

## Youth Social Action case studies: Mental health focus

The projects listed below provide some examples of how young people can use the learning in the lessons to launch their own initiative to address well-being or mental health concerns. Please use these examples to inspire your students.

1. **The Student Mental Health Project:** This project was launched by a group of high school students in Canada who recognized the need for more mental health resources in their schools. They created a website that offers information, resources, and support for students struggling with mental health issues. The project has since expanded to other schools in the area.
2. **The Kindness Curriculum:** This program was developed by a group of teachers in the United Kingdom who wanted to promote kindness and well-being in their classrooms. The curriculum includes lessons and activities that teach students about empathy, mindfulness, and emotional regulation. The program has been implemented in schools throughout the UK and has been shown to improve students' social and emotional skills.
3. **The Youth Wellness Network:** This organization was founded by a group of young people in Canada who wanted to promote wellness and mental health among their peers. They offer workshops, events, and resources focused on topics like stress management, mindfulness, and positive self-talk. The organization has reached thousands of young people across Canada and beyond.
4. **The Dreamline Project:** This project was created by a group of middle school students in the United States who wanted to promote positivity and wellbeing in their school community. They asked their classmates to write down their dreams and aspirations on paper cutouts, which were then displayed throughout the school. The project has since been adopted by schools around the world.
5. **The Power of Words Project:** This initiative was started by a group of high school students in Australia who wanted to combat bullying and promote positive communication. They created a campaign that encouraged students to think about the impact of their words and actions, and provided resources and strategies for responding to bullying. The project has been adopted by schools and organizations across Australia.