

**Child & Youth Mental Health Toolkits  
Electronic/Online Resources – Interactive Modules**

<b>Topic</b>	<b>Title</b>	<b>Content</b>	<b>Link</b>	<b>Target Population</b>
<b>Anger</b>	“Barometer” (Mind Your Mind)	1. Identifying anger triggers 2. Creating plan to cope with anger  Note: Completed worksheet can be printed	<a href="http://mindyourmind.ca/interactives/barometer">http://mindyourmind.ca/interactives/barometer</a>	Teens and older youth
<b>Anxiety</b>	“Anatomy of a Panic Attack” (Mind Your Mind)	1. Describes symptoms of panic attack 2. Provides tips on how to get through it	<a href="http://mindyourmind.ca/interactives/anatomy-panic-attack">http://mindyourmind.ca/interactives/anatomy-panic-attack</a>	Teens and older youth
<b>Bullying</b>	“Beat the Bully” (PBS Kids)	1. Illustrates strategies to effectively deal with bullying	<a href="http://pbskids.org/itsmylife/games/bullies_flash.html">http://pbskids.org/itsmylife/games/bullies_flash.html</a>	Children and younger youth
<b>Bullying</b>	“Bullying” (E-Learning for Kids)	1. What is bullying 2. How bullying makes you feel 3. Tips for dealing with bullies 4. Understanding bullies 5. Are you a bully?	<a href="http://www.e-learningforkids.org/life-skills/lesson/bullying/">http://www.e-learningforkids.org/life-skills/lesson/bullying/</a>	Children ages 8-12
<b>Depression</b>	“What to Do About Feeling Down” (E-Learning for Kids)	1. What is depression 2. What to do when feeling down	<a href="http://www.e-learningforkids.org/life-skills/lesson/depression/">http://www.e-learningforkids.org/life-skills/lesson/depression/</a>	Children ages 8-12
<b>Depression</b>	“Alice, All Jacked Up” (Mind Your Mind)	1. Skills to help get out of a tough emotional situation 2. Creating a crisis plan 3. Discussion of how depression comes about	<a href="http://mindyourmind.ca/interactives/alice-all-jacked">http://mindyourmind.ca/interactives/alice-all-jacked</a>	Teens and older youth

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<b>Emotions</b>	“Emotions and You” (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. Dealing with emotions</li> <li>2. Positive emotions</li> <li>3. Negative emotions</li> <li>4. Dealing with your emotions</li> <li>5. Dreams and nightmares</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/emotions/">http://www.e-learningforkids.org/life-skills/lesson/emotions/</a>	Children ages 8-12
<b>Families</b>	“Family Fare” (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. Roles, rights, responsibilities and relationships</li> <li>2. Feelings and family changes</li> <li>3. The family</li> <li>4. Family types</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/family/">http://www.e-learningforkids.org/life-skills/lesson/family/</a>	Children ages 8-12
<b>General Mental Health</b>	“Tree of Life” (Mind Your Mind)	<ol style="list-style-type: none"> <li>1. Identifying your strengths, supports and coping strategies</li> <li>2. Setting personal goals</li> </ol> <p>Notes: Module is available in English, French and Inuktitut Completed worksheet can be printed</p>	<a href="http://mindyourmind.ca/interactives/tree-life">http://mindyourmind.ca/interactives/tree-life</a>	Children, teens and older youth
<b>General Mental Health</b>	“Quote Bloom” (Mind Your Mind)	<ol style="list-style-type: none"> <li>1. Each blossom on the branch reveals an inspiring quotation</li> </ol>	<a href="http://mindyourmind.ca/interactives/quote-bloom">http://mindyourmind.ca/interactives/quote-bloom</a>	Children and youth
<b>Relationships</b>	“Relationships” (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. Types of relationships</li> <li>2. Behaviours in relationships</li> <li>3. Positive relationships</li> <li>4. Negative relationships</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/relationships/">http://www.e-learningforkids.org/life-skills/lesson/relationships/</a>	Children ages 8-12
<b>Relationships</b>	“You and Others” (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. Friendship groups</li> <li>2. Good friends</li> <li>3. Circle of relationships</li> <li>4. Stereotypes, discrimination and harassment</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/you-and-others/">http://www.e-learningforkids.org/life-skills/lesson/you-and-others/</a>	Children ages 8-12

