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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**  |  |