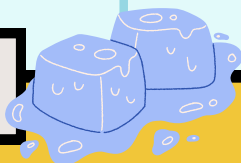


CHILDREN'S MENTAL HEALTH WEEK 5 - 11 FEBRUARY 2024

MY VOICE MATTERS TOO

This one hour workshop is all about you using your voice, not only to express how you feel but in hearing the voices of others. There is something very powerful in having your voice listened to - to being seen, heard and validated.

BREAK THE ICE



It's time to get crafty and break the ice! Construct your decision makers, use the questions provided or make up your own and get talking.

TIME: 10 MINUTES



QUIZ TIME



1. What is mental health?
2. Why do you think Children's Mental Health Week important?
3. How can you support others with their mental health?
4. Do you think mental health has an impact on physical wellbeing?

TIME: 10 MINUTES

USING YOUR VOICE TO MAKE A CHANGE

Having privilege gives you access to systems of power and influence, and that means you can use your voice to lift the voices of those not being listened to. Think of celebrities like Lewis Capaldi, who has opened up about his mental health, and others such as Malala Yousafzai and Marcus Rashford who have used their voices for change.

Group discussion: Who else can you think of who has used their voice and platform to make a change? It could be someone you know or a famous person.

Activity: Thinking about yourself, how can you use your voice to make a change? e.g. suggesting something to a friend or teacher, or even in a local sports/activity club. Use the pens and paper provided to jot down your thoughts and be prepared to feed back at the end!

TIME: 15 - 30 MINUTES



YOUR ONLINE VOICE

Talking and being listened to is important for our wellbeing. How do we talk and listen to each other in real life and online? Are they different?

Discuss as a group:

- Do you ever feel that technology allows you to talk and be heard better than in real life?
- Do you ever feel that technology gets in the way of talking and being listened to?
- Do you feel people are more or less respectful when they interact online?

Activity: Mark one end of the room as YES and one end as NO. Discuss each statement and move to explore the results. If the room is small, answers can be given in a different way. (e.g. by standing up, or raising hands.)

- It is easier to talk online than in real life
- People listen better in real life
- People behave differently online than they do in real life
- It is okay to share everything you feel when you are online
- People are more confident online than in real life
- Do you ever feel that you don't want to be on a social media platform, but you have to so that you can stay in touch with your friends?

TIME: 15 - 30 MINUTES

TO CONCLUDE...

What have you learnt about the importance of your voice today?
How can you use your voice to make a change?