

Scenarios

All ages

30 – 60 mins

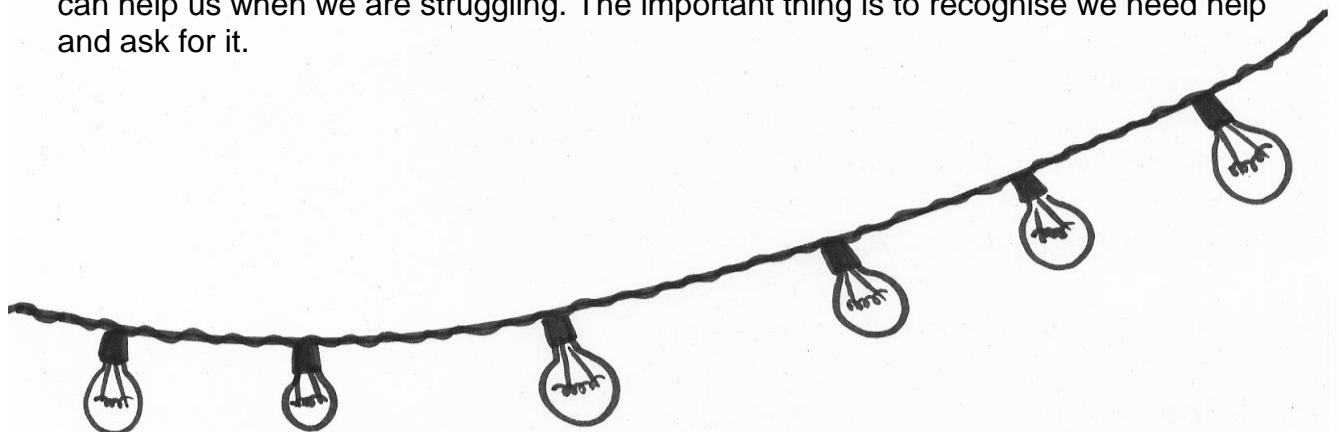
An activity, which encourages young people to consider who they can turn to for support in different situations

What you need:

- Scenario examples (There are a range of scenarios, featuring young people of different ages, facing different challenges.)
- Option card photos, showing a range of people and organisations young people can turn to for support.
- Blank cards for young people to add their own suggestions (if any options have been overlooked)
- Room for students to move around

Method:

- Explain that the activity involves considering scenarios featuring young people facing different challenges. A number of the scenarios have been written by young people in B&NES, reflecting some of their experiences.
- Their task is to put themselves in the shoes of the person in the scenario and choose who or what organisation they would turn to for support.
- A range of different options have been provided.
- Go through the pack explaining those options that need further explanation.
- Then ask students to lay the cards around the room so that they can be seen clearly during the exercise.
- Emphasise there are no right or wrong answers. We are all different and therefore may prefer to get support from different places/people. However it is good to know what options we have.
- They are also invited to add additional options if they think any are missing.
- The first scenario is read out.
- If there is sufficient space the whole class can take part, moving to the option card that they feel would represent their first choice.
- If space is restricted the class can take turns with half watching while the rest of the class move.
- When everyone has made a selection volunteers are asked the reason for their choice.
- This activity can be repeated a number of times with different scenarios.
- At the end reinforce the fact that there are a range of people and organisations that can help us when we are struggling. The important thing is to recognise we need help and ask for it.



Extension Activity - Create scenarios

KS 3/4

30mins

A small group activity, which consolidates learning from the first scenario activity and allows students to create their own characters

What you need:

- Scenario examples with photos.
- Large sheets of paper and pens

Method:

- Class are divided into small groups of 6/7
- They are asked to create and draw a character around their own age on a large piece of paper
- They are asked to build up a picture of their character, adding details alongside the drawing including:
 - **Name**
 - **Age**
 - **Family including siblings, pets, possibly grandparents**
 - **Parents/carers – Are they working? What do they do?**
 - **Where do they live and what's it like?**
 - **Hobbies/Interests**
 - **Friends**
 - **Health of the family**
- Each group then introduces their character to the rest of the class
- The groups are then asked to think about the mental health of their character.
 - **Are they worried about anything?**
 - **Are they sad or unhappy?**
 - **Is anything making them cross and angry?**
- What could you do as a good friend that might help them?
- What could they do to help themselves?
- If time allowed you could also ask them what might change in the future to improve the mental health of their character or cause it to deteriorate.

