

TALKING HEADS

EDUCATION PACK ON MENTAL WELLBEING PROGRAMME INCLUDING SOCIAL MEDIA, BODY IMAGE AND THE 5 WAYS TO WELLBEING FOR PARENT, CARERS & GUARDIANS



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This booklet is for parents and guardians of the students who will be having the theatre in education programme, Talking Heads into their school.

Talking Heads is a theatre in education programme aimed at years 7-9 (ages 11-14). It is an age appropriate and well researched programme designed to raise awareness around the topics of mental health and wellbeing.

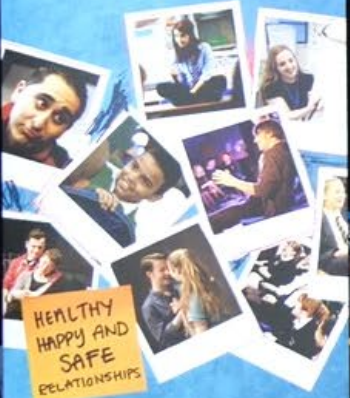
Talking Heads was created and delivered by Loudmouth Education and Training. The company has been delivering Relationships, Sex and Health Education (RSHE) since 1994 and has reached over one million children, young people, professionals and parents across the UK.

The programme, Talking Heads, links in with the Government's RSHE statutory curriculum which states that by the end of secondary school, pupils should...

- be able to recognise the early signs of mental wellbeing concerns.
- have the space to learn how to talk about mental wellbeing and emotions accurately and sensitively, using appropriate vocabulary.
- gain awareness of common types of mental ill health (e.g. anxiety and depression) and possible causes (including social media).
- learn strategies for positive mental wellbeing including the benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness and being connected to others.
- explore how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- know where to go to for appropriate help and support around mental wellbeing.

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HEALTHY
HAPPY AND
SAFE
RELATIONSHIPS



In the drama, your child will have met two characters, Ava and Tye. They have been friends all their lives and really close. Tye's mental health starts to suffer after a family bereavement and from comments he reads about himself on social media. He keeps his worries hidden from Ava and the problem builds. The play follows how Tye reaches out for help and learns how to better manage his wellbeing.

After the drama, the students get the opportunity to ask Ava and Tye questions about the key themes for the drama. The Loudmouth facilitators then run small group discussions helping students to explore the impacts of poor mental health and how the Five Ways to Wellbeing can be used in every day life to manage wellbeing.

The session ends with information of where the students can go for help if they have experienced poor mental health and want further information and/or support including ChildLine, the NSPCC, the school's Designated Safeguarding Lead, and the Loudmouth website (www.loudmouth.co.uk).



Did you know?

- 50% of mental health problems are established by the age of 14.
- 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.
- 3 x students in every classroom have a diagnosable mental health problem.
- There has been a 25% average increase in referrals to Child and Adolescent Mental Health Services (CAMHS).

The Talking Heads programme explores some tips on managing mental wellbeing known as The Five Ways to Wellbeing. The details covered in the drama for each 'way' are listed below.

THE FIVE WAYS TO WELLBEING

Connect

Connect is about connecting with other people, being around them and having a real conversation...instead of through a screen. Connect with other people.

Be Active

Stay fit and look after yourself, play sport, do yoga. The simplest things can make a difference like getting a good night's sleep and eating well.

Learn

Find something that interests you and learn about it. Get new knowledge or learn a new skill. Learn how to cook or juggle, learn a language,

Take Notice

Look around you. Not just at your screen but be interested in things. You'll be amazed at the stuff you didn't notice before when you have your head up and look around.

Give

Give your time, help others out. Helping others can feel great and makes a difference to someone else so double whammy! Help with the housework, pay someone a compliment, offer to do something for them, volunteer. Give!

*Really good programme,
young people were engaged.
Great way to get them talking
about mental health. Helps to
remove stigma and raise
awareness.*

Mental Health Nurse Team Leader



SIGNPOSTING

There are many organisations that can provide help and support around the issues covered in the Talking Heads programme.

Further information and additional signposting can be found on the young people's pages on the Loudmouth website www.loudmouth.co.uk

- **ChildLine** – 0800 1111 – www.childline.org.uk
- **Young Minds** – www.youngminds.org.uk

Young Minds has lots of advice for both young people and parents.

- **SHOUT** – Text 'SHOUT' to 85258



TIPS AND SUGGESTIONS

If your child has had the Talking Heads programme in their school, you can use this as a way to start a discussion around mental wellbeing. You could ask your child to tell you about the play, character interviews and discussion. You could ask them about why they thought Tye struggled with his mental health, how Ava could best support him and if they know of any other places people could go for help and support around wellbeing.

On the next page are some ideas for questions that you could use as conversation starters based on the play in the programme Talking Heads. These can be a safe and easy way to begin these discussions on these issues, especially if they are not topics that normally come up in conversation.

What kinds of warning signs may Tye's friends or family have noticed?

Why do you think Tye didn't talk to anyone about his mental health worries?

What role did social media play on Tye's mental wellbeing?

How could you use the Five Ways to Wellbeing in your daily life?