



The DfE guidance for secondary schools states that students 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.

"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

Concept

Exciting theatre in education programme on mental wellbeing.

This innovative programme supports schools in their teaching of mental wellbeing, both mental ill health and positive mental health. The drama and workshop cover mental wellbeing, social media, body image and explores the 5 ways to wellbeing.



Objective

Supporting young people to have positive mental health.



This programme debunks the myths around mental health, giving young people the space to learn how to talk about mental wellbeing and emotions sensitively. The programme uses drama scenes and a discussion workshop to show young people the common types of mental ill health and their possible causes e.g. social media, as well as giving simple, proven strategies to support positive mental wellbeing e.g. physical exercise.

Outcomes

Increasing pupils' knowledge, skills and attitudes on mental wellbeing

The programme is designed to give the young people the skills to recognise the early signs of mental ill health and the knowledge and confidence to know where and how to seek appropriate support. By the end of the programme the young people will have learnt strategies to support positive mental wellbeing and how to critically evaluate how their behaviour effects their own and others mental health.



- 50% of mental health problems are established by age 14.
- 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.
- 3 students in every classroom have a diagnosable mental health problem.
- 25% average increase in referrals to CAMHS.

To find out how young people in your school could benefit from this programme contact Loudmouth Education and Training on 0121 44dmouth.co.uk