

MENTAL HEALTH AND WELLNESS

GR. 7-12



This youth-led interactive assembly will provide a positive platform for students to discuss challenges and coping tools. Youth speakers will share personal stories about their challenges with mental health and share a message of empowerment, hope and resilience. Students will better understand coping tools, ways to increase resilience and mental health awareness.

ASSEMBLY FORMAT:

- INTRODUCTION / WARM UPS
- SPEAKER ONE
- MENTAL HEALTH & COPING TOOLS
- SPEAKER TWO
- GROUNDING ACTIVITY
- POSITIVE AFFIRMATION ACTIVITY
- OPINION POLL
- Q&A / RESOURCES



Hearing another voice other than their teachers was very impactful and a great tool for teachers to anchor students back to. The resources shared will be helpful to give students visual reminders about strategies they can use or supports they can access. I've seen Youth Speak present in person and online. I felt that was extremely responsive to the current situation and to support student's mental health. The resources shared pre- and post-presentation were excellent and easy to use. Keep doing what you're doing and thank you for doing what you do.

Kerry Grossinger, Principal
Regency Acres PS

*Includes Printable Resources Material

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LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

