



In Harm's Way

Preliminary Work

We are very much looking forward to visiting your school this term.

"In Harm's Way" is a play + interactive lecture, which follows the friendship of three year 9 students over a period of time; and explores mental health, coping mechanisms & emotional well-being.

Through separate struggles with "self-harm" in various forms including cutting, drugs, alcohol & online relationships, we explore the dangers, consequences and help available for some of these problems.

This pack includes exercises that can be used in PSHE classes in the lead up to our visit. There are a variety of written and debate options, as well as drama based exercises.

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Mental Health Pop Quiz

1. Name 3 Mental Health Conditions

1.

2.

3.

2. How many people suffer from a mental health condition in the UK?

☐ 1 in 4

☐ 1 in 8

☐ 1 in 6

3. What is S.A.D?

4. Someone suffering from a mental health condition is more likely to be a victim of violence.

True

False

5. What percentage of people with mental health problems experience stigma?

☐ 25 %

☐ 40 %

☐ 90 %

6. Can you lose your job if you have a mental health condition?



7. Circle any of the following factors that could affect your emotional well-being/mental health:

Work/School work

Exams

Chemical Imbalance

Love life

Underactive thyroid

Friendship Groups

Drug-use

Bereavement

Psychological make-up

The weather

Contraceptive pill

Diet

8. Eating disorders only affect girls:

True

False

9. Which of these UK Prime Ministers is believed to have suffered from bipolar disorder, which they described as their “black dog”?

- ☐ Winston Churchill
- ☐ David Cameron
- ☐ Margaret Thatcher

10. Which of these is the most common symptom of schizophrenia?

Violent Behaviour

Split Personality

Hallucinations &
Hearing Voices



Mental Health Pop Quiz ANSWERS

11. Name 3 Mental Health Conditions

1. Depression, anxiety, exam stress, loneliness,
2. Eating disorder, OCD, schizophrenia, S.A.D,
3. Personality disorders, Bipolar (to name a few)

12. How many people suffer from a mental health condition in the UK?

- 1 in 4
- o 1 in 8
- o 1 in 6

13. What is S.A.D?

Seasonal Affective Disorder / Winter blues

14. Someone suffering from a mental health condition is more likely to be a victim of violence.

True

False

45% of people suffering from a severe mental condition have been the victim of violence.

15. What percentage of people with mental health problems experience stigma?

- o 25 %
- o 40 %
- 90 %

16. Can you lose your job if you have a mental health condition?

No, it would be discrimination. Workplaces are required by law to make reasonable adjustments to those suffering from a mental health condition; in the same way they would have to make reasonable adjustments if someone were deaf, or in a wheelchair.



17. Circle any of the following factors that could affect your emotional well-being/mental health:

ALL could affect your mental health. Mental health is believed to be a bio-psycho-socio condition, so will be affected by biology i.e. an underactive thyroid/a reaction to medication; psychological make-up and social circumstances – i.e. what is going on in your life.

18. Eating disorders only affect girls:

True

False

Eating disorders and mental health conditions affect men and women.

19. Which of these UK Prime Ministers experienced mental health problems?

- Winston Churchill
- David Cameron
- Margaret Thatcher

Winston Churchill had depression throughout his lifetime. He referred to it as his 'black dog.'

20. Which of these is the most common symptom of schizophrenia?

Violent Behaviour

Split Personality

Hallucinations & Hearing Voices

Mental Health Essay/Debate Questions

1. *We all have mental health in the same way we have physical health. You wouldn't feel uncomfortable telling a friend you had a cold, but you might*



feel uncomfortable discussing your feelings, for example, if you were feeling a bit down:

Why do you think people may find it difficult to talk about mental health compared to physical health?

2. *"I don't think there's a stigma around mental health – there's loads of information about it, everybody knows about it, so it can't be that difficult to talk about it!"*

Do you agree/disagree with this statement? Discuss:

3. Write an e-mail of support for someone who is
- Suffering from depression
 - Is struggling with exam stress
 - Is feeling low but doesn't know why

4. *"People mainly self-harm because they want attention or as a cry for help."*
Do you agree/disagree with this sentence? Discuss:

5. Do you think it's easy to see if someone is suffering from a mental health condition?



Drama Exercises exploring Mental Health

1. Choose one of the following “mental health chats,” and in groups, act it out, exploring the best and worst case scenario
 - I’m worried about *my* mental health
 - I’m worried about *your* mental health
 - I think a friend has a mental health issue and I’m worried
2. Imagine you have a friend who is self-harming. Write & perform a monologue from your point of view, explaining how *you* are feeling.
3. Choose one mental health condition (eating disorder/depression/anxiety etc.) and write a scene exploring it. Try to use elements of physical theatre, monologue, doubling-up of characters, doubling-up of props.



Meet the Characters:



Tash

Tash has just started year 9. Her favourite things are her friends, her phone and... well her friends again; they're probably the most important thing in her world.

She is a pretty good student; she likes most subjects and is mostly in middle sets.

She is an only child and her parents are still together.

She would describe herself as 'normal.'

Callum

Callum has also just started year 9. His favourite subjects are football, maths and modern languages.

He is a straight A student and has been flagged as a potential Oxbridge candidate. He has been asked to play football semi-professionally & would like to make that work alongside his studies.

She has an older brother at Cambridge University & his parents are still together.

He would describe himself as 'hard-working.'



Sophie

Sophie has just started year 9. Her favourite things are hanging out with her friends, going out and boys.

She likes school but doesn't like working. She is generally in bottom sets & struggles academically. But she is confident, popular and likes to be the centre of attention.

She has 2 brothers & her parents are divorced.

She would describe herself as 'extra-ordinary!'



Things to think about during the Play

Listen out for any discriminatory language that the characters may be using:

- Are they aware it could be offensive/upsetting to someone who might be struggling with their mental health?
- Is 'casual/everyday' discrimination as bad as active/aggressive discrimination?
- Where do you think the language/phrases used have come from?

Tash

- Is the relationship with her friends a positive one?
- If you see deterioration in her mental health, what do you think her tipping point is?
- Is her relationship with her family a positive one?

Callum

- Callum has a lot going on with football and schoolwork. Do you think he has everything under control?
- Is Callum comfortable to talk about how he is feeling?
- If Callum wanted to talk, could he open up to his parents? And if not, who could be an alternative?

Sophie

- Is Sophie happy and confident?
- Is Sophie aware of her mental health and how she is feeling?
- Does Sophie put herself in harm's way at any points during the play?