

Most Programs Try to Teach Everything.

We Focus Where it Matters Most: *Student Mental Health.*

A hands-on, educator-led program that helps middle and high school students practice mental health skills together — not just talk about them.

Five interactive lessons and 50+ short reinforcement activities make it easy to fit right into the school day.

Why Schools Choose Back Pocket



Focused on What Matters

Deep mental-health impact, not surface level SEL.



Students Learn by Doing

Peer-to-peer, hands-on, and practical.



Easy for Teachers

Minimal prep, multiple training formats, turnkey launch.

92%

report more confidence
managing stress

83%

call Back Pocket
highly engaging

4x

fewer negative
emotions reported



Ready to see it in action?

Scan the QR code to unlock a sample plan.

What's Inside Back Pocket

Everything educators need — ready on day one.



5 Core Lessons

Teaches students how to manage stress, practice gratitude, balance screen time, & strengthen emotional health.



50+ Reinforcement Activities

Help students practice coping tools through movement, creativity, & collaboration.



Digital Teacher Portal

Lessons, slides, parent resources, & printable handouts.



On Demand Training

Teachers can learn at their own pace.

Why Focus Beats “Comprehensive”

Back Pocket

vs.

Broad Wellness Programs

- ✓ Focused on practical coping strategies
- ✓ Simple, turnkey for schools of any size
- ✓ Affordable, easy to implement
- ✓ Hands-on, interactive, and relevant

- ✓ Try to teach every soft skill at once
- ✓ Big systems & heavy training loads
- ✓ Complex rollouts, high cost
- ✓ Students disengage quickly

THE EDTECH
AWARDS



COOL TOOL
WINNER 2025



Trusted By

Charlotte County Public Schools (Florida)

“We’re excited to be using Back Pocket — an engaging coping strategies curriculum for adolescents that’s quick to teach, easy to use, and makes a real difference for students.”

— **Rebecca Marazon**, Coordinator of Psychological Services
Charlotte County Public Schools (Florida)



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Back Pocket
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