

Activity: Peer Support Pledges

Time: Ad hoc conversations throughout the day.

Resources needed: Hello Yellow conversation cards, pledge cards, scissors and pens.

Teacher Guidelines

Set-up and introduction

- Set up a space in the college that students can visit throughout the day.
- Equip the space with conversation cards and Peer Support Pledge cards for students to use throughout the day.
- Print/prepare the YoungMinds activity resources and gather some pens.
- Allow some time in the day for students to engage with the activity.
- When students approach, share the following information with them:
 - YoungMinds is the UK's leading charity fighting for a world where no young person feel alone with their mental health.
 - Hello Yellow is how YoungMinds shows support for young people's mental health on World Mental Health Day.
 - This year YoungMinds theme for Hello Yellow is 'wear it loud, wear it proud'.
 - **Describe the ways the school is taking part in Hello Yellow.**
 - We're going to create a mural in the school with the Peer Support Pledge cards. The aim is to help students get talking about mental health and consider what they can do to help other students feel less alone with their mental health.

Activity instructions

- When students approach the activity ask them to select one or two conversation cards and discuss the questions on the cards.
- During or following the conversations, encourage them to complete a Peer Support Pledge card each.
- Use the Peer Support Pledge cards to create a Mural somewhere in the school. This could be 'live creation' i.e. creating the Mural as the Pledge Cards are completed throughout the day or the Mural could be created afterwards and unveiled at the end of the day/the next day.

Conversation cards

Thinking about mental health, what does 'wear it loud, wear it proud' mean to you?

How do the people in your life help you look after your mental health?

What do we want to talk about more to others when it comes to our mental health?

How can we (peers) support each other when things are tough?



Peer Support Pledge cards

