*Қосымша 2*

**Қазақстан Республикасының төтенше жағдай кезінде**

**«Жасөспірімдердің** **денсаулығы мен өмірлік дағдыларын қалыптастыру және суицидтің алдын-алу» бағдарламасын қашықтықта, онлайн режимінде** **ұйымдастыру үшін ата-аналар мен ұстаздарға арналған бейнероликтер тізімі**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| № | Бейнероликтің атауы/  Название ролика | Бейнероликтің нұсқасы / Изображение видеоролика | Бейнероликтің сілтемесі / Ссылка видеоролика | | |
|  | Өмір сақшылары  Стражники судьбы |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=FFF50VrEbxo&t=26s> <https://www.youtube.com/watch?v=EUBpyK_xtXE&t=1s> | |
|  | <https://www.facebook.com/1446686598757940/videos/205461720730189/?t=140>  <https://www.facebook.com/1446686598757940/videos/148388259836838/?t=0> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239215%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239217%2Fpl_547865288_-1> | |
|  | «Балаларымызды қорғайық» бейнеролигі  Видеоролик «Берегите детей» |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/Od9fCogV01Q>  <https://youtu.be/3RjqIASw318> | |
|  | <https://www.facebook.com/1446686598757940/videos/623767298465374/?t=0>  <https://www.facebook.com/1446686598757940/videos/831057800704389/?t=1> | |
|  | <https://www.instagram.com/tv/B-O8Nevn-8F/?hl=ru>  <https://www.instagram.com/tv/B-O7z92H6sn/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239207%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239208%2Fpl_547865288_-1> | |
|  | Мен бәрін жеңем  Я выдержу все |  |  | <https://zhastar.org/storage-public/parents_block/1527653143949.mp4> | |
|  | <https://www.youtube.com/watch?v=G2vQLmtvFIk&t=8s>  <https://www.youtube.com/watch?v=dy-1xqKgXKo> | |
|  | <https://www.facebook.com/1446686598757940/videos/632031414015432/?t=1>  <https://www.facebook.com/1446686598757940/videos/527149271570309/?t=13> | |
|  | <https://www.instagram.com/tv/B-O9eornlr0/?hl=ru>  <https://www.instagram.com/tv/B-O9ABEHIay/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239213%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239212%2Fpl_547865288_-1> | |
|  | Сен агрессияны қалай жеңесін?  Как ты справляешься с агрессией? |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=3RBQh4btfks&t=2s>  <https://www.youtube.com/watch?v=3k_Z7s1Z4dQ&t=2s> | |
|  | <https://www.facebook.com/1446686598757940/videos/273102110371570/?t=0>  <https://www.facebook.com/1446686598757940/videos/143891037034418/?t=0> | |
|  | <https://www.instagram.com/tv/B-T0ThynP1g/>  <https://www.instagram.com/tv/B-T1GSLHVWo/> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239216%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239218%2Fpl_547865288_-1> | |
|  | Стресс  Стресс |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=nMovlZMBTA0> | |
|  | <https://www.facebook.com/1446686598757940/videos/238749633982363/?t=0> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239178%2Fpl_547865288_-1> | |
|  | Мазасыздық  Тревога |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=c-Vt-1MWESI> | |
|  | <https://www.facebook.com/1446686598757940/videos/664519984314733/?t=0> | |
|  | <https://www.instagram.com/tv/B53NMkPJBZt/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239188%2Fpl_547865288_-1> | |
|  | Телефонға тәуелділік  Зависимость от телефона |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=m3I_mUx8HFo> | |
|  | <https://www.facebook.com/1446686598757940/videos/674551006419993/?t=1> | |
|  | <https://www.instagram.com/tv/B-WLXPVHce5/> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239197%2Fpl_547865288_-1> | |
|  | Кәсіптік бағыт-бағдар беру  Профориентация |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=kq8HMEsM-l8> | |
|  | <https://www.facebook.com/1446686598757940/videos/253516092481215/?t=0> | |
|  | <https://www.instagram.com/tv/B-WLb9vHjyg/> | |
|  | <https://vk.com/videos547865288?z=video547865288_456239198%2Fpl_547865288_-2> | |
