



Assembly Plan

Aims:

- Highlight the importance of talking about mental health and wellbeing
- Encourage young people to listen to one another
- Promote support options available to young people

Slide 1

Today we are thinking about talking - something you and I do every day. We all spend many hours a day communicating with one another, be it verbally, via social media, email, text - or very occasionally actually calling each other!

Slide 2

We talk about many different things - sports, films, friends, fashion and lots of other subjects, but perhaps we do not always talk about the important topics and the issues that we all face. Honest communication is extremely important for so many different reasons. It is key to leading a happy and successful life.

Slide 3

Play video of miscommunication or share a suitable story about poor communication.
My failure to communicate well with people sometimes ends up in some silly & frustrating situations. I make life a lot more stressful for myself.



Slide 4

We are told that it's important to communicate and we know that sometimes we are not so good at it. What I am interested in is finding ways to communicate about sometimes difficult & personal subjects and issues.

I wonder what kind of things you have found it difficult to talk to people about. Maybe you were afraid of what someone might think of you. Maybe you were not sure how to put it into words. One thing that I think we need to become better at talking about is how we are feeling and how well we are coping with life.

Today we are thinking about a specific subject – our mental health. Whether we call it mental health, wellbeing or something else, this topic is gaining more and more prominence in the media because it is something that, for too long, many have either ignored or struggled to know what to do about it.

Slide 5

Recently Fearne Cotton has shared about her own depression diagnosis. "There might be assumptions made that if you are on TV or have experienced a certain journey in life then you should be immune to depression or sorrow," she wrote in a piece for Glamour before going on to insist that this absolutely is not the case.

The TV presenter and DJ went on to explain that she tries to focus on the small things in life, finding happiness wherever she can find it.



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Slide 6

“I learned to embrace what I was going through, hold on for dear life and to find another way,” said Cotton. “To me the only things that make a true impact on my own happiness are who I’m surrounded by, how much I let seemingly stressful events affect me and how I spend my time.

“Simple pleasures like being with my family, getting out in the fresh air, eating healthy food and music are all small things that impact my happiness daily. For me it’s all about those small steps in the right direction rather than huge leaps where there are no guarantees.”

Slide 7

Perhaps one of the problems is how we view our mental health. We may have heard that term thrown around but don’t really feel sure what it means.

We can get an understanding of what mental health means by comparing it to physical health...

in the same way that we take care of our physical health by eating the right things, exercising, or going to the doctor when we notice a problem, mental health is all about looking after our mind and our emotions. We all have times when our physical health suffers and we get ill – we can also have times when our mental health suffers and we might experience mental illness or mental health problems. We all have mental health and it is somewhere on the scale between wellness and illness.

Slide 8

During Mental Health Awareness week, researchers surveyed young people and asked the question: which type of health is most important – physical, mental or both?

Everybody said that their mental health was at least as important if not more important than their physical health, which lead to some really interesting discussions. Some people felt you can’t have one without the other. But I wonder how many of us actually treat it that way. How many of us really know what to do to look after ourselves when we are stressed? How many of us would take it seriously when we see someone in emotional pain in the same way that you would if you saw someone with a broken leg or a physical illness.

People are often too afraid to talk about certain mental health topics. The result can be lots of whispered conversations and a lack of accurate information. A bunch of myths are created, and they might be all that people know about some subjects. We might have lots of questions about what is normal and what certain words mean, but we are too afraid to ask.

It shouldn’t have to be that way, and the good news is that it is changing. The more we talk about mental health, the easier it gets.



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Statistics (Mental Health Foundation 2015)

20% of young people may experience a mental health problem in any given year.

50% of mental health problems are established by age 14.

If we want to start treating our mental health as seriously as our physical health then we need to start recognising that talking about mental health is key. This also means creating a non-judgmental environment where it is ok to talk when we struggle or have questions. One day, it may be you who needs a listening ear.

If you are struggling then I do encourage you to find someone you trust to talk to - someone who will be encouraging and will be able to help you find the right support. That might be a family member, a trusted adult in school or elsewhere, or someone from Phase.

Slide 10

PLAY VIDEO

Slide 11

Challenge - To start speaking out, to ask for help when you need it. But also to notice those around you, who could do with a listening ear.



Dont forget to complete the feedback forms following delivery of this lesson.

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