



WHO[®]

We Help Ourselves

EMPOWERING CHILDREN TO NAVIGATE UNFAMILIAR SITUATIONS AND AVOID BECOMING A VICTIM

THE WHO[®] PROGRAM FOR YOUTH MENTAL HEALTH

WHO WE ARE

Mental Health America of Greater Dallas (MHA Dallas) is a 501(c)(3) non-profit organization working to promote mental wellness through community education and policy advocacy. Put simply, MHA Dallas serves as a catalyst to identify, assess, and respond to mental health needs in the community.

THE WHO PROGRAM

We are committed to empowering youth to stay safe and happy and make good decisions based on knowledge and a strong internal value system – educating them to know what to do and who to tell in unfamiliar situations.

WHO is a series of research-based curricula that are formed on sensitive, non-threatening content and methodology. Since 1981, the WHO Program has allowed school counselors, child advocates, nurses, teachers, case workers, and volunteers to present WHO in classroom or group settings for ages PreK-5 grades. Follow-up activities and evaluation instruments are also included in WHO Program materials.

WHO CURRICULUM

TOPICS BY AGE LEVEL

PreK-2nd Grades

Strangers
Hurts
Secrets (K-2 only)
Touches

3rd-4th Grades

Emotional Resiliency
Family Violence
Materialism
Sexual Abuse
Trauma

5th Grade

Mindfulness & Self Care
Peer Pressure
& Substance Abuse
Conflict Resolution
Sexual Harassment
Self Destruction

Scooter Skunk K- 5 and up

Bullying
Cyber Bullying
Internet Safety

RESOURCES AVAILABLE

Middle School

Bullying & Cyber Bullying
Sexual Abuse & Harassment
Physical & Emotional Abuse
Acceptance & Responsible Decision Making
Running Away & Trafficking
Trauma

High School

Managing Emotions & Maintaining Positive Relationships
Societal & Peer Pressure
Anxiety Disorders
Depression & Substance Abuse
Relationship Abuse
Suicide Awareness & Prevention



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