

Author/Publisher/Website:	https://keltymentalhealth.ca/mental-health-challenges-and-disorders
Evaluation/Record Entry Date:	Jun/2019
Submitting Suppliers:	Not Available
Recommended Grades:	K-12
Subjects/Courses:	Cross Curriculum

ERAC Review

DESCRIPTION

This excellent website, produced by the B.C. government and BC Children's Hospital, provides well-researched information on a wide range of mental and physical health topics. Teachers can use the resource to inform practice, and students can access information in many formats, including photos, infographics, diagrams, story books, online games, videos, podcasts, apps, and text. Information is presented in small, easy-to-read paragraphs, is current and updated regularly, and easy to navigate. Includes teacher lessons and parent resources, student activities at different levels, and links to external programs and supports. Some social considerations noted.

CURRICULUM FIT

Does the resource support BC curriculum? Extensively

This product supports the Core Competencies of the BC curriculum:

- Communication
- Creative Thinking
- Critical thinking
- Positive Personal and Cultural Identity
- Personal Awareness and Responsibility
- Social Responsibility

Comments:

This resource directly supports the Physical and Health Education curriculum, while also supporting healthy living and nutrition in the Home Economics and Culinary Arts, specifically Food Study 10-12 and Culinary Arts 10-12. Indirectly, it can support the Career Education curriculum through goal-setting and links to mental health websites and activities. It supports all the Core Competencies with a special emphasis on the Personal Awareness and Responsibility Competency Profiles.

SOCIAL CONSIDERATIONS

Indigenous Peoples:	There is no aboriginal-specific content displayed on the main page of the website; however, there are links to external aboriginal-focused websites but they are limited.
Ability:	There is little representation of people with physical disabilities in the resource within the first main pages.
Violence:	This resource deals with substance abuse and its effects, but does so in a factual way and offers a number of supports for individuals to seek help. This resource does mention suicide, trauma, and grief which could be triggering to some learners.
Ethical:	This resource discusses material such as medications and substances that may not be appropriate for younger students to navigate on their own. Some links presented on the website lead to self-assessment of different conditions including depression, eating disorders, etc., which, without support, could be detrimental to students.

Social Considerations Comments:

Do the social considerations support, rather than detract from, student learning? Extensively

While the content may be considered contentious by some parents or educators, the information presented about substance use is fact-based and does not encourage drug use. Rather, this website supports those affected with drug use or drug misuse and aims to improve quality of life and mental health and well-being of all people. The self-assessments for self-diagnosis (depression/eating disorders etc.) are accompanied by links to help find support, and each page has a "Find Help" button prominently displayed.

GENERAL CONTENT

Content:

Should this product be identified as Canadian?	Yes
Is the resource engaging?	Extensively
Is the content current for the intended curriculum and grade?	Extensively
Is the content accurate for the intended curriculum and grade?	Extensively
Is the content timely and important for student broad understandings?	Extensively

Audience:

GENERAL CONTENT

Is the content appropriate to the emotional maturity and cognitive level of students?	Moderately
Does the resource provide opportunities for creative and critical thinking?	Extensively
Is the level of detail appropriate?	Extensively
Is the content of particular interest to male students?	Extensively
Is the content of particular interest to female students?	Extensively
Is the language use appropriate to the emotional maturity and cognitive level of students?	Extensively
Are the visuals appropriate to the emotional maturity and cognitive level of students?	Extensively

Comments:

The content presented in this resource is vast and connects to a number of issues affecting physical and mental health. While some content such as substance abuse, suicide, trauma, eating disorders, or medications might be somewhat mature for elementary students, other aspects of the website are appropriate for younger students. There are videos, infographics, and diagrams which are available for a variety of ages. Some of the articles are available in different languages including Punjabi, Farsi, Korean, French, and both Traditional and Simplified Chinese.

TECHNICAL DESIGN

Does the resource make effective use of the medium?	Extensively
Is the navigation throughout the site intuitive?	Extensively
Is the content exportable in a variety of file formats such as wpd, doc, pdf, xls, etc.?	Moderately
Are the presentation controls (e.g. sizing, resolutions, volume, etc.) suitable for the classroom?	Extensively
Are images clear?	Extensively
Is the sound quality clear?	Extensively
Is the interface uncluttered?	Extensively

Descriptors:

Print and online help provided in simple and brief segments (FAQ, Quick help, etc.)

