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| **UMVA – Visualising Peace Workshop Session Plan** | | |
| **Time** | **Item** | **Resources** |
| 0:00 | **Introductions** | Film |
| 0:20 | **Screen the Films, Introduction before each film with handout.**  1. Mental Health Support in Schools: Helping schools understand how mental health can impact academic performance and behaviour.  2. Mental Health in Families: Raising awareness about how conflict in families impacts young people, the lack of social support and resources available and how this impacts mental health.  3. Street Connected/The Burden Kids Carry: Sharing the message that nobody chooses to be in vulnerable situations such as this and that everyone should be treated equally. | Film + Handouts |
| 1:00 | **Breakout groups / film discussion**  In groups of 6-8 pick a film to discuss – **use the film discussion sheet**  The groups can be a mixture of young people and teachers, or just young people.  ***This works best if everyone gets involved!***  Each group is to discuss and write down their responses to the questions.  The questions are designed to stimulate discussion:   * What is the film about? * How did it make you feel? * Do the experiences shown connect with you? * If you could talk to the protagonist what would you say to them? * How did the character manage their struggles? * What can we learn from the film? | Film discussion sheets |
| 1:30 | **Breakout groups / commitments**  After watching and discussing the films:   * Each person to write down one action that you would like to commit to after watching/discussing these films. This could be doing something specific like offering to help a particular person, or something more general, like trying to be more aware of others situation. * Set a timeframe for each outcome * How will this be measured/shown? | Commitment sheets |
| 1:50 | **Report Back**  Each group to report back to the main event with a summary of their discussion and agreed outcomes. |  |
| 2:00 | **Closing Remarks** |  |