

2024-2025

MS Resiliency Education Lesson Schedule

Month	Lesson Title
September	Lesson 1 – Signs & Symptoms of Mental Health Lesson 2 – Coping Skills/Building Resilience
October	Lesson 3 – Supporting Peers, Family & Friends Lesson 4 – Bullying Prevention
November	Lesson 5 – Personal Safety & Child Trafficking
December	Lesson 6 – School & Community Resources
January	Lesson 7 – Personal Safety & Suicide Prevention
February	Lesson 8 – Emotional Intelligence & Seeking Assistance Lesson 9 – Substance Abuse & Refusal Skills, part 1
March	Lesson 10 – Substance Abuse & Refusal Skills, part 2

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*Each school creates a schedule for lesson delivery