

Ministry of Education

Ministère de l'Éducation



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Memorandum to: Deans and Directors of Faculties of Education

From: Phil Graham
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Subject: Ministry of Education's Mental Health Literacy Modules for
Grades 7 and 8 and Career Studies (GLC2O)

Student mental health and well-being is a top priority across the province. Good mental health is fundamental for students to learn, succeed and reach their full potential. To support student mental health across Ontario, the Ministry of Education has developed a series of mandatory teacher-led mental health literacy modules. This includes Mental Health Literacy Modules for Grades 7 and 8 and Mental Health Literacy Modules for Career Studies (GLC2O).

The modules have been developed by the ministry's implementation partner, School Mental Health Ontario (SMH-ON), in consultation with experts such as The Hospital for Sick Children (SickKids). The modules are culturally responsive and relevant, follow a familiar lesson plan format, and have guiding prompts and language for educators to draw on. Additionally, the modules include communication material for parents/guardians and an Educator Guide that provides additional information for teachers when teaching the module content. Additional information on the modules is included below.

To help promote teacher candidates' awareness of the modules and enhance educator mental health literacy, the ministry is providing faculties of education with access to the Mental Health Literacy Modules for Grades 7 and 8 and the Mental Health Literacy Modules for Career Studies (GLC2O) through a secure email platform as an HTML resource package (see instructions on how to obtain access to the modules below). We encourage you to share both resource packages with the appropriate staff at your faculty of education.

Mental Health Literacy Modules for Grades 7 and 8

In Spring 2023, the Minister of Education announced the introduction of mandatory resources on [mental health literacy for Grades 7 and 8](#) students. These teacher-led resources are aligned with the [2019 Health and Physical Education](#) curriculum and were released to school boards in September 2023, for mandatory instruction beginning in January 2024, as outlined in [Policy/Program Memorandum \(PPM\) 169: Student Mental Health](#). The Grades 7 and 8 mental health literacy modules are now being taught in classrooms across Ontario.

The Grade 7 modules teach students about the relationship between mental health and mental illness, how to recognize possible signs of mental health problems and where to seek support, and the relationship between mental health and substance use. Grade 8 students will learn about mental health stigma and how to counteract it, how to manage stress, and ways to seek support for themselves and their peers.

Mental Health Literacy Modules for Career Studies (GLC2O)

In Spring 2024, the Ministry of Education reiterated its commitment to improving student mental health literacy in schools by issuing the [revised Grade 10 Career Studies \(GLC2O\) course](#). The revised half-credit course – a compulsory half-credit requirement for achieving an [Ontario Secondary School Diploma](#) – will be implemented starting in September 2024.

The focused curriculum revision builds on mental health literacy learning already found in the Career Studies course by adding mandatory learning on how to use strategies to help manage stress, recognize signs that could indicate stress is becoming problematic, and how to find and access support when needed.

To support the implementation of the revised curriculum, the ministry introduced two new modules on mental health literacy for students enrolled in the Career Studies course. These modules were developed to be teacher-facilitated and are aligned with the new mental health learning in the revised curriculum. They are available for learning both online and in-person. Currently, the version for in-person learning is available for distribution.

The modules became mandatory for instruction in all provincially funded Ontario school boards starting in September 2024 through [PPM 169: Student Mental Health](#).

Generally, teachers who hold the Guidance and Career Education Additional Qualification (Schedule D) are assigned to teach the Career Studies course. However, it is possible for any teacher with Intermediate/Senior qualifications (I/S) to be assigned to teach the course as long as the principal and the teacher are in agreement about the assignment and the assignment has the approval of the appropriate supervisory officer. Teacher candidates enrolled in Intermediate/Senior Bachelor of Education programs may appreciate an opportunity to become familiar with these modules in the event they may agree to teach the Career Studies course.

Intended Use of the Modules

The modules are intended to be a teacher-led only resource, for the purposes of providing guided instruction on mental health literacy for Grades 7 and 8 students and secondary students. These modules are not intended to be completed by students independently.

The Mental Health Literacy Modules for Grades 7 and 8 and the Mental Health Literacy Modules for Career Studies (GLC2O) are protected by Crown copyright, which is held by the King's Printer for Ontario. The Ministry of Education understands that teachers may wish to adapt the modules to fit the needs of their students, community, and available community mental health resources.

The ministry is not responsible for any alterations made to the content of these modules. Except in accordance with the written direction of the ministry, the reproduction and/or public distribution of any module materials is strictly prohibited.

To Access the Modules

To access the modules, please email the Mental Health Branch at the Ministry of Education, at studentmentalhealth@ontario.ca, where additional details will be provided.

Should you have any questions or require additional information about the contents of this memo, please contact Shirley Carder, Director, Mental Health Branch, Ministry of Education, at Shirley.Carder@ontario.ca.

Thank you for your support.

Sincerely,

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