



Plan for The Serious Chat - Mental Health Workshop/Assembly

Intro

Who we are

What we're talking about today – mental health

Introduce characters (All relatable year 7-13* students, x3)

*Dependent on the year group we are seeing

Part 1 – Facts and myths

Scene i - Myths

Scene between Girl and Boy littered with myths and misconceptions about mental illness, including:

- Mental Health vs. Mental Health Conditions
- Common and “uncommon” mental health conditions
- Causes
- Behaviour/symptoms
- Discrimination/derogatory language
- Treatment
- Rights and the law (Inc. within workplace and education.)

Activity ii – Myth Workshop

The students are split into 2 teams, the actors perform the scene again, with the students freezing the action when they hear a myth. The forum leader (3rd actor) clarifies the facts & awards points.

Designed to explore facts in an active and fun way. Breaking down barriers, giving the audience permission to be involved.

Part 2 – Levels of Mental Health – Serious Mental Health Conditions

Intro

How Covid-19 has impacted mental health; and Mental Health vs. Mental conditions i.e. when the person is no longer in control of their life or choices.

Scene ii – Self-Harm & Disclosure

Scene between 2 friends, one has been self-harming. The friend is trying their best to help but his illness is now beginning to affect her emotional well-being. She would like to disclose to a trusted adult, but he doesn't want to.

Activity iii – Forum Theatre

- Determine the 2 characters objectives
- Split the audience in 2 and assign them a character
- Group discussion with their characters including suggestions of things to say to their friend to achieve their objective.

- Actors return to the scene, using the advice they've just been given by their group
- Process is repeated and groups swapped until the characters have achieved their objective/we've explored the scene & the issues.
- Services and help available and what to do if students are worried about someone else or their own mental health.

Serious scene between 2 young people exploring how important it is to hand over to the professionals.

Part 3 – Everyday Mental Health & Resilience

Scene iii – Emotionally under-the-weather

Scene between 2 friends – one is feeling anxious about an assignment & their friend is encouraging them to do it.

Activity iii – Forum Theatre

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- Split the audience in 2 and assign them a character
- Group discussion with their characters including suggestions of things to say to their friend to achieve their objective.
- Actors return to the scene, using the advice they've just been given by their group
- Process is repeated and groups swapped until the characters have achieved their objective/we've explored the scene & the issues.

Positive scene between 2 young people exploring how important it is to be resilient and understand the difference between feeling anxious about an obstacle vs. diagnosed anxiety taking away your choice to overcome that obstacle.

Conclusion

Recap what we've covered & any help/resources available. Thank students for their suggestions and if time, Q&A.