

Link to Youth Social Action

Students and teachers can create a classroom charter through negotiation and express these in terms of rights of responsibilities.

- Why are the new school rules unfair?
- What could we do to ensure that the rules are not introduced in this school?
- What would fair rules be like?
- Do the school rules help all young people to remain healthy?
- Do they protect the mental health of young people?

The charter can focus on the following:

- A strong emphasis on mutual support and collaboration
- Behaviour is good and improving as everyone recognises and respects the rights of all to their education
- Teachers and teaching assistants model human rights-respecting behaviour, e.g. they listen well to young peoples' views and show respect for their opinions; they avoid put-downs and sarcasm; they give clear reasons for the use of sanctions; teachers avoid the use of 'blanket' sanctions of the whole class when only individual young peoples have misbehaved; teachers show respect for teaching assistants and all other adults
- Displays are used to reinforce awareness of human rights - How will we ensure we keep everyone healthy mentally and physically?
- Students respect and value each other's similarities and differences and support each other, with a very low incidence of negative behaviour, name-calling, racist or sexist comments etc.
- High status and adequate time given to Student Voice issues

Health - The Government must ensure you can be as healthy as you can be and get healthcare when you need it. You must also be able to get clean water and healthy food and live in a healthy environment. The Government must also make sure you can get information about staying healthy (article 24). For more information, see Children's Services and Sex, Health and Drugs.



Delivery of Youth Social Action

Ideally, learning about Youth Social Action topics such as mental health and well-being is delivered through your school's curriculum, linked to one or more subject areas.

Teaching Mental through a Cross-Curricular approach

Using the National Curriculum, we have linked as many opportunities as possible to deliver mental health through a range of different subject areas. These opportunities can be used to deliver the topic as a stand-alone or through cross-curricular planning with several different subject areas, depending on the school's area of focus.

The suggested lessons allow you to focus on the topic of mental health broadly using the 10 fundamentals and the five-step process. It's important to link this back to Youth Social Action and how the learning can be used to make a difference in the local and national community.

Teaching Mental Health through Science

7,8,9	<p><i>"Social media and mobile devices may lead to psychological and physical issues, such as eyestrain and difficulty focusing on important tasks. They may also contribute to more serious health conditions, such as depression. The overuse of technology may have a more significant impact on developing children and teenagers."</i></p> <ol style="list-style-type: none">1. Explore the biology, psychology, and social influences behind mental health and the links between physical and psychological health through science.2. As a scientist, create a guide for young people on the safe use of technology to support the mental health and well-being of young people.3. Explore the roles of scientists in research and the sharing of information.
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Teaching Mental Health through Religious Education

All Year Groups	Teaching meditation: Students start with meditation for 2/3 minutes with a focus on creating the right environment. What senses do we need to use for effective meditation?
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7,8 & 9	<ol style="list-style-type: none"> 1. Research the ways people practise meditation in different religions. Create a meditation guide for your family and friends. 2. Create a meditation calendar for focus for your school - Meditation focus for the week.
10,11	<ol style="list-style-type: none"> 1. What is the difference between religion and spirituality? 2. Can spirituality and religion be harmful to mental health?

Teaching Mental Health through English

7,8,9	<p>Wonder - Written by R.J. Palacio</p> <p>In this popular chapter book that spurred the “Choose Kind” movement in classrooms, a boy with a facial deformity switches to a mainstream school for the fifth grade and is bullied. “But he has a strong network of family and friends to help him overcome bullying,” says an expert at the Child Mind Institute. “Ultimately, the readers will see how differences should be celebrated.”</p> <p>The Illustrated Mum Author: Jacqueline Wilson Illustrator:</p> <p>This is a moving yet unsentimental account of two children coming to terms with their mother’s depression, mental instability and alcohol problem.</p> <p>A Pocketful of Stars Author: Aisha Bushby</p> <p>Safiya must uncover the truth of her mother’s history to help her survive the present. A beautifully written and page-turning read set in London and Kuwait that deals with changing friendships, family dynamics and learning how to say goodbye.</p> <p>You are Awesome Matthew Syed</p> <p>Resilience – the ability to overcome setbacks and persevere when things are hard – is a big watchword in educational settings. In You are Awesome, former table tennis Olympian Matthew Syed focuses on building children’s confidence and power, helping them believe in themselves and bounce back from mistakes. The book includes stories from Matthew’s past, developing from a sports novice to representing Great Britain and those of famous ‘failures’ like Steve Jobs and Dwayne Johnson. Many examples, illustrations, and bullet points will help your child believe in their abilities and develop self-esteem.</p> <p>Boys don’t cry</p> <p>Shows a detailed link between the text and the impact of appearance on mental health</p>
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10, 11	<p>Remains by Simon Armitage How does Simon Armitage bring mental health through this poem?</p> <p>Hamlet Examine early modern attitudes towards madness and how these informed Shakespeare's varied depictions of mental illness in Hamlet, King Lear and other plays. How is madness seen in King Lear?</p> <p>Exposure by Wilfred Owen The soldiers are developing psychological problems. The noise and terror of the war have caused a mental illness known as 'shell shock' or post-traumatic stress.</p> <p>Romeo and Juliet provide opportunities to explore topics such as love, romance, gangs-related issues and mental health and well-being.</p>
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10, 11	<p>Running on the Cracks by Julia Donalson Running on the Cracks by Julia Donalson is a runaway story for teenagers. It covers difficult topics with the right balance of sensitivity and humour, helping readers to understand the impact of death, mental illness, homelessness and neglect.</p> <p>Stuff that sucks Stuff that sucks: Accepting what you can't change and committing to what you can by Ben Sedley. This book has a strong emphasis on helping teenagers to feel that their emotions are valid. It shows how to reconnect with the things that are most important.</p> <p>How not to lose it: Mental health - sorted by Anna Williamson. How not to lose it: Mental health - sorted by Anna Williamson. This book covers a wealth of topics, from exam stress to panic attacks. It gives guidance to those suffering from depression, anxiety and bereavement. It is easy to read and gives readers a checklist of what to do. This leaves them feeling that there are achievable tasks they can do to make things better.</p>
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