Assembly Script

This assembly script acts as a guide to delivering an assembly about Children and Young People’s Mental Health.

This assembly resource is designed to help you talk about Mental Health as part of World Mental Health Day and the theme ‘Young People and Mental Health in a Changing World’.

There is a PowerPoint that compliments the assembly script, please do adapt this script and the PowerPoint to best suit your pupils and your school.

**Slide 1**

Welcome!

**Slide 2**

Today is World Mental Health Day and the theme is ‘Young People and Mental Health in a Changing World’ – today in assembly we’ll be talking about how changes in technology can affect your mental health.

Firstly, Can anyone tell me what Mental Health is?

*Take suggestions from your pupils*

**Slide 3**

The World Health Organisation defines Mental Health as a state of wellbeing where every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his or her community.

**Slide 4**

During this assembly we will begin to understand how technology can have both a positive and negative affect on our mental health, and we will consider ways that we can keep ourselves happy and safe when we use technology so that it doesn’t affect our mental health.

**Slide 5**

Hands up! Who has access to a mobile phone?

*If you have time you can also ask your pupils what they use their mobile phones for.*

**Slide 6**

Technology has changed a lot in the last 10 years! Our phones are now more like mini computers! We can access so much information whenever we need to!

**Slide 7**

This can be a great thing. Technology such as mobile phones help us learn, keep in touch with friends around the world and helps us to improve our language and problem-solving skills. This all has a positive impact on our mental health.

**Slide 8**

However, we do have to be mindful that if we aren’t careful technology can make us feel unhappy or unsafe.

1 in 4 children have experienced something upsetting on a social media site.

*Hands-up if this applies to you.*

1 in 8 children have been bullied on social media.

These statistics mean a lot of you will experience something that makes you feel unhappy or unsafe online, and this can negatively affect your mental health. For example, 38% of young people believe that social media has a negative impact on how they feel about themselves.

**Slide 9**
We want you to know how to use technology in a safe way, so that you can benefit from all of the amazing things it has to offer whilst also being mindful of your mental health!

*Talk through each of the points and ask pupils to suggest examples for each e.g:*

*Evidence – who can give me an example of something you might want to screenshot?*

*Think – who can give me an example of things you should/shouldn’t post online?*

*Choose – what sites are great sites for you to visit, use and learn from?*

**Slide 10**

Time for us to reflect. Close your eyes and think about who you want to be online and how you can make being online a happier and safer place for you and the people around you.

*If you have time, ask for examples and ideas from pupils.*

**Slide 11**

There are three things we would like you to remember today:

Technology can have a positive and negative affect on our mental health.

We can use F.E.T.C.H to use technology in a safer way for ourselves and the people around us.

If something makes us feel unhappy or unsafe we should always tell a teacher, a friend or tootoot.