

Talking Heads (mental wellbeing)



The DfE guidance for secondary schools states that students should

- be able to recognise the early signs of mental wellbeing concerns.
- have the space to learn how to talk about mental wellbeing and emotions accurately and sensitively, using appropriate vocabulary.
- gain awareness of common types of mental ill health (e.g. anxiety and depression) and possible causes (including social media).
- learn strategies for positive mental wellbeing including the benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness and being connected to others.
- explore how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- know where to go to for appropriate help and support around mental wellbeing.

"All classes are made up of a wide variety of children and you always deliver the workshop and drama to engage all abilities and social experiences. As always Loudmouth find a way of delivering a sensitive and difficult subject in a very good way." - Teacher

Concept

Exciting new theatre in education programme on mental wellbeing.

This innovative programme for Key stage 3 pupils supports schools and colleges in their teaching of mental wellbeing; both mental ill health and positive mental health.



Objective

Supporting young people to have positive mental health.

5 Ways to Wellbeing



Talking Heads debunks the myths around mental health, giving young people the space to learn how to talk about mental wellbeing and emotions sensitively. The programme uses drama scenes and a discussion workshop to show young people the common types of mental ill health and their possible causes e.g. social media, as well as sharing 'The 5 Ways to Wellbeing' with proven strategies to support positive mental wellbeing e.g. physical exercise.

Outcomes

Increasing pupils' knowledge, skills and attitudes on mental wellbeing

Talking Heads is designed to give the young people the skills to recognise the early signs of mental ill health and the knowledge and confidence to know where and how to seek appropriate support. By the end of the programme the young people will have learnt strategies to support positive mental wellbeing and how to critically evaluate how their behaviour effects their own and others mental health.



- 96% of learners felt confident or very confident about spotting the signs of poor mental health in themselves and others after the session.
- 92% of learners could name the 5 ways to wellbeing after seeing Talking Heads.
- 59% think that they will act or behave differently as a result of the Talking Heads programme.
- 99% of learners would recommend Talking Heads for next year's students.

To find out how young people in your school could benefit from this programme contact Loudmouth Education and Training on 0121 446 4880 or e mainfo@loudmouth.co.uk