



INTRODUCING THE H.E.A.R.T. PROGRAM

H.E.A.R.T. is a social-emotional learning (SEL) program geared towards improving the way adolescents between the age of 10 and 15 treat others and themselves. It is the answer to the ever-growing challenge of reinforcing values in youth that positively shape their actions and behaviors. H.E.A.R.T. is an acronym for the 5 core values taught in our curriculum:

HUMANITY: *Recognize that we all experience hardships & emotions*

EMPATHY: *Understand others over judging & gain self-compassion*

ADVOCACY: *Build a support network & learn to support others*

RESPONSIBILITY: *Make positive decisions & be accountable*

TOUGHNESS: *Gain emotional strength to overcome adversities in life*

When surveyed, 96% of administrators, 93% teachers, and 81% of parents believed that social-emotional learning is just as important as academic learning. As a result of participating in the H.E.A.R.T. SEL program, schools can create a more empathetic, responsible and emotionally resilient generation of youth while effectively reducing bullying and creating a culture of safety, health and wellness at the school and beyond.

H.E.A.R.T. WORLDWIDE: The Rise of Mental Health Education



Each US purchase of the H.E.A.R.T. Program supports our efforts to bring mental health and wellness to developing countries and underprivileged communities around the world. Our most recent impact was made in Nepal, where 3,000 students are being taught the H.E.A.R.T. Program by counselors from the Sambhavya Foundation. At the H.E.A.R.T. orientation, Principal Sampurna Dewapatey of Machhapuchchhre School in Nepal stated "This program should reach in every school possible in Nepal," and we couldn't agree more! H.E.A.R.T. is the first mental health curriculum to be implemented in the country of Nepal.

To learn more **or** enroll your school in the H.E.A.R.T. Program
visit www.rethinkstigma.org/heart
or email support@rethinkstigma.org

A CASE FOR MORE HEART



Mental health is often seen alongside the term “awareness,” but statistics (like the ones shown below) demonstrate that the time for awareness has long past. We must educate and advocate to make wide-spread and long-term improvements in the way mental health is viewed and treated.

Unfortunately, the home/family cannot always be relied on to support and educate on mental health and it is often the source of behavioral issues. Instead, we must implement curriculums in our schools to counteract destructive behaviors and reinforce values like empathy, responsibility, self-compassion, and emotional resilience. The H.E.A.R.T. Program achieves this by holistically addressing mental health through Social-Emotional Learning and techniques rooted in Dialectical Behavioral Therapy (DBT) for youth:



- Suicide is the second leading cause of death among 15–29-year-olds
- 50% of mental health disorders begin before age 14
- 4.5 million children aged 3-17 years have a diagnosed behavior problem.
- 75% of social phobia manifests by age 15
- 1 in 10 youth experience a period of major depression
- Even with severe depression, 76% of youth are left with no or insufficient treatment
- 6/1 million children aged 2-17 years have received an ADHD diagnosis

There is a growing need in our society for effective, universally applicable mental health education in the form of research-based social-emotional learning.



Social-emotional learning (SEL) is defined by the Collaborative for Academic, Social, and Emotional Learning (CASEL) as “the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

When surveyed, 96% of administrators, 93% teachers, and 81% of parents believed that social and emotional learning is just as important as academic learning. SEL provides a foundation for positive, long-term effects on kids including: emotion management, relationship skills, responsible decision making, self-discipline, and more.

SEL Programs do not only improve social skill, mental health and behavioral issues, but academic performance as well. Research shows SEL curriculum is linked to an average 11 percentile-point gain on standardized achievement tests. This kind of improvement on academics demonstrates that curriculum formerly referred to as “soft skills” are critically important and to be taken seriously.



The H.E.A.R.T. Program is an ideal mental health program/curriculum because it does not target any particular students or mental illnesses, but rather helps all children; the bullied, the bullies and the bystanders. This approach not only gives all students applicable lessons and skills to take away from the program, but improves retention and respect for the materials as well.

WHAT DOES THE H.E.A.R.T. PROGRAM INCLUDE?



RELATABLE VIDEOS:

The curriculum begins with a 10 minute educational video that introduces the five H.E.A.R.T. values. The intro video is narrated by an adult host and two teenagers for relatability. The program also includes short motivational videos that address a variety of relevant topics like self-esteem and social media.

PHYSICAL WORKBOOK:

The core of the curriculum is the H.E.A.R.T. workbook. This high-quality, 64-page book is full of interactive exercises and lessons that help students explore applications of the H.E.A.R.T. values in their everyday lives. Every student receives their own physical workbook to keep for future reference.

IN-SCHOOL SPEAKER:

Our in-school assembly gets students cheering, chanting and laughing while teaching important SEL skills. Our speaker brings H.E.A.R.T. directly to students in an empowering, engaging, entertaining way. Each assembly concludes with a thought-provoking Q&A.

FACULTY TRAINING:

Our organization provides full training for involved faculty to ensure ease on staff and effectiveness for students. During this training session, we review our sample lesson plans and all course materials. Schools that implement the H.E.A.R.T. Program can contact us throughout the duration of the program for support.

LESSON PLANS:

Our curriculum comes with three sample lesson plans: A 5-Part lesson plan with 45-minute lessons, a 7-Part lesson plan with lessons of varying lengths, and a 14-Part lesson plan with 20-minute lessons. Lessons are flexible and can be taught in any timeframe that works with your class structure (daily, weekly, monthly, etc.)

STAFF WORKSHOPS:

Our School Staff Mental Health Workshops teach practical skills that can be used by everyone to improve their own mental wellbeing while also addressing the stigmas on mental health and helping attendees become more empathetic and supportive of others who may be experiencing mental health issues or difficulties in life.

FINANCIAL AID:

We understand that despite the need for social-emotional learning in schools, tight budgets and strict spending requirements may restrict schools from being able to afford programs like H.E.A.R.T. Fortunately, we have a solution! As a nonprofit organization, we are able to provide additional financial assistance by seeking donations from foundations in our community to sponsor the program at your school.