|  | Әлімжеттік  Буллинг |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=pneqoYVovFw> | |
|  | <https://www.facebook.com/1446686598757940/videos/201718864448736/?t=0> | |
|  | <https://www.instagram.com/tv/B-WLeQSnzDA/> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239180%2Fpl_547865288_-1> | |
|  | Кибербуллинг  Кибербуллинг |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=JYVmZysiCQ4> | |
|  | <https://www.facebook.com/1446686598757940/videos/141788833938993/?t=0> | |
|  | <https://www.instagram.com/tv/B5xisc2J3Cy/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239182%2Fpl_547865288_-1> | |
|  | Депрессия  Депрессия |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=w_PVmpn2fjI> | |
|  | <https://www.facebook.com/1446686598757940/videos/234808234335088/?t=0> | |
|  | <https://www.instagram.com/tv/B5vPj1QJlsH/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239186%2Fpl_547865288_-1> | |
|  | Балаңызды қаншалықты жақсы білесіз?  Насколько хорошо знаете своего ребенка? |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=bwI87rnBRXc> | |
|  | <https://www.facebook.com/1446686598757940/videos/258437498504342/?t=0> | |
|  | <https://www.instagram.com/tv/B-WLgKHnvDD/> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239193%2Fpl_547865288_-1> | |
|  | Жасөспірімдердің ересектерге арналған месседжі  Месседж от подростков |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=B6VDCPtK83A> | |
|  | <https://www.facebook.com/1446686598757940/videos/2779243148970704/?t=0> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239179%2Fpl_547865288_-1> | |
|  | Кәсіптік бағыт-бағдар беру  Профориентация |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=bwI87rnBRXc> | |
|  | <https://www.facebook.com/1446686598757940/videos/258437498504342/?t=0> | |
|  | <https://www.instagram.com/tv/B-WLb9vHjyg/> | |
|  | <https://vk.com/videos547865288?z=video547865288_456239198%2Fpl_547865288_-2> | |
|  | Әлімжеттік  Буллинг |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=qjCbbOjae9c> | |
|  | <https://www.facebook.com/1446686598757940/videos/1099910313699042/?t=0> | |
|  | <https://www.instagram.com/tv/B-WLeQSnzDA/> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239196%2Fpl_547865288_-1> | |
|  | Өзін-өзі бағалау  Самооценка |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=UwBpLdNRIi8&t=3s> | |
|  | <https://www.facebook.com/1446686598757940/videos/1069237680112546/?t=0> | |
|  | <https://www.instagram.com/tv/B5xjUi7JF5N/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239190%2Fpl_547865288_-1> | |
|  | Перфекционизм  Перфекционизм |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=lJu11yNCeoU> | |
|  | <https://www.facebook.com/1446686598757940/videos/518663915728614/?t=0> | |
|  | <https://www.instagram.com/tv/B57B8AwJFUl/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239181%2Fpl_547865288_-1> | |
|  | Әлеуметтік үрей  Социофобия |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=aQAv81CqE_s> | |
|  | <https://www.facebook.com/1446686598757940/videos/2552181428383957/?t=0> | |
|  | <https://www.instagram.com/tv/B53LnL1pCh9/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239183%2Fpl_547865288_-1> | |
|  | Біз неге ашуланамыз?  Злость |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=Cm0SyWRbWQo> | |
|  | <https://www.facebook.com/1446686598757940/videos/2570700553247324/?t=0> | |
|  | <https://www.instagram.com/tv/B53N1m6pPR0/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239182%2Fpl_547865288_-1> | |
|  | Рауан Кенжеханұлының Марко Саркьяпонемен сұхбаты  Интервью Рауана Кенжеханулы с Марко Саркьяпоне |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/wqiUnDuX1P0>  <https://youtu.be/oBFv41DqKc4> | |
|  | <https://www.facebook.com/1446686598757940/videos/324751471819026/?t=0>  <https://www.facebook.com/1446686598757940/videos/209628830135539/?t=0> | |
