

# CONCUSSIONS IN YOUTH SPORTS: AN NFB VIRTUAL CLASSROOM FEATURING *A DARK ROOM*



## DIRECTIONS FOR EDUCATORS AND SCHOOL COUNSELLING PROFESSIONALS

The documentary ***A Dark Room*** and the **Concussions in Youth Sports Virtual Classroom** contain content and information about concussion recovery and mental health disorders linked to concussion that may provoke emotional responses from viewers and participants.

We recommend that educators collaborate with a school counsellor or with a local youth mental-health service provider to create a learning environment that is safe and respectful, so that students can discuss these topics openly in the classroom.

- The recommended age for viewers of the film ***A Dark Room*** and the accompanying Virtual Classroom event is **15+**.

## STEPS TO PREPARE FOR THE VIRTUAL CLASSROOM

- Ensure that a school counselling professional is present for the screening of ***A Dark Room*** and the Virtual Classroom to provide support to students who have questions about concussions and related mental health topics;
- Before screening ***A Dark Room*** and participating in the Virtual Classroom discussion with our panel guests, please stress that some difficult subject matter will be presented, such as substance abuse and suicide in connection to concussions;
- Provide students with information about 24-hour support lines.

## RESOURCES FOR YOUTH IN DISTRESS

Kids Help Phone: **1-800-668-6868**

The Kids Help Phone provides:

- Phone counselling
- Web counselling

The Kids Help Phone provides:

- For ages 20 and under
- Free, 24/7
- Anonymous and confidential
- Non-judgmental

Toronto Distress Centre – 24-hour distress and crisis line:  
**416-408-HELP (4357)**

E-mail: [info@TorontoDistressCentre.com](mailto:info@TorontoDistressCentre.com)

Website: [torontodistresscentre.com](http://torontodistresscentre.com)

Gerstein Crisis Centre – 24-hour distress and crisis line:  
416-929-5200

Website: [gersteincentre.org](http://gersteincentre.org)

School counsellors are an essential resource and great partners for teachers introducing lessons and addressing topics that require a sensitive approach. Counsellors offer professional, multi-tiered support for students, and an empathetic approach. Safe and successful learning environments are fostered through collaboration between school staff and community-based service providers when integrating mental health initiatives at your school.