

## Introduction and guidance

Positive mental health and educational achievement and participation are mutually supportive. Inclusion and success at school can promote well-being and resilience amongst young people just as mental health difficulties can impede learning.

The Scottish Executive, through The National Programme for Improving Mental Health and Well-being, prioritises young people in its vision of promoting positive mental health and preventing and supporting mental health problems. Schools can and do play a central role in providing a safe, supportive and stimulating learning environment. This teaching resource and associated DVD provide a structured approach to support teachers and other practitioners to engage with young people about mental health issues. The lessons can be used individually but together aim to provide a whole school approach to mental health education.

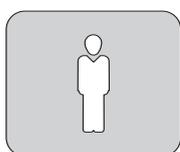
Where teachers select lessons, particularly those that focus upon mental health problems, we advise starting by providing pupils with a definition of mental health that is more than just the absence of mental illness for example mental health includes emotional resilience which enables us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own and other's worth.

This resource has been developed in careful consultation with young people and stakeholders and it is currently being rolled out through multi-agency training. Early evaluation has been undertaken and we will be carefully evaluating the ongoing roll-out during 2007 and we anticipate that this resource should evolve over time and is designed to be flexible enough to accommodate new ideas. The resource is designed to provide a framework for learning and at times, where classes and teachers are comfortable and confident, it may be preferable to forego some of the worksheets in favour of entirely discussion based learning.

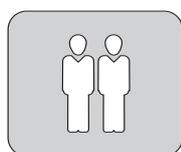
For those delivering lessons we would also advise that relevant staff become familiar with the range of support services and protocols that are available for young people who may be experiencing difficulties or who know of friends and family members in this position. This resource addresses issues that some pupils may find emotionally challenging and we encourage teachers and other staff to be sensitive to the personal circumstances of each young person and how this might affect their willingness to participate. Good practice should be followed when information is shared, ensuring respect for opinions and confidentiality, within the limits of child protection. In particular pupils may share personal information on worksheets and should be offered the choice of handing them in, disposing of them or keeping them.

Materials needed are listed at the start of each lesson, however all lessons assume availability of a whiteboard or flipchart and pens. A DVD player is required for S3 lesson 1, S4 lessons 1 and 2, S5 lessons 1 and 4.

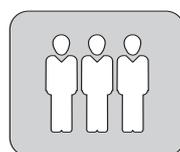
The lessons and key themes are summarised at the front of each section for each year group. The lessons use varied teaching activities and the following symbols are used within the lesson plans:



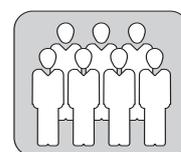
Pupils working on their own



Pupils working in pairs



Pupils working in small groups



Whole class activity

For schools within the Glasgow City area, we have worked with Education Improvement Services to demonstrate how each lesson integrates with their over-arching 'Glasgow's Health' document.

Throughout 2007 we will be offering training and support to local authorities and schools that fall within the Greater Glasgow and Clyde NHS boundary area. However this resource has been developed on an 'open source' principle involving regional and national organisations, and we are happy for other areas to use and adapt this resource for their own needs providing that full acknowledgement is given and that it is on a not for profit basis. It will be hosted on several national websites for download, for further information or informal discussions please call Positive Mental Attitudes on 0141 773 4937.

Finally we wish to acknowledge the valuable contribution of the practitioners from the 20 organisations that steered and shaped this work including:

- 'see me' the national anti-stigma campaign incorporating Scottish Association for Mental Health (SAMH), Royal College of Psychiatrists, Penumbra, Highland User Group (HUG), National Schizophrenia Fellowship (NSF)
- Glasgow City Council Education Improvement Service
- Glasgow City Council Culture and Leisure Youth Services
- Glasgow City Council Educational Psychology
- Lochend Community High School
- Bannerman High School
- Eastbank Academy
- Smithycroft Secondary School
- Greater Glasgow and Clyde NHS Child and Youth Health Promotion Team
- Greater Glasgow and Clyde NHS Child and Adolescent Mental Health Services
- South East CHCP Psychosocial Services (STEPS)
- Greater Glasgow and Clyde NHS Mental Health Partnership
- Heads Up Scotland, National Project for Children and Young People's Mental Health
- Scottish Recovery Network (SRN)
- Penumbra
- Plus Perth
- Renfrewshire Association for Mental Health (RAMH)
- Glasgow Association for Mental Health (GAHM)
- Glasgow Media Access Centre (GMAC)

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