

# Influencer Stories of Mental Health and Young People

Free education resources for educators and policy makers

**Category**

Publications

**Authors**

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## Influencer Stories of Mental Health and Young People

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On this page you will find resources that can be used in secondary classes to facilitate conversations about misinformation and mental health literacy.

The materials include content for three, 45-minute lessons that can be used individually or in combination to support the RSE Wellbeing Online curriculum and the PSHE themes (Digital and media literacy; Health and Wellbeing).

1. Lesson 1: Investigate the Influencer
2. Lesson 2: Misinformation and mental health
3. Lesson 3: How to talk about mental health

The resources were developed with educators and young people, to ensure that each topic is both approachable and engaging.

We know that every classroom operates differently, and that time, space and resources can vary widely. To that end, we have designed each resource in multiple formats, from customisable worksheets to interactive activities using our educational game, 'Scroll Smart'. Please choose the approach that best fits your teaching style, timetable and students' needs.

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The full resource pack includes the following material for each lesson

1. Lesson Plan (including starter activities and adaptive teaching notes)
2. Customisable PowerPoint Slideshow with teachers notes
3. Worksheets (blank for student use)
4. Worksheets (with notes for teachers)

The lesson plans include optional activities that use the 'Scroll Smart' card game. The following materials support the use of the cards:

1. 1 Set of 'Scroll Smart' Instructions
2. 1 Set of 'Scroll Smart' Teacher Notes

We have released the designs for these cards should you wish to adapt them in your teaching:

Digital Set of 'Scroll Smart', our interactive, educational card game designs

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For a limited time, we will also provide a physical version of the card game on request. If you would like a free copy sent to you, please email Ruth Page on [r.e.page@bham.ac.uk](mailto:r.e.page@bham.ac.uk).

### **References**

1. Ruth Page; Michael Larkin; Paul Crawford , <https://gtr.ukri.org/projects?ref=ES%2FY001966%2F1>