

Primary 7-11 Lesson



Be informed.



Be curious.



Be heard.

Your latest results: “Have Christmas adverts lost their magic?”



Yes

38.4%

No

61.6%

“I think they are less magical for me because I am older. However, I think the adverts would still be just as magical for younger children.”
Greenfield Primary School

“I think they have lost their magic because they don’t show a realistic Christmas.”
Catherine Junior School

“They are magical and beautiful! Yo ho ho!”
The Galfrid School

“They make me feel very joyful and cosy. Some of them make me cry happy tears.”
Morley Place Primary

19,560 young people voted this week! Were you one of them?

Your views on “Have Christmas adverts lost their magic?” were also heard by:



Sainsbury's

John Lewis



The Advertising
Standards
Authority

Sainsbury's

John Lewis

Tesco

Advertising
Association



Be informed.



Be curious.



Be heard.

Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at primary@votesforschools.com

Today's VoteTopic:

Would you feel
comfortable having a
conversation about
your mental health?

UNCRC Article 24:
Health, Water, Food,
Environment

UN SDG 3:
Good health &
wellbeing

VfS Key Theme 1:
Health & wellbeing

1 Starter: Hot topics



Pair activity (2-3 mins)
What do you discuss the most with your classmates?

2 Why are we talking about this?



On **1st February 2024**, **Time to Talk Day** is taking place.

Time to Talk Day takes place **each year**. It is run by **Mind** and **Rethink Mental Illness**, in partnership with **Co-op**.

It's a day for us all to **start a conversation** about **mental health**.



Mental health:
How we think, feel and act.

2 Why are we talking about this?



Mental health is just like our **physical health**: we all have it, and we need to **take care of it**. **Talking** to others is **one way** of **looking after our mental health**.



2 Why are we talking about this?



Some people find **discussing our mental health uncomfortable**.

However, **chatting** about our **thoughts and feelings can help**.

So, **would you feel comfortable having a conversation about your mental health?** Let's discuss this today!

3 Talking it through



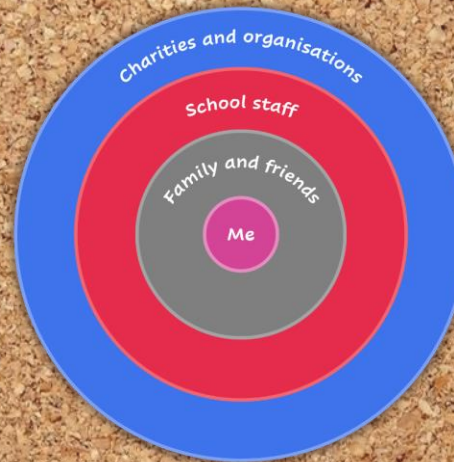
This is known as **positive self-talk**. When we talk **positively to ourselves**, it can help us to think in **a more happy and healthy way**.



3 Talking it through



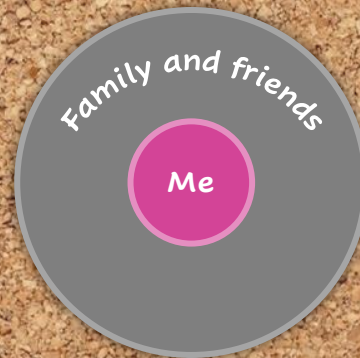
Now, let's turn our attention to the **different groups of people** that we can **talk to about our mental health**.



Individual activity (5-10 mins)

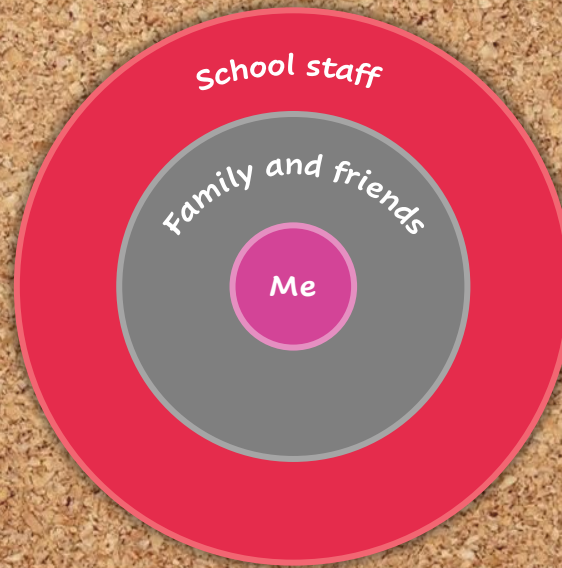
Over the next few slides, you are going to see **different groups of people that you could talk to about your mental health**. For each one, decide if you'd feel **comfortable talking to them about your mental health**. If you would, **put a finger on the table**.

3 Talking it through



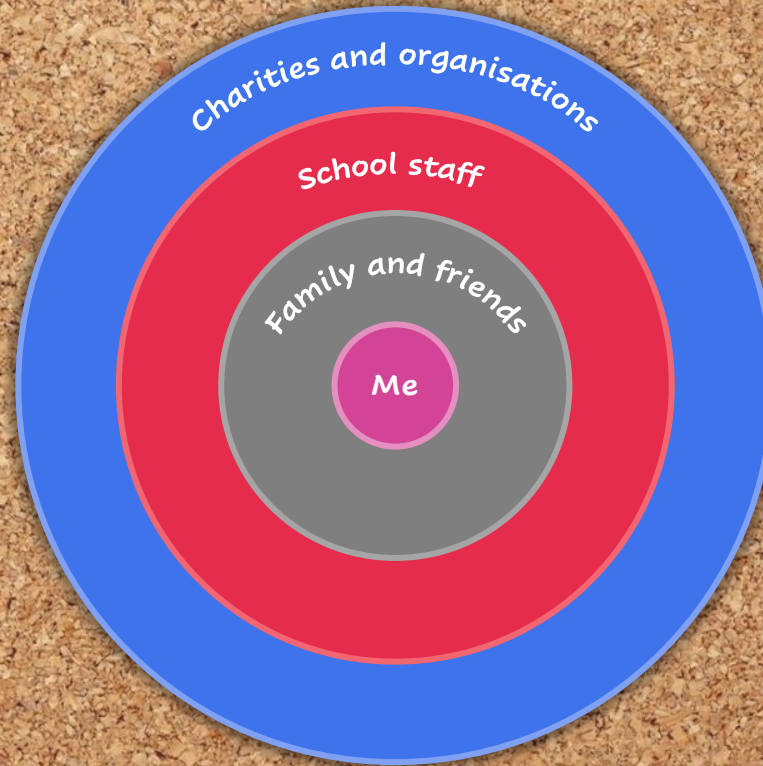
Place a finger on the table if you'd speak to family and friends.

3 Talking it through



Place a finger on the table if you'd speak to school staff.

3 Talking it through



Some charities and organisations have services available that mean you can text or phone a number to speak to a mental health expert.

3 Talking it through



Based on the number of fingers you've placed on the table, how comfortable do you feel talking about your mental health?



Whole class activity (5-10 mins)

Over the next few slides, you are going to **read some scenarios**. For each one, decide whether that **person is comfortable having conversations about their mental health or not**. If they are **comfortable**, **hug yourself**. If they are **uncomfortable**, **put your hands in your lap**.



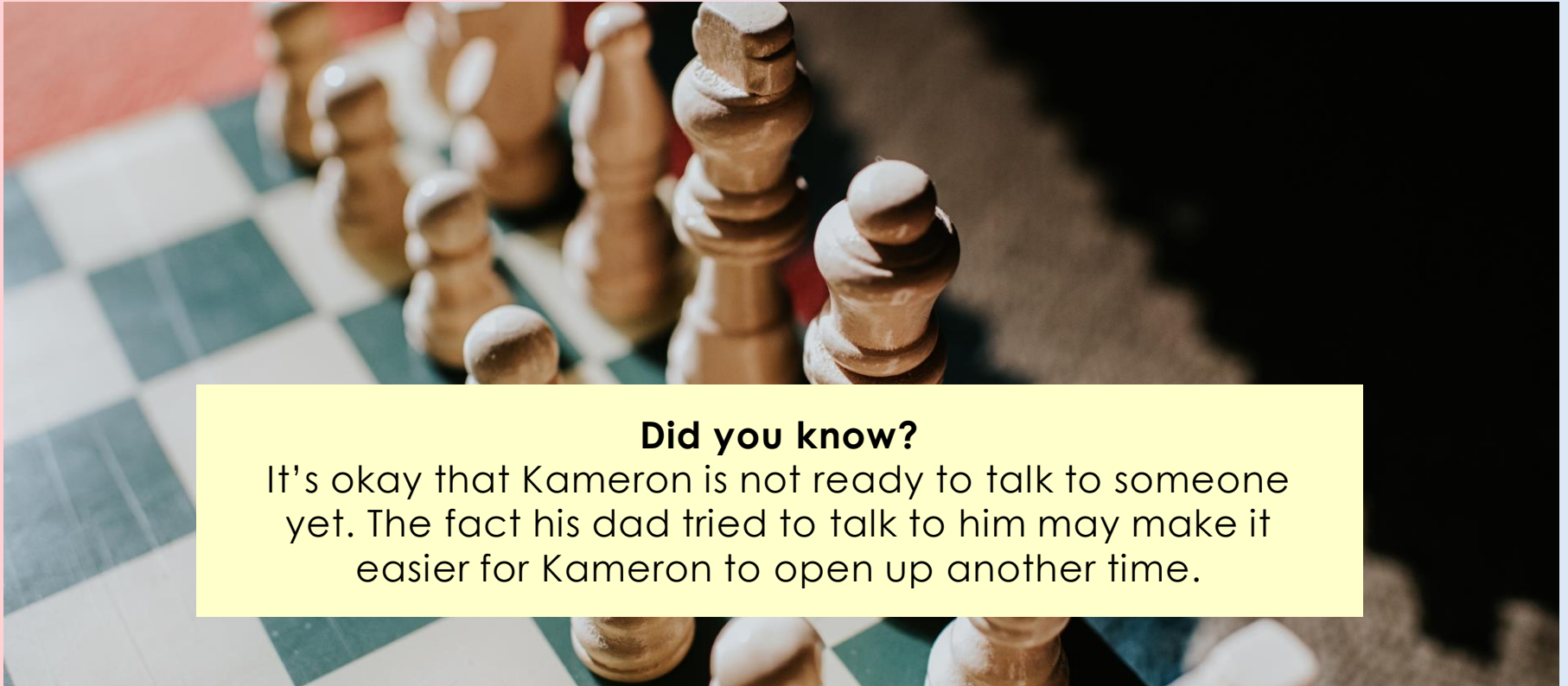
Curriculum link – English

Think of some synonyms for the word “comfortable”.

4 A problem shared



Jaspreet saw some Time to Talk Day posters up in the hall, so she started chatting to her friends about mental health during lunchtime.



Did you know?

It's okay that Kameron is not ready to talk to someone yet. The fact his dad tried to talk to him may make it easier for Kameron to open up another time.

Kameron was lonely during chess club. When he got home, his dad asked how his day was. He let out a sigh and ran upstairs.



Mohammed was feeling nervous about his performance in the school play, so he chatted with his teacher to get some advice.

4 A problem shared



Erin's friend noticed that she seemed quiet. Her friend asked, "Hey, how's it going?" Erin replied, "Not too bad..."

5 Time to talk



There's **no right or wrong way** to talk about **mental health**. Saying **“Hey, how’s it going?”** lets someone **know you care**.



**“Hey!
How’s it
going?”**

TALK.

5 Time to talk



Sometimes, people might say things in conversation that **suggest they're okay** when they might need **more support with their mental health.**

Individual reflection (3-5 mins)

Over the next few slides, read **some things that people say in conversation** that might suggest they **need support with their mental health.** For each one, **reflect** on if ever you've **used these phrases in similar situations.**



Sometimes I
feel lonely.

**“NOT
TOOOO
BAD”**

5 Time to talk



I feel stressed.

**“IT’S
ALLLL
GOOD!”**

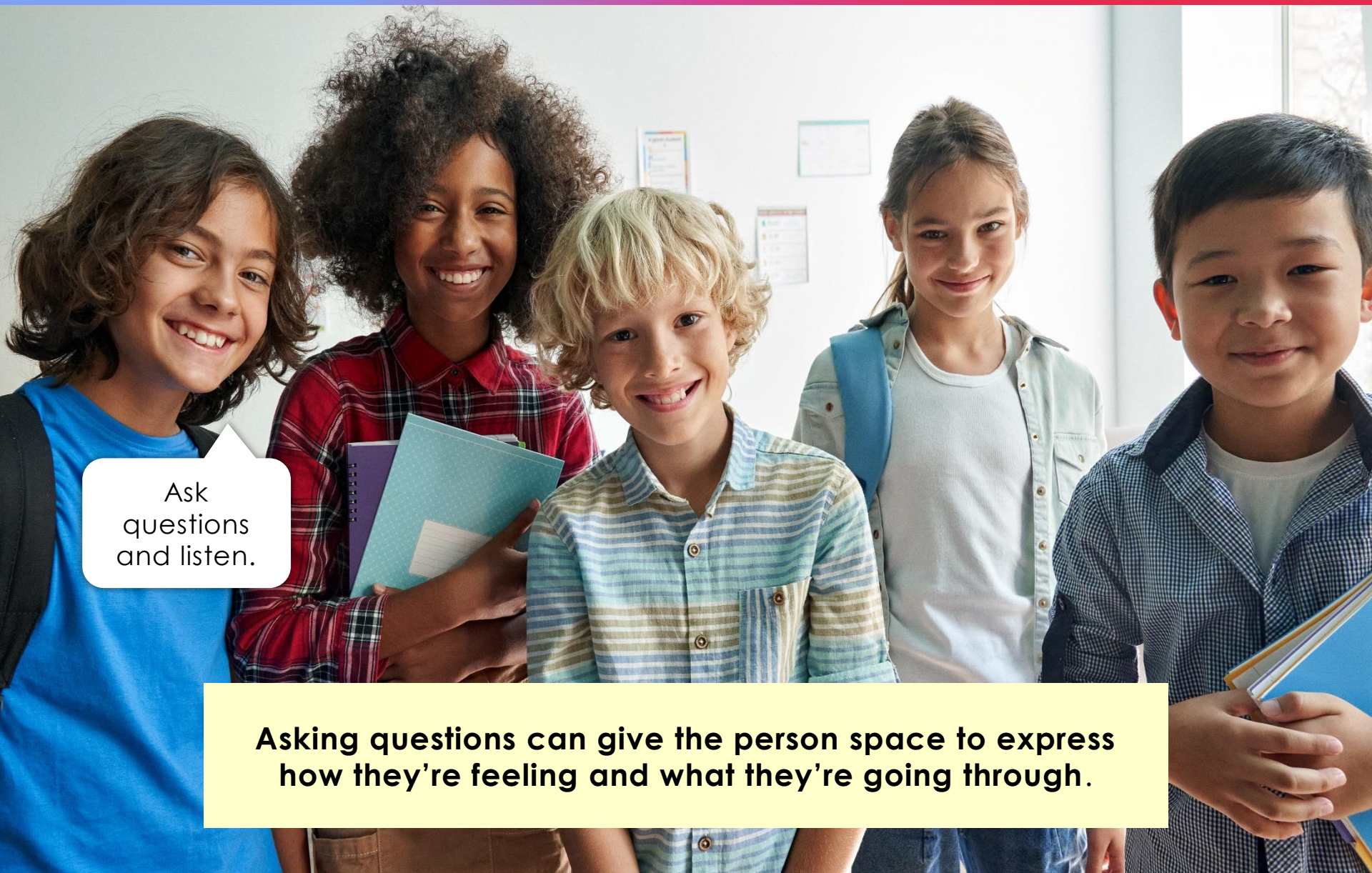
5 Time to talk



**“Yeah,
getting
by...”**

I'm worried about
my homework.

5 Time to talk



Ask questions and listen.

Asking questions can give the person space to express how they're feeling and what they're going through.

5 Time to talk



Think about the time and place.

Sometimes it's easier to talk side by side rather than face to face. You could chat whilst walking or drawing.



Don't try to fix it.

Just talking can be really powerful, so unless they've asked for advice, it might be best just to listen.



Treat people the same.

When a friend or loved one opens up about their feelings, they don't want you to treat them any differently.

5 Time to talk



Be patient.

Some people might not be ready to talk and that's okay. It's important to respect people's boundaries.

5 Time to talk



Time to Talk Day is a chance for everyone to start a conversation about mental health.

**time to
talk day**

01/02/24

mind

Rethink
Mental
Illness.

co
op

Individual reflection (1 min)
What do you want to talk about
on 1st February?

Now's your chance to vote on: "Would you feel comfortable having a conversation about your mental health?"

Yes

I feel like I can talk to my friends and family about my mental health.

I am confident I could reach out to someone about it, though it's more likely to be a charity or organisation.

Young people are much more open about their wellbeing and mental health.

I would be worried that my friends or family would judge me.

I wouldn't feel comfortable having a conversation about my mental health, but I know the other actions I can take.

I think conversations around mental health are uncomfortable. They are best left to the experts.

No

We will be sharing your thoughts on this topic with Mind, Co-op, Childline, Place2Be and YoungMinds.

Log in to your VotesforSchools account to submit your vote and leave a comment.