

Students and Parents/Guardians,

Walton High School is making available Ripple Effects supports during our period of at-home learning and throughout the summer of 2020. Ripple Effects has thoughtfully designed virtual supports and guides for students with mental health needs. Ripple Effects focuses on:

- Promoting youth understanding, skills and attitudes about mental health.
- Providing extensive prevention courses.
- Building healthy coping skills and promoting positive mental health.
- Enhancing help-seeking, self-efficacy and addressing shame.
- Providing strategies to support friends and family.
- Building awareness of resources and delivering a clear message to youth on how to find help.

Ripple Effects resources are free for all students. The chart below identifies the hottest topics for each grade level:

9th Grade	Aware of yourself Setting goals Depression Feeling crazy	Choosing friends Risky behavior Drinking too much Marijuana	Predicting consequences Resources Parent – talking to Brush it off
10th Grade	Risk and protection Values Agency Resilience	Trauma Expressing feelings Aggression Asserting yourself	Active listening Communication skills Discrimination Money – not enough
11th Grade	Connecting with others Optimism Controlling impulses Practicing happiness	Pressure to succeed Fear of failing Anxiety attacks Using counselors	Setting limits Assertive message Assertive posture Assertive reasons
12th Grade	Reliance - self Perseverance Future Self-advocacy	Change – unplanned Control taking Resolving conflict Assertive voice	Practicing happiness Exercise Mentors After high school

To access Ripple Effects, follow the directions below:

1. Access the URL: https://rippleeffectsweb.com/v7.4/teens/?org=WALTON_HS_WCSD
2. Students will then enter their WHS student ID. If the student already has an account, they will be asked to enter their password. If they do not have an account, they may create one by following the directions on screen.
3. Once logged in, all students have access to all topics. Please use these resources to support you and your child as needed.

If you have questions about Ripple Effects resources, please contact WHS at 850-892-1270.