

## Focus on skills such as:

- Social and emotional competencies
- Communication and interpersonal skills
- Decision-making and critical thinking skills
- Leadership development skills
- Healthy thinking
- Self-regulation and self-management skills
- Cultural competence
- Mental well-being
- Community well-being
- Discussing and analyzing unhealthy coping strategies
- Media literacy
- Food literacy

## Use participatory methods such as:

- Learning concepts such as consent and refusal through drama or role play (without practicing unhealthy skills)
- Gathering and using reliable information
- Analyzing beliefs, myths, and misconceptions
- Analyzing advertising and video programming
- Analyzing social media platforms
- Stress reduction through exercise, meditations, and stress management
- Accessing services to support health optimizing behaviours (e.g. school counsellor, community-based services)
- Accessing and joining community programs that support health optimizing behaviours
- Evaluating non-violent solutions

\*Go to PHE Canada's open access site to see mental well-being resources and links under [Staff Picks](#)