

SELFie where's the HARM?

Title: SELFie where's the HARM?	Subject/Topic or Unit/Module: Mental Health - - Well Being	Tutor:	Date/Week:	Time:	No in class:	Room:
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CONTEXT.

SELFie where's the HARM? is a film made by young people for young people. It aims to challenge the reluctance to discuss mental health issues and encourage young people to share their worries. The production is based upon workshops and discussions held with young people in schools to help identify the pressures and demands they face, especially pressures linked to social media and their online persona.

The film is a docu-drama production providing realistic and recognisable situations. The film and the supporting lesson plan aim to inform, and encourage young people to recognise and support each other when faced with the many pressures that can contribute to a decline in mental health. The aim of this film is to encourage everyone to talk openly, to make mental health a topic we are comfortable to discuss, in doing so we can help and support each other to listen, respond and make a difference to anyone that needs our help.

Aim of the lesson:

To inform and enable young people to make positive lifestyle choices, to be aware of early mental health indicators and to seek help and support for themselves or others they believe to be at risk.

<p>1</p> <p>LESSON 2</p> <p>SELFie film is shown in scenes and paused for an activity after each scene concludes.</p> <p>Teachers will decide on appropriate time for each activity.</p>	<p>AIMS</p> <p>To be able to identify early signs of a mental health problem.</p> <ul style="list-style-type: none"> • Feel confident helping someone experience a mental health problem. 	<p>ACTIVITY</p> <p>Scene 1 Character Introduction</p> <p>Five characters are introduced Rose, Emily Louis, Sean and Alice.</p> <p>Working in pairs ask learners to write a short character description of each, what influences these characters? .Who out of this group might be at risk of mental health issues?</p> <p>Share and discuss.</p> <p>Scene 2 Lift the Mask - Know the signs</p> <p>This sees four different characters' 'selfie videos'. These present a front or 'mask' that they display on social media disguising the truths of their characters and insecurities.</p> <p>Divide into two groups.</p> <p>Watch the scene and then encourage each group to discuss the following :-</p> <p>Social media can lead to :</p> <p>Low self-esteem - how, why?</p>	<p>RESOURCES</p> <p>FILM, note taking, A3 paper/ drawing paper.</p> <p>Group feedback discussion.</p> <p>Internet for additional research and supporting statistical information.</p> <p>Relevant articles on social media and impact on mental health see www.guardian.com</p> <p>Facebook and twitter "harm young people's mental health" www.bbc.co.uk</p> <p>Instagram "worst for young people's health"</p> <p>Prepare headings for discussion on cards /paper.</p>
<p>7</p>	<ul style="list-style-type: none"> • Provide help on a first aid basis • Help prevent someone from hurting themselves or others. • Help stop mental illness from getting worse 	<p>Envy of other people's lives - wishing your life was like someone else's.</p> <p>Finding that social media is your first action on waking and last in the day.</p> <p>Not having face to face real time conversations with family and friends.</p> <p>Unable to do anything without feeling you need to share it online.</p> <p>Discuss and share.</p> <p>Scene 3</p> <p>The Party</p> <p>Watch and discuss the following:</p> <p>Sean is seen drinking to excess and taking something in the kitchen.</p> <p>Why do we think this character is behaving in this way?</p> <p>What factors motivate him?</p> <p>Likewise, what factors have caused Rose's feelings of anxiety, in your opinion?</p> <p>In Scene 1 you were asked to identify</p>	<p>www.mentalhealth.org.uk</p> <p>"Young people and alcohol "</p> <p>www.mind.org.uk</p> <p>".mental health effects of drugs ..."</p>