



Relationship Mapping and Mental Health Initiative Opportunities 2024-25

OVERVIEW This free initiative invites K-12 schools across the US to implement one or more of our relationship mapping and mental health strategies below during the 2024-25 school year to improve student mental health and relationships at your school.

What do we provide?

- Implementation plans and resources
- Surveys and survey reports
- Funding to pay 12 teachers \$40 each to take a short baseline + end-of-year survey (\$20/survey)
- Funding to pay 1 School Champion \$400 for leading the work

Summary of School Strategies for 2024-25

More details about each strategy on pages 2-5 below

Caring For Ourselves and Others: *An Educator's Toolkit to Support Teen Mental Health*

Educators lead a series of 13 lessons that support teens to learn the knowledge and skills to understand and improve their own mental health.

Adult-to-Student Relationship Mapping

During a staff meeting, staff identify students who do not currently have at least one positive relationship with a school adult. School staff work to strengthen relationships with those students throughout the year.

Student-to-Adult Relationship Mapping

Students complete a short survey to identify how many positive and trusting relationships they have with school adults. MCC shares a report with your school with the names of all students that have 0 or 1 positive relationships with adults. During a staff meeting those students are matched with a supportive Staff Volunteer who will build a relationship with their student throughout the year.

Peer Relationship Building Club

A School Champion or staff member recruits students for a student-led Peer Relationship Building Club with the goal of improving student relationships at school. All students complete a short survey to identify how many positive and trusting relationships they have with other students. Making Caring Common provides a survey report and a library of community-building resources for the club to consider while developing an action plan to improve relationships at your school.

**CLICK HERE
TO SIGN UP BY JUNE 1**

Questions?
relationshipmapping@makingcaringcommon.org

Caring For Ourselves and Others: An Educator's Toolkit to Support Teen Mental Health



Summary of Strategy

Educators lead a series of 13 lessons that support teens to learn the knowledge and skills to understand and improve their own mental health. Each lesson contains a scripted slide deck, an overview video and one-pager to prepare educators, and a worksheet or activity for teens.

Why This Matters

With rising rates of teen depression and anxiety, educators play a crucial role in teaching these essential skills. We believe that learning these skills as a teenager will benefit students throughout their lives and that all students should have access to skills that promote their mental health.

Requirements to Participate

- A School Champion to lead the work. School Champions will be paid \$400 for their time and effort.
- Have at least 1 teacher lead all 13 lessons by the end of April 2025 (ideally several teachers will lead the lessons)
- Administer a short pre/post survey to up to 12 participating teachers who volunteer to lead the lessons
- Administer a short student survey in October before you lead the first lesson and in May after you complete the final lesson
- Support a student and/or teacher focus group at the end of the school year

2024-25 Timeline

Who	When	When	Time
MCC	Share the toolkit with participating schools	June-July	
School Champion	Recruit teachers, counselors, and/or Social Workers to lead the mental health lessons between October 2024 and May 2025	July-August	1-2 hours
School Champion + Participating Staff	Administer short student survey before lesson 1	October	~5 min
	Administer short teacher survey to any teachers leading the lessons	October	~5 min
	Lead all 13 lessons	October-May	~ 1 hour/lesson
School Champion	Complete short MCC check-in survey	February + March	~10 min
School Champion + Participating Staff	Administer short end-of-year student survey	April	~5 min
	Administer short end-of-year teacher survey to any teachers who led the lessons	May	~5 min

CLICK HERE
TO SIGN UP BY JUNE 1

Questions?
relationshipmapping@makingcaringcommon.org

Adult-to-Student Relationship Mapping



Summary of Strategy

During a staff meeting, school staff utilize MCC's Relationship Mapping Tool to identify youth who do not have a positive relationship with at least one school adult. Those students are then paired with a school adult who establishes and maintains a positive connection with the identified student throughout the school year.

Why This Matters

For students, a positive connection to at least one school adult – whether a teacher, counselor, sports coach, or other school staff member – can have tremendous benefits that include reduced bullying, lower dropout rates, and improved social-emotional capacities. Rather than leave these connections to chance, relationship mapping invests time in making sure that at least one adult knows every student.

