

Teens 101 is a **Canadian-created** youth **mental health resource** designed for senior-grade teacher-counsellors, career educators, and other educators to facilitate discussions with students. The resource includes **teacher guide materials** to support lessons.

RELEVANT VIDEOS

Teens 101 includes **thirteen short videos** (~ 16-24 minutes long) depicting real-life experiences to help reduce stigma surrounding **mental health issues**.

The videos aim to promote greater understanding, **support**, and **acceptance**, while also reaching, guiding, **empowering**, and inspiring youth.

ADDRESSING ISSUES

Teens 101 focuses on **personal stories** including **medical perspectives**. The examples help students connect with the topics and promote **understanding and empathy**.

The series considers issues such as addiction and mental illness including anxiety, depression, and self-harm, for **students of teenage years**.

INSPIRING JOURNEYS

Episodes feature students with **diverse life experiences**.

For example, one video focuses on a student's **journey of resilience** through addiction and violence. Another emphasizes **acceptance and understanding** for individuals who are both young and transgender.

INSTRUCTIONAL SUPPORT

Educators can focus on the provided **learning goals** and review **detailed overviews** for each episode.

Lesson plans provide **prior learning activities** and questions for students to consider while viewing. Supports prepare students for **further discussion**.

CONTENT AND TOOLS



Teacher-directed



Lessons



Guides



Videos



Privacy

For more information and access to the **Digital Classroom**, visit <https://focusedresources.ca/en/digital-classroom-access>



Grade
10–12