

Good Morning, Senate Education Committee, I am Will Roderick, a 7th grade student at Brecksville-Broadview heights middle school.

Thank you all for giving me the opportunity to speak to you today. Our state needs to adopt health standards. I am fortunate to be getting taught much needed health concepts, despite the lack of health standards. Mental health is so important in daily living, and especially for students. Students have project deadlines, daily homework, and extracurricular activities to juggle. This can be super stressful. Learning how to cope with stress in health class at a young age, will help us become more equipped to handle it now, throughout highschool, and later in life.

In our health class, we have begun a unit about stress, self-concept, and self talk. With stress, we are defining it and learning ways to cope with it, as I said earlier. Self-concept is how you feel about yourself, and in class we are learning how we can see ourselves better, with better self-talk. Self-talk is exactly what it sounds like, it is you talking to yourself. Not out-loud of course. It is internal dialogue, INFLUENCED BY THE SUBCONSCIOUS. We are learning about positive and negative self talk. Negative being, I don't understand this, I'll never get it. While a positive

could be, I don't get it yet. I can figure this out with a little help. Positive self-talk helps students to be their best, and have a positive attitude.

Another idea we are learning in health class is $E+R=O$. The E stands for event. The R stands for response. And the O stands for outcome. You can only control your response. In class we learn how to control our response to help shape the outcome in a better way. It helps us become better problem solvers, and helps us keep our emotions in check.

We are also learning signs of depression. Seeing signs of depression such as changes in mood and behavior, can save a life if you recognize and respond to it. If more people had knowledge on this subject, the world would be better.

People having better mental health improves everything. In 2018 New York updated many of their health education standards. Now they have the lowest suicide rate in the nation. Teaching mental health at a young age will make people happier, more productive, and make the world better. Think of all the things our generation will invent or improve, as long as they are healthy, mentally and physically. I encourage each of you to adopt Health Ed standards in OHIO, and bill 121.