

UNDERSTAND THE NEED:

TERMINOLOGY

Teach your group the right words to use when discussing mental health

SUITABLE FOR CUBS, SCOUTS, EXPLORERS AND NETWORK

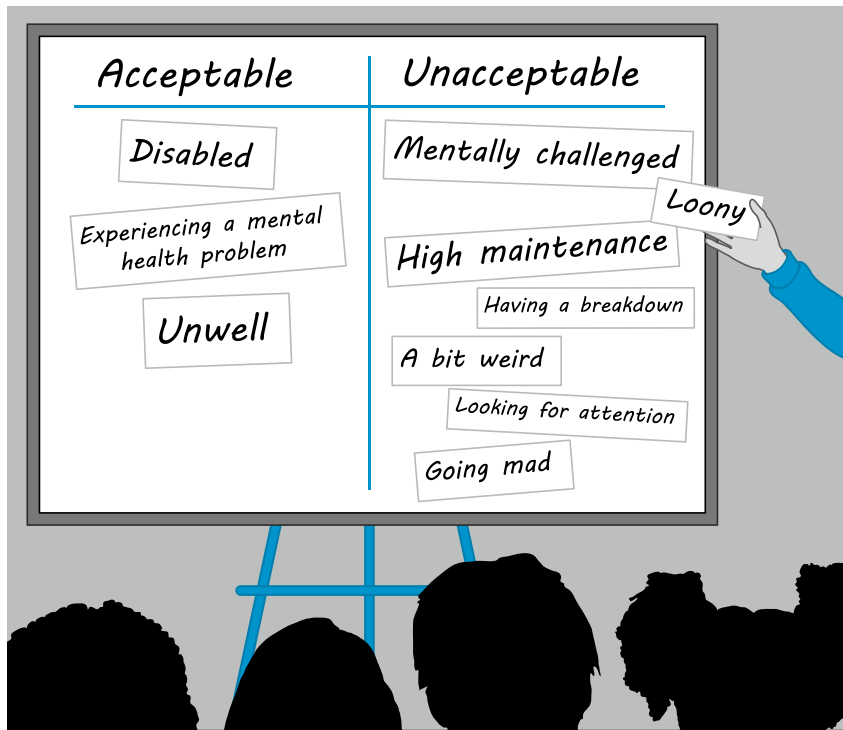
1 Divide your young people into three or four smaller groups and give each group a set of cards to sort. Each card has a term or word on it used to describe someone with a mental health problem:

- Mentally challenged
- Loony
- Experiencing a mental health problem
- Disabled
- High maintenance
- Unwell
- Having a breakdown

- Going mad
- Looking for attention
- A bit weird

2 Ask your young people to sort the cards into a scale of terms, starting with the acceptable words and ending with unacceptable ones.

3 Observe the groups as they discuss each of the terms and look at how they are sorting the cards. Some of these phrases may be unacceptable in any context, others are perfectly fine.



TIME NEEDED

20 minutes

EQUIPMENT NEEDED

- Sticky notes or four sets of printouts showing the terms listed opposite

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Cub Our World Challenge Badge



Scout Our World Challenge Award



Scout Community Impact Staged Activity Badge

DISCUSSION

Discuss the difference between how someone might describe themselves and how they might be described by others.

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

TAKE IT FURTHER

It's now time to PLAN AN ACTION. Look over at page 89 for a great activity or download the Mental Health Resource Pack from amillionhands.org.uk/mental-wellbeing for more ideas.

DOWNLOAD THIS PAGE

Find this and other great activities at scouts.org.uk/magazine.