

EXAMPLE – XXX SCHOOL / COLLEGE

MENTAL HEALTH

| We view mental health as... | |
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| 1 | Doing things that make you feel better about yourself and more productive |
| 2 | Feeling positive about yourself - when you are in the right frame of mind about your wellbeing it makes others feel more positive |
| 3 | Being happy or sad or both at the same time, but still having a positive mind-set over all |
| 4 | Self-confidence – feeling sure about yourself and your actions and feeling happy with how your life is |

KEY MESSAGES

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| 1. | Mental health – the group's view | These statements could be used to help develop a shared understanding between young people, school staff and families about what mental health is. |
| 2. | School work, exams, tests and careers | Shorter more focussed lessons would make it easier to retain and process information especially in academic subjects - creative subjects do need longer lessons |
| 3. | | Homework – there is too much - can it be more focussed and please reduce the stress of subjects clashing for handing in homework |
| 4. | LGBT | We need more time spent on LGBT in PD etc. - including more time to discuss /debate not just for input or to watch a film – people need to be better informed |
| 5. | | People need help and advice about 'coming out' – e.g. hearing from people |

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| | | (other students) who have been through it |
| 6. | Relationships with friends | Help boys to be open about their feelings |
| 7. | Learning about | More information sharing and conversations between home and school |
| 8. | mental health | In PD help us to discuss issues around mental health (not just input) and establish ways that would makes us feel safe to do so |
| 9. | Bullying | Ensure that people do not get away with bullying, understand that it is emotional and verbal as well as physical and that there needs to be teaching and training about bullying |
| 10. | Trust | Trust pupils with more freedom - routines can be too strict |
| 11. | Resilience | Please don't say: 'Wait until you get into the real world' (this is our real world), 'It will all be OK' (it might not), 'You'll be fine', 'I promise it's going to get better' (shouldn't promise things might not be able to deliver) |
| 12. | Self-esteem | Help us to be optimistic about the future by helping us with career support and guidance |