



Student Safety & Wellness Courses

Equip Students with the Knowledge They Need

Reconnecting Youth is pleased to partner with Vector Solutions to provide powerful, engaging courses for students. These courses cover the essential safety and wellness topics you need to educate your students around healthy choices and engage your students in social emotional learning.

Plus, all courses have been reviewed by our Master-level prevention experts and aligned with our evidence-based programs and the core competencies of social emotional learning.

Engaging and Age-Appropriate

Short, age-appropriate video courses feature diverse peer presenters, so all students can more easily connect with each lesson.

Helpful Teacher Resources

Lesson plans, discussion questions, activities, and assessments are included with each course module.

Modular Course Design

Each course includes a full version, as well as standalone modules (5–10 minutes), so you have the flexibility to assign courses individually or for use in a facilitated group setting.



Collection 1

- Alcohol, Drug & Vaping Prevention
- Bullying & Cyberbullying
- Digital Citizenship
- Sexual Harassment
- Youth Suicide Awareness

Collection 2

- Depression
- Good Decision Making
- Healthy Relationships
- Resolving Disagreements
- Stress & Anxiety



Phone: 425-861-1177
Email: contact@reconnectingyouth.com
Web: reconnectingyouth.com

Student Safety & Wellness Modules

And Micro-Course Videos

All Modules and Micro-Courses are available in two versions (unless otherwise noted): One designed for students in **grades 6-8** and the other for students in **grades 9-12**. Time to complete the micro-courses is approximate and based on video length and completion of the optional course assessment.

Alcohol, Marijuana and Vaping	
▶	<i>Alcohol and Drug Use (9 mins)</i> NOTE: Only available for students in grades 6-8
▶	<i>How Alcohol Affects Your Brain (5 mins)</i>
▶	<i>Substance Use and Risks to Your Future (6 mins)</i>
▶	<i>Binge Drinking and Alcohol Poisoning (7 mins)</i>
▶	<i>How Drugs & Vaping Affect Your Brain (7 mins)</i>
▶	<i>The Truth about Vaping (11 mins)</i>
▶	<i>Driving Under the Influence and Other Dangers (7 mins)</i>
▶	<i>Social Pressure and Substance Use (5 mins)</i>
▶	<i>What You Can Do to Avoid Substance Use (7 mins)</i>
▶	<i>Teenage Alcohol and Drug Use (7 mins)</i> NOTE: Only available for students in grades 9-12
Bullying and Cyberbullying	
▶	<i>Cyberbullying (11 mins)</i>
▶	<i>Understanding Bullying (6 mins)</i>
▶	<i>How to Be an Upstander Against Bullying (10 mins)</i>
▶	<i>The Importance of Doing Something About Bullying (7 mins)</i>
▶	<i>What Does Bullying Look Like? (9 mins)</i>
▶	<i>Why Should You Care About Bullying? (9 mins)</i>

Depression Awareness
▶ <i>What Is Depression? (8 mins)</i>
▶ <i>What Causes Depression? (9 mins)</i>
▶ <i>How Depression Affects Your Health (5 mins)</i>
▶ <i>Strategies for Combating Depression (9 mins)</i>
Digital Citizenship
▶ <i>What Is Digital Citizenship? (6 mins)</i>
▶ <i>Why Should You Care About Digital Citizenship? (6 mins)</i>
▶ <i>How to Be an Aware and Positive Contributor Online (9 mins)</i>
▶ <i>Protecting Yourself and Others Online (9 mins)</i>
▶ <i>Respecting Yourself and Others Online (7 mins)</i>
Good Decision Making
▶ <i>The Good Decision Process (5 mins)</i>
▶ <i>Six Elements of a Good Decision (10 mins)</i>
▶ <i>Types of Decisions (7 mins)</i>
▶ <i>How to Avoid Decision Traps and Biased Thinking (6 mins)</i>
▶ <i>How to Build Good Decision-Making Habits (7 mins)</i>
Healthy Relationships
▶ <i>Why Healthy Relationships Matter (7 mins)</i>
▶ <i>Understanding Your Emotions (10 mins)</i>
▶ <i>Healthy Communication in Relationships (7 mins)</i>
▶ <i>Building a Give-and-Take Relationship (6 mins)</i>
▶ <i>Becoming Self-Aware Through Mindfulness (8 mins)</i>

Sexual Harassment	
▶	<i>What Is Sexual Harassment? (7 mins)</i>
▶	<i>What Does Sexual Harassment Look Like? (7 mins)</i>
▶	<i>The Role of Power and Consent in Sexual Harassment (9 mins)</i>
▶	<i>Stopping Sexual Harassment (8 mins)</i>
Stress and Anxiety	
▶	<i>Stress and Anxiety: There's a Difference (6 mins)</i>
▶	<i>The Causes of Stress and Anxiety (6 mins)</i>
▶	<i>How Stress and Anxiety Affect the Body (6 mins)</i>
▶	<i>Stress and Anxiety Relievers (10 mins)</i>
Youth Suicide Risk	
▶	<i>Stress and Suicide Risk (8 mins)</i> *NOTE: Only available for students in grades 6-8
▶	<i>Symptoms and Warning Signs of Suicide (8 mins)</i>
▶	<i>Groups at Increased Risk of Suicide (7 mins)</i>
▶	<i>The Impact of Suicide (5 mins)</i>
▶	<i>Suicide Prevention and Intervention Strategies (5 mins)</i>
▶	<i>Teenage Stress and Suicide Risk (9 mins)</i> *NOTE: Only available for students in grades 9-12
▶	<i>The Impact of Suicide and Contagion (6 mins)</i> *NOTE: Only available for students in grades 9-12