

**TOPIC**

Introduction to Aevidum

LEVEL

Sixth Grade

THEME

Setting the Tone for Our School

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Describe how stigma prevents people from talking about mental health and how we can help change that.
- Identify ways to model Aevidum's four characteristics (acceptance, appreciation, acknowledgment, and caring) in their school community.

MATERIALS

- Chart paper or whiteboard and markers
- Four large posters or labeled chart sheets: Acceptance, Appreciation, Acknowledgment, Caring
- Sticky notes (at least 4 per student)
- Tape or magnets (if posting student notes publicly)

ESSENTIAL QUESTIONS

- What is Aevidum, and why was it created by students?
- How can we, as leaders in our school, reduce stigma around mental health?
- What do acceptance, appreciation, acknowledgment, and caring look like?

CHECK-IN / WELCOME (5 MINUTES)

Say: "The word Aevidum was made up by a group of high school students. Aevidum started because a group of students went through a really hard time when one of their classmates struggled with his mental health. They wanted to make sure no one ever felt alone or unsupported again so they created Aevidum, which is a movement to build caring, stigma-free schools where it's okay to talk about mental health."

Ask: "Why do you think students, not just teachers, are the ones who created Aevidum?"

- Guide students to: because students see what's happening among peers, can set the tone, and can create a supportive culture.

Check-In Question:

"As 6th graders, how do you think younger students look up to you?"

- Take 2–3 quick answers: "They copy what we do," "They watch how we act."

Say: "This means you are leaders. You can help set a tone in our school that promotes kindness, support, and understanding around mental health."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Write "Mental Health" on the board.

Ask: "What words or ideas come to mind when you hear 'mental health'?"

- Record responses and clarify and normalize: mental health is simply how we think, feel, and act.

CONTINUED GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Sometimes people avoid talking about mental health because of stigma, which means fear or judgment around a topic. Aavidum helps remove that stigma by making our school a place where it's safe to say, 'I've got your back' and check in on each other."

Ask: "How can talking openly about mental health help our school feel safer?"

- Guide responses toward: normalizing feelings, reducing fear of judgment, encouraging support.

ACTIVITY: FOUR CHARACTERISTICS OF A HEALTHY COMMUNITY (20 MINUTES)

Instructions:

- Introduce Aavidum's core values:
 - Acceptance: Including others, respecting differences, and making sure everyone belongs
 - Appreciation: Thanking and noticing the good in people
 - Acknowledgment: Recognizing each person, especially when someone is struggling or needs support
 - Caring: Taking action to show kindness and help others and to take care of ourselves
- Say: "These four things create a healthy school where everyone feels safe and supported. As leaders, you can model these for everyone else."
- Post 4 posters around the room labeled Acceptance, Appreciation, Acknowledgment, and Caring.
- Give each student 4 sticky notes.
- Say: "On each sticky note, write one example of how students your age can show this value at school."
 - Examples: "Invite someone new to sit with you at lunch" for Acceptance; "Say thank you to a classmate" for Appreciation.
- Students rotate around the room, posting their sticky notes under each value.
- After posting, walk through the posters together and read several aloud for each characteristic.
- Say: "Look at these posters. These are powerful ideas. If 6th graders lead with these actions, we can shape our school's culture and make a big difference."

WRAP-UP (5 MINUTES)

Ask: "What's one value, acceptance, appreciation, acknowledgment, or caring, that you want to focus on this week?"

- Quick hand-raise poll.

Say: "Your challenge is to practice your chosen value at least twice this week. Notice how it impacts your classmates and how it makes you feel."