|  | <https://studio.youtube.com/video/wqiUnDuX1P0/edit> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239210%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239209%2Fpl_547865288_-1> | |
|  | Что такое суицид? |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=o89cyE75_ZE> | |
|  | <https://www.facebook.com/1446686598757940/videos/256018065433962/?t=0> | |
|  | <https://www.instagram.com/tv/B-P9n8pnSHE/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239238%2Fpl_547865288_-1> | |
|  | Причины депрессии суицида |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=3yag-Awu8s8> | |
|  | <https://www.facebook.com/1446686598757940/videos/214575789855785/?t=0> | |
|  | <https://www.instagram.com/tv/B-RsoVmH5t1/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239236%2Fpl_547865288_-1> | |
|  | Есть ли разница между суицидом среди подростков и взрослых |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=FTc_xVgg1es> | |
|  | <https://www.facebook.com/1446686598757940/videos/1082314522153025/?t=0> | |
|  | <https://www.instagram.com/tv/B-RtZNXH-jp/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239233%2Fpl_547865288_-1> | |
|  | Основной сигнал суицида |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=8dmSQUIjVbQ> | |
|  | <https://www.facebook.com/1446686598757940/videos/2570760696546774/?t=0> | |
|  | <https://www.instagram.com/tv/B-RtwC0nIAJ/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239235%2Fpl_547865288_-1> | |
|  | Влияющие факторы на являние суицида |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=9ZqbzXxoIvo> | |
|  | <https://www.facebook.com/1446686598757940/videos/654365155399833/?t=0> | |
|  | <https://www.instagram.com/tv/B-RuKHXHjB1/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239240%2Fpl_547865288_-1> | |
|  | Советы психолога родителям |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=JTamLFoYk2I> | |
|  | <https://www.facebook.com/1446686598757940/videos/658964591585886/?t=0> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239232%2Fpl_547865288_-1> | |
|  | Как выявлять суицидальное поведение |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=3_R16dg37WE> | |
|  | <https://www.facebook.com/1446686598757940/videos/1378207385714876/?t=0> | |
|  | <https://www.instagram.com/tv/B-RvI4fHJ7d/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239242%2Fpl_547865288_-1> | |
|  | Почему в Казахстане высок уровень суицида |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=CRoIJlgoxXI> | |
|  | <https://www.facebook.com/1446686598757940/videos/525769378104820/?t=0> | |
|  | <https://www.instagram.com/tv/B-RvaNHnWuR/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239241%2Fpl_547865288_-1> | |
|  | Как психолог и психиатр может помочь |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=pao4AzYD0_o> | |
|  | <https://www.facebook.com/1446686598757940/videos/235173044292564/?t=0> | |
|  | <https://www.instagram.com/tv/B-RvujsHRJ2/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239237%2Fpl_547865288_-1> | |
|  | Что влияет на ментальное здоровье |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=OpQphTWPeYE> | |
|  | <https://www.facebook.com/1446686598757940/videos/218465392706069/?t=0> | |
|  | <https://www.instagram.com/tv/B-Rv8rtHkIY/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239243%2Fpl_547865288_-1> | |
|  | Что делать если человек хочет совершить суицид? |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=aJQP6uoITVU> | |
|  | <https://www.facebook.com/1446686598757940/videos/522898805087315/?t=0> | |
|  | <https://www.instagram.com/tv/B-RwVmaneMU/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239239%2Fpl_547865288_-1> | |
|  | Рауан Кенжеханұлы. 'Я верю' әлеуметтік жобалар ашық конференциясы  Рауан Кенжеханулы.  Открытая конференция социальных проектов 'Я верю'. |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://www.youtube.com/watch?v=CLOCW-PVHNc> | |
