

Mental Health

Age: Key Stage 3

Outcomes:

- Evaluate the links between mental health and physical health.
- Identify common misconceptions about mental health.
- Recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health.

Resources:

- Flipchart paper
- Pens and pencils
- True or false quiz.

Activity	Description
1. Introduction	<p>Establish or reinforce existing ground rules – add or emphasise any ground rules that are especially relevant to this lesson. Ensure students know they have a right to pass and that there should be no personal stories.</p> <p>Explain that today's lesson looks at mental health. Students may have direct experience of someone with poor mental health, so ensure they are aware of where they can go to talk to someone after the lesson. With that in mind, give students a chance to ask anonymous questions via your usual method such as a question box or 'ask it basket'. It is important to address these questions with the whole class, or individually as appropriate, during the scheme of work.</p>
2. True or false	<p>Students move to different sides of the room to represent 'true' or 'false' as a statement about mental health is read out. Take feedback, ensuring that myths and misconceptions are challenged.</p>
3. Challenge it!	<p>Students work in pairs to suggest ideas about how mental health stigma and discrimination could be challenged. Encourage them to suggest up to three ideas for each of the following:</p> <ul style="list-style-type: none"> • What could be done by individuals/friends to challenge discrimination? • What could be done in schools to challenge discrimination? • What could be done in wider society to challenge discrimination? <p>If time allows, share ideas, either using post-it notes, a class mind map, or volunteers read out their ideas.</p> <p>Students might suggest ideas such as:</p> <ul style="list-style-type: none"> • Avoid using language that might be offensive or upsetting • Schools teach more about mental health • Mental health campaigns, more funding for mental health charities or services, stronger laws about discrimination against people with mental health concerns, mental health support services in workplaces to both support and destigmatise those with mental health concerns, encouraging openness around mental health issues etc.
4. Reflection	<p>Revisit the introduction activity and ask students to make any additions to their original responses with a different coloured pen to demonstrate what they have learnt.</p>