequent absences
- Talking about death, suicide, or self-harm
- Changes to a child's home life or support system

If you notice any of these signs, early intervention is important. Refer the student to the school counselor for more assistance.

Support Your Well-Being

Being a teacher is stressful at times. As you read this, you're probably on your fourth cup of coffee. Remember to take time for yourself and prioritize self-care so you can return to your classroom feeling refreshed and ready to give it your all.

Enclosed you will find a desk calendar with positive affirmations to incorporate into your daily routine.

More Free Materials from [SD Behavioral Health](https://SDBehavioralHealth.gov)

To order more free materials for your classroom, you can visit:

- SDBehavioralHealth.gov
- SDSuicidePrevention.org
- HelplineCenter.org

For more information, visit SDBehavioralHealth.gov or contact dssbh@state.sd.us.