|  | <https://www.facebook.com/1446686598757940/videos/614021442512332/?t=0>  <https://www.facebook.com/1446686598757940/videos/2843128165802084/?t=0> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239224%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239211%2Fpl_547865288_-1> | |
|  | Отбасындағы әлеуметтік-психологиялық атмосфераны реттеу және нығайту жолдары – 1,2,3,4  Пути регулирования и укрепления социально-психологической атмосферы в семье |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/ngQEQ5qZ3nQ>  <https://youtu.be/NlyWzvBIfQc> | <https://youtu.be/2wWxEKVIM68>  <https://youtu.be/i3GXUJEpPZc> |
|  | <https://www.facebook.com/1446686598757940/videos/813883585773817/?t=0>  <https://www.facebook.com/1446686598757940/videos/626535764561621/?t=0>  <https://www.facebook.com/1446686598757940/videos/2956489254577808/?t=0>  <https://www.facebook.com/1446686598757940/videos/646173159517858/?t=0> | |
|  | <https://www.instagram.com/tv/B-R2wE9nTiy/?hl=ru>  <https://www.instagram.com/tv/B-R4UVQHVEh/?hl=ru>  <https://www.instagram.com/tv/B-R5N_qnQxk/?hl=ru>  <https://www.instagram.com/tv/B-R5bEvnkFB/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239219%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239220%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239221%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239222%2Fpl_547865288_-1> | |
|  | Суидцидтік жүріс-тұрысқа әкелетін себептер  Причины суицидального поведения |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/-njmSlhJhsQ> | |
|  | <https://www.facebook.com/1446686598757940/videos/504236853540268/?t=0> | |
|  | <https://www.instagram.com/tv/B-R56gQHzQF/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239220%2Fpl_547865288_-1> | |
|  | Жасөспірімдік кезеңнің психологиялық ерекшеліктері  Психологические особенности подросткового возраста |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/3sXX-RrW1ks> | |
|  | <https://www.facebook.com/1446686598757940/videos/1230538247151038/?t=0> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239225%2Fpl_547865288_-1> | |
|  | Балаңызбен дос, сырлас бола білесіз бе? Балаңызды сендіре аласыз ба?  Можно ли дружить с ребенком? Сможете ли вы убедить своего ребенка? |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/98DPmVEgw40> | |
|  | <https://www.facebook.com/1446686598757940/videos/3004190166309300/?t=0> | |
|  | <https://www.instagram.com/tv/B-Tv6fNHwke/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239227%2Fpl_547865288_-1> | |
|  | Суицидалдық қауіптің белгілері мен сипаттамалары  Признаки и характеристики суицидального риска |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/FxXaSqXBsyo> | |
|  | <https://www.facebook.com/1446686598757940/videos/2956489254577808/?t=0> | |
|  | <https://www.instagram.com/tv/B-TwJ5VHEvd/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239221%2Fpl_547865288_-1> | |
|  | Бала неліктен ашуланшақ болады немесе неліктен агрессивтілік танытады? – 1,2.  Почему ребенок злится или агрессивен? |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/v_wOAHEdwQY>  <https://youtu.be/cAs7ulYqt08> | |
|  | <https://www.facebook.com/1446686598757940/videos/227811991748120/?t=0>  <https://www.facebook.com/1446686598757940/videos/210446990054604/?t=0> | |
|  | <https://www.instagram.com/tv/B-TxTU8Hjpu/?hl=ru>  <https://www.instagram.com/tv/B-TyKzpH-_O/?hl=ru> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239230%2Fpl_547865288_-1> | |
|  | Эмоционалдық өрісті реттеу жолдары – 1,2.  Способы регулирования эмоционального поля |  |  | <https://zhastar.org/application/parentspage> | |
|  | <https://youtu.be/mVbumUlbyrM>  <https://youtu.be/pu6-1vvAkAw> | |
|  | <https://www.facebook.com/1446686598757940/videos/239311430582540/?t=0>  <https://www.facebook.com/1446686598757940/videos/730887230776452/?t=0> | |
|  | <https://www.instagram.com/tv/B-TzeuiHXP7/>  <https://www.instagram.com/tv/B-T0AmeH217/> | |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239229%2Fpl_547865288_-1> | |