Requirements to Participate

- Identify a School Champion to lead the work. School Champions will be paid \$400 for their time and effort.
- Administer a short pre and post student survey (October and April)
- Administer a short teacher survey to up to 12 teachers (October and April). Teacher will be paid \$20 for completing each survey (\$40 total)

2024-25 Timeline

Who	When	When	Time
MCC	Share all onboarding resources with schools	June - July	
School Champion	Review the plan + share the purpose and process with staff	July - August	~15 min
	Send parent newsletter to share plan for the year (provided)	August - September	~5 min
	Lead staff meeting to map relationships and identify staff volunteers	October	~1 hour
	Administer short teacher survey to up to 12 teachers	October	~5 min
All teachers	Administer short student survey	October	~5 min
Staff Volunteers	Staff Volunteers build connections with students	Ongoing throughout year	
School Champion	Lead Staff Volunteer reflection meeting 1	November	~45 min
	Complete short MCC check-in survey	November	~5 min
	Lead Staff Volunteer reflection meeting 2	February	~45 min
	Lead staff meeting to remap, assess progress and make adjustments	April	~1 hour
All teachers	Administer short end-of-year student survey	April	~5 min
School Champion	Administer short end-of-year teacher survey to up to 12 teachers	May	~5 min
	Complete end-of-year MCC check-in	May	~5 min

**CLICK HERE
TO SIGN UP BY JUNE 1**

Questions?
relationshipmapping@makingcaringcommon.org

Student-to-Adult Relationship Mapping



Summary of Strategy

The school administers a short student survey to ask students to self-report how many relationships they have with school adults. Staff then work to strengthen relationships with any students that report 0 or only 1.

Why This Matters

For students, a positive connection to at least one school adult – whether a teacher, counselor, sports coach, or other school staff member – can have tremendous benefits that include reduced bullying, lower dropout rates, and improved social-emotional capacities. Rather than leave these connections to chance, relationship mapping invests time in making sure that every student is known by at least one adult.

Requirements to Participate

- Identify a School Champion to lead the work. School Champions will be paid \$400 for their time and effort.
- Administer a short pre and post student survey (October and April)
- Administer a short teacher survey to up to 12 teachers (October and April). Teacher will be paid \$20 for completing each survey (\$40 total)

2024-25 Timeline

Who	When	When	Time
MCC	Share all onboarding resources with schools	June - July	
School Champion	Review the plan + share the purpose and process with staff by email (provided)	July - August	~1 hour
	Send parent newsletter to share plan for the year (provided)	August - September	~5 min
	Administer short teacher survey to up to 12 teachers	October	~5 min
All teachers	Administer short student relationship mapping survey	October	~5 min
School Champion	Review data from student mapping	October	~30 min
	Lead reflective staff meeting + match students to Staff Volunteers	October	~1 hour
Staff Volunteers	Staff Volunteers build connections with students	Ongoing throughout year	
School Champion	Lead Staff Volunteer reflection meeting 1	November	~45 min
	Complete short MCC check-in	November	~5 min
	Lead Staff Volunteer reflection meeting 2	February	~45 min
All teachers	Re-administer short relationship mapping student survey	April	~5 min
School Champion	Lead end-of-year staff meeting: review data, reflect and action plan	April	~1 hour
	Send end-of-year survey to 12 educators	May	~5 min

CLICK HERE
TO SIGN UP BY JUNE 1

Questions?
relationshipmapping@makingcaringcommon.org

Peer Relationship Building Club



Summary of Strategy

A School Champion or staff member recruits students for a student-led Peer Relationship Building Club with the goal of improving student relationships at school. All students complete a short survey to identify how many positive and trusting relationships they have with other students. Making Caring Common provides a survey report and a library of community-building resources for the club to consider while developing an action plan to improve relationships at your school.

Why This Matters

Positive relationships with peers and a sense of school belonging can protect students' mental health, positively affect their academic achievement, and increase their ability to care for others.

Requirements to Participate

- Identify a School Champion to lead the work, coordinate with MCC, and complete 2-3 short MCC check-ins
- Teachers must administer the mapping survey to students twice (October+April)
- Up to 12 teachers take a 5-10 min baseline + end-of-year survey (\$20/survey paid to 12 teachers)
- School Champion helps MCC organize focus groups with up to 5 students (\$25 paid to 5 students)

2024-25 Timeline

Who	When	When	Time
MCC	Share all onboarding resources with schools	June - July	
School Champion	Review the plan + share the purpose and process with staff by email (provided)	August - September	~30 min
	Send parent newsletter to share the plan for the year (provided)		~5 min
	Recruit interested students to join the club		~1 hour
	Lead Peer Relationship-Building Club launch meeting		~45 min
	Send baseline survey to 12 educators	October	~10 min
All Teachers	Administer Peer Relationship Mapping Survey to all students	October	~10 min
School Champion + Student Club	Meet as a club throughout the year: Build relationships within club, review survey data, create an action plan, and implement interventions chosen by the club	October - May	~30 min/meeting
School Champion	Complete short MCC check-in	November	~5 min
All teachers	Re-administer mapping survey with students	April	~5 min
School Champion	Support MCC in scheduling 2-3 student focus groups (10 students)	April	~30 min
	Send end-of-year survey to 12 educators	May	~10 min
MCC	Leads 2-3 student focus groups (10 students)	May	~1 hour

**CLICK HERE
TO SIGN UP BY JUNE 1**

Questions?
relationshipmapping@makingcaringcommon.org