

## Child & Youth Mental Health Toolkits

### Electronic/Online Resources – Interactive Modules

Topic	Title	Content	Link	Target Population
<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/toolbox/coping/barometer">http://mindyourmind.ca/toolbox/coping/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/toolbox/coping/anatomy-of-a-panic-attack">http://mindyourmind.ca/toolbox/coping/anatomy-of-a-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/Courses/Liquid Animation/Feelings and Worries/Bullying/bully.html">http://www.e-learningforkids.org/Courses/Liquid Animation/Feelings and Worries/Bullying/bully.html</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/Courses/Liquid Animation/Feelings and Worries/Depression/depression.html">http://www.e-learningforkids.org/Courses/Liquid Animation/Feelings and Worries/Depression/depression.html</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/toolbox/self-management/alice-all-jacked-up">http://mindyourmind.ca/toolbox/self-management/alice-all-jacked-up</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/Courses/Liquid_Animation/Feelings_and_Worries/Emotions/emotions_object.html">http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/Emotions/emotions_object.html</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/Courses/Liquid_Animation/Feelings_and_Worries/Family/family_object.html">http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/Family/family_object.html</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 using the multilingual link Completed worksheet can be printed</p>	<a href="http://mindyourmind.ca/toolbox/coping/tree-of-life">http://mindyourmind.ca/toolbox/coping/tree-of-life</a>  <a href="http://mindyourmind.ca/toolbox/coping/tree-of-life-multilingual">http://mindyourmind.ca/toolbox/coping/tree-of-life-multilingual</a>	Children, teens and older youth
<b>General Mental Health</b>	"Tree of Lights" (Mind Your Mind)	<ol style="list-style-type: none"> <li>1. Each light on the tree reveals an inspiring quotation</li> </ol>	<a href="http://mindyourmind.ca/toolbox/stress-busters/tree-of-lights">http://mindyourmind.ca/toolbox/stress-busters/tree-of-lights</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/Courses/Liquid_Animation/Feelings_and_Worries/Relationships/relationships_object.html">http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/Relationships/relationships_object.html</a>	Children ages 8-12

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<b>School</b>	“School Stuff” (E-Learning for Kids)	1. Coping with a new school 2. Repeating a year 3. Bullying 4. Teachers & you	<a href="http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/School/school_object.html">http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/School/school_object.html</a>	Children ages 8-12
<b>Self-Esteem</b>	“Communication” (E-Learning for Kids)	1. Types of communication 2. Shyness & assertiveness 3. Public speaking 4. Conflict 5. Conflict management	<a href="http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/Communication/communication_object.html">http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/Communication/communication_object.html</a>	Children ages 8-12
<b>Self-Esteem</b>	“Personal Identity” (E-Learning for Kids)	1. Self-esteem: how you feel 2. Body image 3. Feeling good about yourself 4. Positive & negative self-esteem 5. Influences on self-esteem	<a href="http://www.e-learningforkids.org/Courses/Liquid_Animation/Growing_Developing/Personal_ID/index.html">http://www.e-learningforkids.org/Courses/Liquid_Animation/Growing_Developing/Personal_ID/index.html</a>	Children ages 8-12
<b>Sexuality</b>	“Nude-e-Calls” (That’s Not Cool)	1. Game to help youth understand safe texting and consequences of sexual texts that they might send	<a href="http://www.thatnotcool.com/Games_NudeECalls.aspx">http://www.thatnotcool.com/Games_NudeECalls.aspx</a>	Teens and older youth
<b>Sexuality</b>	“Sex-Fu Challenge” (Society of Obstetricians and Gynaecologists of Canada)	1. Game that provides knowledge about sexuality and the facts on sex 2. Looks at men’s sexual health, women’s sexual health, STI’s, sex and emotions	<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>	“Cyber Café” (Child Exploitation and Online Protection Centre)	1. Teaching kids how to safely manage personal online spaces, e-mail and Internet searches 2. Module looks at issues of privacy and disclosure of personal information on the Internet	<a href="http://www.thinkuknow.co.uk/8_10/cybercafe/Cyber-Cafe-Base/">http://www.thinkuknow.co.uk/8_10/cybercafe/Cyber-Cafe-Base/</a>	Children ages 7-11

Topic	Title	Content	Link	Target Population
<b>Stress</b>	“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/toolbox/stress-busters/squishem">http://mindyourmind.ca/toolbox/stress-busters/squishem</a>	Teens and older youth
<b>Stress</b>	“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/Courses/Liquid_Animation/Feelings_and_Worries/Stress/stress.html">http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/Stress/stress.html</a>	Older children and youth
<b>Stress</b>	“Stress Me Less” (Mind Your Mind)	<ol style="list-style-type: none"> <li>1. Game to identify and destroy the cause of your 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/toolbox/stress-busters/stress-me-less">http://mindyourmind.ca/toolbox/stress-busters/stress-me-less</a>	Children and youth
<b>Stress</b>	“Yoga Connection (Mind Your Mind)	<ol style="list-style-type: none"> <li>1. Basic information about yoga</li> <li>2. Simple yoga steps to help with depression and anxiety</li> </ol>	<a href="http://mindyourmind.ca/toolbox/stress-busters/yoga-connection">http://mindyourmind.ca/toolbox/stress-busters/yoga-connection</a>	Teens and older youth
<b>Substance Use</b>	“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