



Mental Health Awareness Presentation to Year 9 pupils by YHC

The Mental Health Awareness presentation to the Year 9 pupils during their RE lessons was fantastic. They went exactly as we had planned it, and even better, they loved it. They were engaged and paid attention while we discussed serious issues that affect young people like them every day, e.g. various mental health issues. Pupils were respectful and this was crucial for the safe environment we wanted to (and did) create for any students in the class who were battling with the issues we touched upon.

I personally think the best part of the presentation was the quiz. YHC members quizzed the Year 9s on their basic knowledge (or guesses) of the statistics on mental health in young people in the UK. The two forms I presented to managed to get most of the questions right and were very engaged and enthusiastic, calling out answers excitedly and confidently, even when some were wrong. I am certain that, by the end of the presentation, we had eradicated common stigmas around mental health and extended the knowledge of the Year 9s in a positive and entertaining way.

Ida Saidy – 10K
Youth Health Champion

Here are some of the comments we received from the Year 9 pupils:

I really like it because it had really interesting facts which made me think deeper into mental health.

Georgine 9K

I thought it was good because we got told more about mental health and it was a really good topic to talk about.

Mohammed 9S

I found it interesting because I learned a lot from it and found it useful. On a whole the 2 people that gave the presentation purposed it really well

Ali 9C

I really like the presentation, I learned a lot from it and for the first time in my life I realised that we should never bully anyone as you can never know what is going on in their life.

Nida 9E

The presentation highlighted different aspects of mental health and I actually got to explore different situations.

Camiden 9L