



YOUTH MENTAL
HEALTH DAY
7th September

TEACHERS PACK

2020



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Dear Teacher / Education Professional,

It goes without saying that it has been a very different year for students and teachers alike. Amidst the coronavirus (COVID-19) crisis, education establishment closures revealed a whole new way of teaching and learning. Meanwhile, mental health concerns for young people have multiplied. Before the crisis, one in eight children and young people aged between five and 19 in England had a mental disorder. That's 3 or 4 in each and every classroom up and down the country. Worryingly, this figure increased to 1 in 4 in adulthood and therefore at University. Whilst the true impact of the COVID-19 crisis on young people's mental health is yet to be truly understood, the prediction is that it is likely to increase. Returning to school provides yet another change for children and young people to adapt to. That's why stem4, teenage mental health charity, is launching the UK's first Youth Mental Health Day this September: teaching young people how to 'Bounce not Break', build resilience and think positively in order to deal with the potential challenges they will face.

Youth Mental Health Day focuses on the need to understand that anyone, however successful, seemingly popular, or funny, can face struggles with mental health, but that you can bounce back by finding a strategy that helps you cope. **However, we need you and your school, college or university to make it work!** By using the resources in this pack to encourage your students to think about resilience and mental health this Youth Mental Health Day, you will not only be supporting them in settling at school, college or university, but equipping them with the tools to deal with any of the challenges life might throw at them.

The pack includes lesson activities, discussion points, an inspiring video to show your students & a letter encouraging parents to get involved at home. Students, staff and parents/carers alike are also encouraged to share their positive messages about how they 'Bounce Not Break', just like those in the official video, under #BounceNotBreak across social media platforms. Simply share your techniques with the hashtag and tag 3 friends to do the same. We have lots of ideas, templates and pictures to help with this in our social media pack. For those who don't post on social media, you can also use the pack to privately send a supportive 'Bounce Message' to someone you care about and encourage them to forward it on. With your help and enthusiasm we can make sure all young people feel comfortable and positive about returning to education.

Thank you,

Dr Nihara Krause
Founder and CEO, stem4

#YMHD

#BounceNotBreak

We'd love to see everyone sharing their resilience techniques! Share your videos and photos:
@stem4org / Find out more www.youthmentalhealthday.co.uk

Ideas for schools

Discussion Points

Why not get your students talking about resilience at form time, PSHE or registration on the 7th September? Show your students our video, point them towards our resources and discuss the questions below. You could even run a 'Bounce Not Break PE lesson' where after each ball game based activity, you discuss one of the points in groups.

Junior Schools:

1. What have the positive parts of the day been today and why?
2. What sort of things help to stay positive when things get hard?
3. What are some of the ways we might solve something that's bothering us?
4. What sorts of things help us relax when we feel tense?

Senior Schools & Colleges:

1. Think of someone who is inspiring. What are the inspiring qualities that make a positive role model?
2. What steps could you take if you feel stuck with something important?
3. How can you maintain positive friendships and people in your life?
4. What sort of qualities do you need to have to be resilient?

Universities:

1. What sorts of resources does a person need to help them cope with negative experiences that they might encounter academically, performance based or socially?
2. Why is managing too much stress important and what techniques might help?
3. Connecting with others is a resilience factor. What sorts of things could a student do to integrate into social networks and build relationships at university?
4. What is self-care and what challenges may need to be overcome to implement this at university?

Activities & Ideas

1. Teach your children to bounce not break using Dr Krause's MINDYOUR5 model - Just as having 5 fruit and veg a day can help with your physical health, doing one activity which covers each of the five categories that make up MINDYOUR5 helps with your mental health. Focussing on building strengths in each of these five areas will also help you in the long term.



The 5 areas to focus on are:

H		healthy practice - learning the importance of looking after your physical health.
A		activity - doing something active such as a sport, creative such as art or learning to relax.
P		positive thinking - learning to challenge negative experiences and thoughts and being able to think ahead and be hopeful.
P		positive emotions - recognising different emotions and how they affect you, learning to express them, and learning how to slowly but surely manage them. Our emotions are very powerful and do need looking after.
Y		your connections - understanding that friends and social connections are the most important factor in building resilience. Rate quality over quantity though - one good friend makes a huge difference.



Activities & Ideas

2. Show the YMHD Bounce Not Break video in an assembly and get teachers and/or some students to share with fellow pupils how they bounce!
3. Ask any parents/carers if they would like to come in and share with students on how they bounce.
4. Invite someone well known and find out how they may have recovered from a situation and what they do to maintain bounce.
5. Share any books, films or idols who have overcome challenges and shown publicly how they bounce.
6. Share any inspiring stories of people you think have shown how they bounce in a time of crisis.



7. Ask teachers/lecturers to create a short play titled 'bounce'.
8. Set up a 'bounce' committee for the school/college/university who can plan bounce events in the year.
9. Doing something kind and giving to charity create bounce - why not create a kindness day in your community? You can donate any fundraising efforts to YMHD & stem4 at <https://stem4.enthuse.com/profile>.

Top Tips

Beforehand

1. **Youth Mental Health Ambassadors Assemble!** Make sure you have a team of teachers ready to take on the day. Depending on which activities you choose to help your pupils, this might be form tutors, PE teachers or assembly leaders. Whoever it is, be sure to work together to make it happen.
2. **Call on Carers & Parents!** Building resilience in young people means input from everyone in the community. Be sure to inform parents and carers with ease using our letter template, letting them know exactly what you're up to and how they can get involved to make the most of the day for their young person.

On the 7th

1. **Put plans into action!** Whether you have chosen to encourage conversations about resilience at tutor time, delivered an assembly including our video, or encouraged PE teachers to get students thinking about how they can bounce - it's time for the activities to commence!
2. **See you on Socials!** Tweet, Facebook and post about your participation in Youth Mental Health Day if your school has social media accounts. Use the hashtag #YMHD and #BounceNotBreak. Don't forget to follow us @stem4org to see how everyone else is getting on!



Afterwards

1. **Thanks to you, Thanks to others!** There'll be celebrations all round after the day is over. Be sure to congratulate yourself for participating in such an important cause and making a difference to young people's lives, whilst thanking your pupils, parents and fellow staff for their efforts.
2. **Stay in Touch!** Be sure to stay in contact with stem4 to keep improving the mental health of your students. Find out more about our 'Head Ed' mental health teaching resource <https://education.stem4.org.uk/head-ed/>, or our conferences <https://stem4.org.uk/conferences/>. Be sure to follow us @stem4org to be the first to hear of any new initiatives for teachers and schools.

