

Jack Intersections

Mental Health in a Changing World

GIVING EDUCATORS THE
TOOLS TO HELP STUDENTS
NAVIGATE THE ISSUES
SHAPING YOUTH MENTAL
HEALTH TODAY

Young people are navigating a rapidly changing world. From social media pressure and the rising cost of living to climate anxiety and world events, the challenges shaping society are also shaping youth mental health. Educators are seeing the impact in their classrooms every day.

Educators are often asked to support students through these complex issues, yet too often they are left without the tools and resources needed to guide these conversations safely and confidently.

Jack Intersections: Mental Health in a Changing World equips educators with **free, ready-to-use, trauma-informed resources** that address the issues shaping youth mental health today. Developed with youth, educators, and mental health and subject-matter experts, it includes:

- Co-designed *Together in Change* lesson plans reflecting youth lived experience
- Expert-informed video and workbook content to ensure accuracy and safety
- A Guide to Trauma-Informed Teaching to prioritize emotional wellbeing
- Practical facilitation tips, reflection prompts, and classroom activities

Together, these tools help educators build the skills and confidence to bring complex, real-world topics into the classroom with care and clarity. Because educators play a critical role in shaping young people's wellbeing, and they deserve resources to help them do that work.

Topics Covered:

- ✓ Digital Wellbeing
- ✓ Promoting Belonging
- ✓ Cost of Living Stress
- ✓ Navigating Stressful News & Events
- ✓ Indigenous Mental Health
- ✓ Eco-Anxiety

Access ready-to-use lesson plans, educator workbooks, and a Guide to Trauma-Informed Teaching to confidently lead these conversations in your classroom. Visit edhub.jack.org/intersections to access free resources today.

These lessons support educators and facilitators in guiding students in grades 9–12 through conversations about well-being, connection, and navigating complex challenges. The approach is grounded in creating safe, inclusive spaces where students can engage at their own pace, reflect without pressure to share personal experiences, and build skills for coping and support.



Together in Change: Building Belonging After Disruption

After emergencies and major disruptions, rebuilding a sense of belonging matters. In this lesson, students consider what empathy, inclusion, and community care look like in practice. They reflect on the emotional impact of crises, explore ways to create safer, more welcoming spaces, and build skills to support peers while also taking care of their own well-being.



Together in Change: Youth Grief, Loss, and Eco-Anxiety

Grief and worry about the future, especially related to climate change, can affect many areas of life. Students are guided to understand these experiences, name a range of emotional responses, and support one another with empathy. The focus is on building coping strategies, maintaining a sense of hope, and strengthening collective care.



Together in Change: Facing the Cost of Living

Rising costs and financial uncertainty can shape how young people feel, connect, and plan for the future. Students examine these pressures and how they show up in everyday life. They identify signs of stress, challenge stigma around financial struggles, and explore realistic ways to cope and reach out for support.



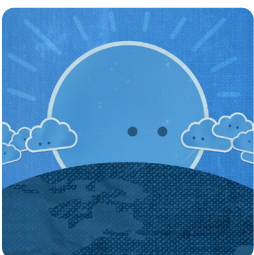
Together in Change: Navigating Stressful News and Events

Constant exposure to news and global events can feel overwhelming. This lesson helps students make sense of those experiences by recognizing how stress shows up, setting boundaries with media, and approaching tough conversations with care. Students also explore ways to stay informed while protecting their well-being.



Together in Change: Digital Well-Being in Emergencies

During emergencies, digital spaces can be both a lifeline and a source of stress. Students take a closer look at how online content affects their emotions and attention. They learn to recognize when it becomes overwhelming, set boundaries that work for them, and stay meaningfully connected without compromising their well-being.



Together in Change: Strengthening Indigenous Mental Health

Through shared perspectives, this lesson looks at how climate emergencies can impact Indigenous mental health and community connection. Students deepen their understanding of displacement and its effects, why impacts are often greater for Indigenous communities, and how young people can respond with care, respect, and practical support.