



RAD

Lesson 1: Teaching Companion

This lesson introduces RAD and sets the tone for fun, connection, and curiosity. The focus is on learning the letters R-A-D and what they stand for. RAD is a universal approach to social-emotional learning that can benefit everyone. It is a skills-based program and does not replace the support of counsellors, therapists, or other professionals.

Students are not expected to share deep personal information during RAD lessons. If someone does need extra help, they should be encouraged to connect with the appropriate supports in their school or community. Facilitators may also wish to briefly discuss how students can access help if they are in unsafe situations, including if they are thinking about harming themselves.

A fun way to kick things off is with an Acronym Challenge, where participants try to guess common acronyms before being introduced to what RAD stands for. You can easily find examples online with a quick search, or you can use the one provided below.

This is also the perfect time to set group expectations or community norms for RAD—such as being respectful, responsible, and safe. I like to remind participants that we're learning together.

If you're new to RAD, let them know and enjoy exploring the concepts alongside them. If you're already familiar, feel free to share what it was like when you first learned about it.

The big idea: RAD is something participants and leaders do together—and it's absolutely okay to have fun along the way.

Answers for Acronym Challenge:

LOL: Laugh Out Loud

IDK: I Don't Know

BRB: Be Right Back

NASA: National Aeronautics and Space Administration

DIY: Do It Yourself

TBH: To Be Honest

SCUBA: Self-Contained Underwater Breathing Apparatus

GTG: Got To Go

ICYMI: In Case You Missed It

SMH: Shaking My Head

UNICEF: United Nations International Children's Emergency Fund

TL;DR: Too Long; Didn't Read



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ACRONYM CHALLENGE

LOL	IDK	BRB
NASA	DIY	TBH
SCUBA	GTG	ICYMI
SMH	unicef	TL;DR