

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) | 1 | |
| At Least Two Learning Experiences (page 4) | 5 | |
| At Least Two Leadership/Citizenship Activities (pages 4-5) | 5 | |
| Project Review (page 5) | 3 | |
| Project Area: What is Mental Health? | | |
| Activity 1: Defining Mental Health (page 6) | 3 | |
| Activity 2: Know the Numbers (page 8) | 3 | |
| Activity 3: Investigating Impact (pages 10-11) | 3 | |
| Talking It Over (page 13) | 4 | |
| Project Area: Mental Health Disorders | | |
| Activity 4: Anxiety (page 14) | 3 | |
| Activity 5: Depression (page 16) | 3 | |
| Activity 6: Self-Harm (page 18) | 3 | |
| Talking It Over (page 20) | 4 | |
| Project Area: Stigma | | |
| Activity 7: Think Before You Speak (page 21) | 3 | |
| Activity 8: Media Messages (page 24) | 3 | |
| Talking It Over (page 26) | 4 | |
| Project Area: Self Help and Resources | | |
| Activity 9: Exploring Resilience (pages 27-28) | 3 | |
| Activity 10: Helping Others (page 30) | 3 | |
| Talking It Over (page 32) | 4 | |
| Book Total | 60 | |
| Exhibit | 20 | |
| 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. | | |
| Activity Record | 20 | |
| Total Score | 100_ | |
| Judge's Comments: | | |

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