



## RethinkEd SEL and Mental Health

A comprehensive, tiered, K-12 solution that promotes well-being, connectedness and success by focusing on the entire school community, promoting healthy and confident students and adults. The program offers your school district flexibility, scale and cost effectiveness, and includes curriculum to develop mental health, self-awareness, self-management, responsible decision-making, relationship skills and social awareness skills.

### RethinkEd SEL

Awareness of Self & others	Self Management	Social Skills	Social Awareness	Self-Care	SEL & Equity
Self Knowledge	Self-Control	Fairness	Cultural Competence	Mindfulness	Culturally Responsive Teaching
Emotions	Stress Management	Respect	Empathy	Self-Efficacy	Addressing Injustice
Values	Focus	Friendship	Safe & Ethical Behavior	Optimism	Leveraging SEL to promote Equity
Wants & Needs	Problem Solving	Relationship	Support Systems	Self-Compassion	The Impact of Implicit Biases
Learning Skills	Goal Setting	Cooperation	Social Contributions	Self-Advocacy	
Growth Mindset	Resilience	Conflict Resoluton	Actions & Consequences	Healthy Boundaries	

### Mental Health Suite

Anxiety	Developing Healthy Identities	Trauma
Bullying & Violence	Digital Citizenship & Online Safety	Kindess to Animals
Depression	Mental Wellness	Substance Use Disorders
Human Trafficking	Reducing Risk of Suicide	



RethinkEd's comprehensive social, emotional and mental health learning solution is fully web-based and includes on-demand professional development, K-12 multi-tiered curriculum, assessments, and incident data tracking.



## Key Elements of the Program

- Evidenced based-aligned with CASEL competencies
- Video based on-demand professional learning modules
- K-12 curriculum for ALL student learners
- Interactive online student activities
- Administrator toolkit with crisis management strategies and best practices
- Norm-referenced SEL student assessments grades 3-12
- Administrative dashboards provide uniformity and transparency across the district
- Behavior and incident data collection and progress monitoring



**RethinkEd**  
Together We Power Potential

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