Search by file type (audio, graphics, photo, etc.)

Search engine can search the entire site

External links are operational

Displays in mobile devices

Allows shortcuts

Comments:

This website allows users to save articles and videos in a tab called "My Collections" for further review at a later date, but does not require a password or login to access. The website has a large font which is easy to read, but cannot be adjusted. Navigation through this website is intuitive, clear, and organized to be user-friendly. The web page is uncluttered and uses bright and engaging photography which is not distracting. There are various teacher lessons and parent resources, apps, and podcasts that can be downloaded or saved, but download options are limited, such as only being available as PDF format.

INSTRUCTIONAL DESIGN

INSTRUCTIONAL DESIGN

Is the resource suitable for a wide range of learning and teaching styles?	Extensively
Are the concepts clearly explained?	Extensively
Does the progression in learning go from the simple to the complex?	Moderately
Are the content chunking and sequencing appropriate?	Extensively
Does the resource provide multiple strategies to help learners construct meaning?	Extensively
Does the resource support the transfer of learning to personal or applied contexts?	Extensively

Comments:

This resource does not include instructional design as it is intended to be a reference website to gain knowledge about a number of different topics. Learners can access the information in a number of ways, including photos, infographics, diagrams, storybooks, online games, video, podcasts, apps, as well as text. The information is presented in small paragraphs that are easy to read, and that stand alone. Information does not build on itself toward mastery learning. Instead, learners will browse topics of interest or study at their own pace with no tools for assessment.

PROFESSIONAL DIGITAL

Does the resource support the philosophy and pedagogy of one or more BC curriculum?	Extensively
Does the resource support the development of educators as reflective practitioners?	Extensively
Does the resource provide support for instructional planning?	Extensively
Does the resource support instructional delivery?	Moderately
Does the resource support teachers with practical ideas when attempting change?	Extensively
Is the scope and depth of topics covered consistent with the purpose of the resource?	Extensively
Is the keyword search adequate?	Extensively
Do external links contribute to the professional learning?	Extensively

eProfessional Descriptors

Basic search

Primary reference material

Secondary reference material such as summaries or reviews of research

My folders tool

PROFESSIONAL DIGITAL

Professional Learning Descriptors

Is grounded in current pedagogical theory
Cites research base
Gives suggestions of student activities
Has reproducibles (e.g. black line masters).
Provides opportunities for differentiation
Provides suggestions for further reading
Has cross-curricular applications
Is relevant for primary
Is relevant for intermediate
Is relevant for secondary

Comments:

This resource is very well-researched and presents excellent information in the various sections. It is current and updated regularly to provide up-to-date information. There are some teacher lessons which come with reproducibles, but not all. There is a good selection of activities on different platforms to be used in the classroom for a variety of levels which can interest learners from K-12. Some articles have links to study guides.

TECHNICAL INFORMATION PROVIDED BY THE VENDOR

Mac Version(s):	n/a
Windows Version(s):	n/a
Linux Version(s):	n/a
Is Active Directory integration available for updating user data?	Yes

PRIVACY AND SECURITY INFORMATION PROVIDED BY THE VENDOR

Does your company store data?	No
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SUGGESTED CLASSROOM USAGE

Comments:

This resource could be used primarily by teachers to help inform practice and to be used as a supplement across many grades including in Foods or Home Economics classes where students could learn more about nutrition, eating disorders, and healthy eating. Students in Physical and Health Education could use this resource to research aspects of healthy living including substance use, healthy eating, and mental well-being. There is an app on goal-setting that could be used in Career Education courses using the SMART Healthy Living Pinwheel. Teachers can use this tool to improve students' overall mental and physical health and well-being.

ADDITIONAL COMMENTS

Readability:

At intended grade level(s)

Comments:

ADDITIONAL COMMENTS

This website is produced by the Government of British Columbia with support from BC Children's Hospital. There are two toolkits: one for professionals and one for families. This resource is an excellent database for mental and physical health information with a variety of links to external programs and supports.