

## FOCUS 3/4

Focus 3.	Mental Health issues – raising awareness of mental health problems, their symptoms, coping strategies, sources of help and support
Focus 4.	Interpersonal relationships. Positive and potentially detrimental impacts of relationships including good health, stress, conflict and abuse

### STUDENT ACTIVITIES (IN OWN SCHOOL)

Each school will introduce the topic of mental health issues which could impact on the students or their families. Each school may seek external sources of help to provide expert advice on: raising awareness of mental health problems, their symptoms, coping strategies, sources of help and support. Each school could focus on the following areas: interpersonal relationships, stress, conflict – students should investigate how each of these could impact on mental health and consider symptoms, solutions/coping strategies

### STUDENT ACTIVITIES (IN COLMAR)

**1 A group of students will discuss their research into the issues.**  
**2 The group will decide how to create 3 role plays to illustrate mental health issues around 3 scenarios based on the following areas: interpersonal relationships, stress, conflict – for each play they will write a script, source props and act out the role play. They will also prepare a short explanation/commentary on the play and be prepared to answer questions on the play and issues arising from it.**  
**It is hoped that the services of an experienced drama teacher/theatre group member will be available.**