



## YOUR THOUGHTS MATTER: NAVIGATING MENTAL HEALTH – Score Sheet

Complete all ten activities and Talking It Over Pages. Take part in at least two learning experiences and become involved in at least two leadership/citizenship activities. Complete a project review.

	Possible Points	Your Score
Member Project Guide (pages 3-4)	<u>1</u>	_____
At Least Two Learning Experiences (page 4)	<u>5</u>	_____
At Least Two Leadership/Citizenship Activities (pages 4-5)	<u>5</u>	_____
Project Review (page 5)	<u>3</u>	_____
<b>Project Area: What is Mental Health?</b>		
___ Activity 1: Defining Mental Health (page 6)	<u>3</u>	_____
___ Activity 2: Know the Numbers (page 8)	<u>3</u>	_____
___ Activity 3: Investigating Impact (pages 10-11)	<u>3</u>	_____
___ Talking It Over (page 13)	<u>4</u>	_____
<b>Project Area: Mental Health Disorders</b>		
___ Activity 4: Anxiety (page 14)	<u>3</u>	_____
___ Activity 5: Depression (page 16)	<u>3</u>	_____
___ Activity 6: Self-Harm (page 18)	<u>3</u>	_____
___ Talking It Over (page 20)	<u>4</u>	_____
<b>Project Area: Stigma</b>		
___ Activity 7: Think Before You Speak (page 21)	<u>3</u>	_____
___ Activity 8: Media Messages (page 24)	<u>3</u>	_____
___ Talking It Over (page 26)	<u>4</u>	_____
<b>Project Area: Self Help and Resources</b>		
___ Activity 9: Exploring Resilience (pages 27-28)	<u>3</u>	_____
___ Activity 10: Helping Others (page 30)	<u>3</u>	_____
___ Talking It Over (page 32)	<u>4</u>	_____
<b>Book Total</b>	<b><u>60</u></b>	<b>_____</b>
<b>Exhibit</b>	<u>20</u>	_____
<i>A display that shows what you did in one of the numbered activities or from one of the “More Challenges” that you completed in the book.</i>		
<b>Activity Record</b>	<u>20</u>	_____
<b>Total Score</b>	<u>100</u>	_____

Judge’s Comments: