

# Good Thinking: An Introduction to Mental Health and Wellbeing for Secondary School Pupils

## Lesson plan 2: Attitudes towards mental health

### Lesson objectives

- To feel confident to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- To understand that terms associated with mental health difficulties should not be used pejoratively.

### Resources needed

- PowerPoint presentation
- My Views on Mental Health and Wellbeing questionnaire

Information and guidance	Activity
Ask pupils to consider how they respond when someone asks how they are. Ask pupils why some people might feel uncomfortable talking about their emotions and mental health.	Pupils can reflect on how they respond and don't need to share their response. Pupils can share their suggestions in response to the second question as a class.
Discuss how attitudes towards mental health, mental wellbeing and mental illness change over time and may vary between different cultures and different groups in society.	Pupils can discuss this in groups and share their responses based on information they have come across or their own experiences.
Hand out the <b>My Views on Mental Health and Wellbeing questionnaires</b> and explain that their responses are confidential. Explain that the questionnaire will help them to reflect on their own views and attitudes towards mental health, mental wellbeing and mental health challenges.	Pupils fill out their questionnaires with their personal responses.
Discuss mental health awareness. Discuss stigma and discrimination associated with mental health. Consider mental health and gender links, posing the questions in the PowerPoint. Ask pupils for their suggestions as to how things can change for the better when it comes to attitudes towards mental health.	Pupils can discuss the topics of stereotypes, stigma and discrimination in groups and may have examples they can share. Pupils can consider anything they can do on a personal level to support change for the better.

### Suggestions for further activities

Pupils can further research attitudes towards mental health and read studies that have been carried out in this area. They could design a leaflet to create awareness of mental health issues and the need for greater understanding and acceptance.