

TAKE ACTION:

# CAMPAIGNING

Encourage your group to take action to try and combat student stress

SUITABLE FOR ALL

## CREATE A POSTER

Ask your young people to design an eye-catching poster that effectively communicates their message about student stress and the improvements needed to combat it, based on the information sheet.

Encourage the young people to think about how they might change their poster from simply being informative to actually persuading people to join their cause.

## WRITE A LETTER

Ask your group to think about the key messages of the campaign. What are the most important points?

Keeping their letter concise, ask them to make it clear what action they want the recipient to take: do they want a meeting to present their ideas, or would they like to talk about the issue in a school assembly, or perhaps they'd like the school/college to increase counselling support?

## PLAN A MEETING

Get the group to think about how they want the meeting to go and what they want the outcome to be, considering the following things: do they need an agenda to ensure they cover the essential points? How will they present their evidence? Will they practise presenting beforehand? How will they promote their meeting to ensure the necessary people attend?

Ask them to report back to you afterwards and remind them not to be disheartened if they don't see their desired changes immediately.

## TAKE ACTION

Encourage Scouts to ask their school council, student representatives or their union to prioritise the wellbeing of all pupils and provide more support to young people with stress, anxiety and depression, including access to counselling.

TIME NEEDED  
60–120 minutes

## EQUIPMENT NEEDED

- Poster-making materials
- Letter-writing materials
- Print-outs of the information sheet on student stress, downloadable from [amillionhands.org.uk/mental-wellbeing](http://amillionhands.org.uk/mental-wellbeing)

## THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Cub Artist Activity Badge



Scout Our World Challenge Award



Beaver Creative Activity Badge



Explorer Media Relations and Marketing Activity Badge

## DISCUSSION

Discuss how your Group will put across their point of view to people.

If you become aware that a young person in your section has a mental health difficulty, head to [amillionhands.org.uk/resource](http://amillionhands.org.uk/resource) for guidance and support.

## TAKE IT FURTHER

Visit [amillionhands.org.uk/mental-wellbeing](http://amillionhands.org.uk/mental-wellbeing) and let us know how your project is going.

## DOWNLOAD THIS PAGE

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