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<b>School</b>	“School Stuff” (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. Coping with a new school</li> <li>2. Repeating a year</li> <li>3. Bullying</li> <li>4. Teachers &amp; you</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/school/">http://www.e-learningforkids.org/life-skills/lesson/school/</a>	Children ages 8-12
<b>Self-Esteem</b>	“Communication” (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. Types of communication</li> <li>2. Shyness &amp; assertiveness</li> <li>3. Public speaking</li> <li>4. Conflict</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/communication/">http://www.e-learningforkids.org/life-skills/lesson/communication/</a>	Children ages 8-12
<b>Self-Esteem</b>	“Personal Identity” (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. Self-esteem: how you feel</li> <li>2. Body image</li> <li>3. Feeling good about yourself</li> <li>4. Positive &amp; negative self-esteem</li> <li>5. Influences on self-esteem</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/personal-id/">http://www.e-learningforkids.org/life-skills/lesson/personal-id/</a>	Children ages 8-12
<b>Sexuality</b>	“Sex-Fu Challenge” (Society of Obstetricians and Gynaecologists of Canada)	<ol style="list-style-type: none"> <li>1. Game provides information about sexuality and the facts on sex</li> <li>2. Looks at men’s sexual health, women’s sexual health, STI’s, sex and emotions</li> </ol>	<a href="http://www.sexualityandu.ca/games-and-apps/sex-fu-challenge">http://www.sexualityandu.ca/games-and-apps/sex-fu-challenge</a>	Older teens and young adults
<b>Social Media</b>	“Thinkuknow” series (Child Exploitation and Online Protection Centre)	<ol style="list-style-type: none"> <li>1. Teaches kids how to safely manage personal online spaces, e-mail and Internet searches</li> <li>2. Module looks at issues of privacy and disclosure of personal information on the Internet</li> </ol>	<a href="http://www.thinkuknow.co.uk/">http://www.thinkuknow.co.uk/</a>	Modules are categorized by age groups: 5-7, 8-10, 11-13, and 14+
<b>Social Media</b>	“Nude-e-Calls” (That’s Not Cool)	<ol style="list-style-type: none"> <li>1. Game to help youth understand safe texting and consequences of sexual texts that they might send</li> </ol>	<a href="http://www.thatsnotcool.com/Games_NudeECalls.aspx">http://www.thatsnotcool.com/Games_NudeECalls.aspx</a>	Teens and older youth

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Stress	"Squish 'Em" (MindYourMind)	<ol style="list-style-type: none"> <li>1. Game to try to squish the annoying stress trogs</li> <li>2. If the trogs reach the "meltdown" zone, then the game proceeds to a screen that provides a quick and easy stress-releasing tip</li> </ol>	<a href="http://mindyourmind.ca/interactives/squish-em">http://mindyourmind.ca/interactives/squish-em</a>	Teens and older youth
Stress	"Stress" (E-Learning for Kids)	<ol style="list-style-type: none"> <li>1. What is stress?</li> <li>2. Things that can be stressful</li> <li>3. Effects of stress</li> <li>4. Tips for beating stress</li> </ol>	<a href="http://www.e-learningforkids.org/life-skills/lesson/stress/">http://www.e-learningforkids.org/life-skills/lesson/stress/</a>	Older children and youth
Stress	"Stress Me Less" (Mind Your Mind)	<ol style="list-style-type: none"> <li>1. Game to identify and destroy the cause(s) of stress</li> <li>2. After finishing the game, a coping tip is provided and a link to more information about stress is attached</li> </ol>	<a href="http://mindyourmind.ca/interactives/stress-me-less">http://mindyourmind.ca/interactives/stress-me-less</a>	Children and youth
Stress	"Monstressity" (Mind Your Mind)	<ol style="list-style-type: none"> <li>1. Game to identify stressors and personal strengths</li> <li>2. Tips on ways to cope in different situations where anxiety might be experienced</li> </ol>	<a href="http://mindyourmind.ca/interactives/monstressity">http://mindyourmind.ca/interactives/monstressity</a>	Older children and youth
Substance Use	"Bonko's Body Quiz" (PBS Kids)	<ol style="list-style-type: none"> <li>1. Quiz about the harmful effects of tobacco</li> <li>2. Quiz about the harmful effects of drugs</li> </ol>	<a href="http://pbskids.org/itsmylife/games/bonko_flash.html">http://pbskids.org/itsmylife/games/bonko_flash.html</a>	Children and youth