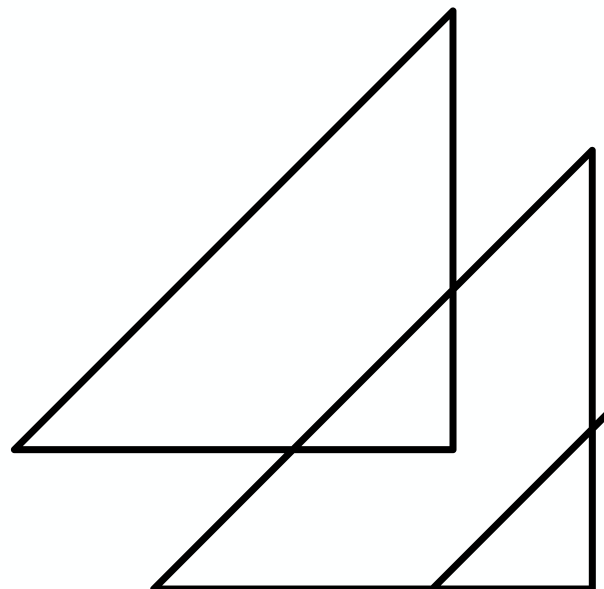


AGENDA

- 01** Define allyship
- 02** Uncovering mental health issues and challenges in schools
- 03** Discover your power
- 04** Learn allyship actions
- 05** Review the Active Allyship Framework
- 06** Introduce the follow-up sessions



INDIVIDUAL ACTIVITY



5 minutes



01
DEFINE
ALLYSHIP



ALLYSHIP CAN BE A POWERFUL FORCE FOR GOOD



**ALLIES HELP
PEOPLE FEEL
SUPPORTED AND
INCLUDED**



**OTHER PEOPLE CAN
INVOLVED**



**CULTURE SHIFTS TO
PROMOTE MENTAL
HEALTH AT SCHOOL**



ALLYSHIP



01

Allyship at school contributes to bridging this gap by helping teachers, students and staff at all levels of your school identify concrete ways to take action to make a significant impact in promoting and protecting students' emotional and mental health

02

Allyship at School helps teachers, students and parents recognize their positional power and learn what specific actions they can take to show up as allies in mental health promotion and protection

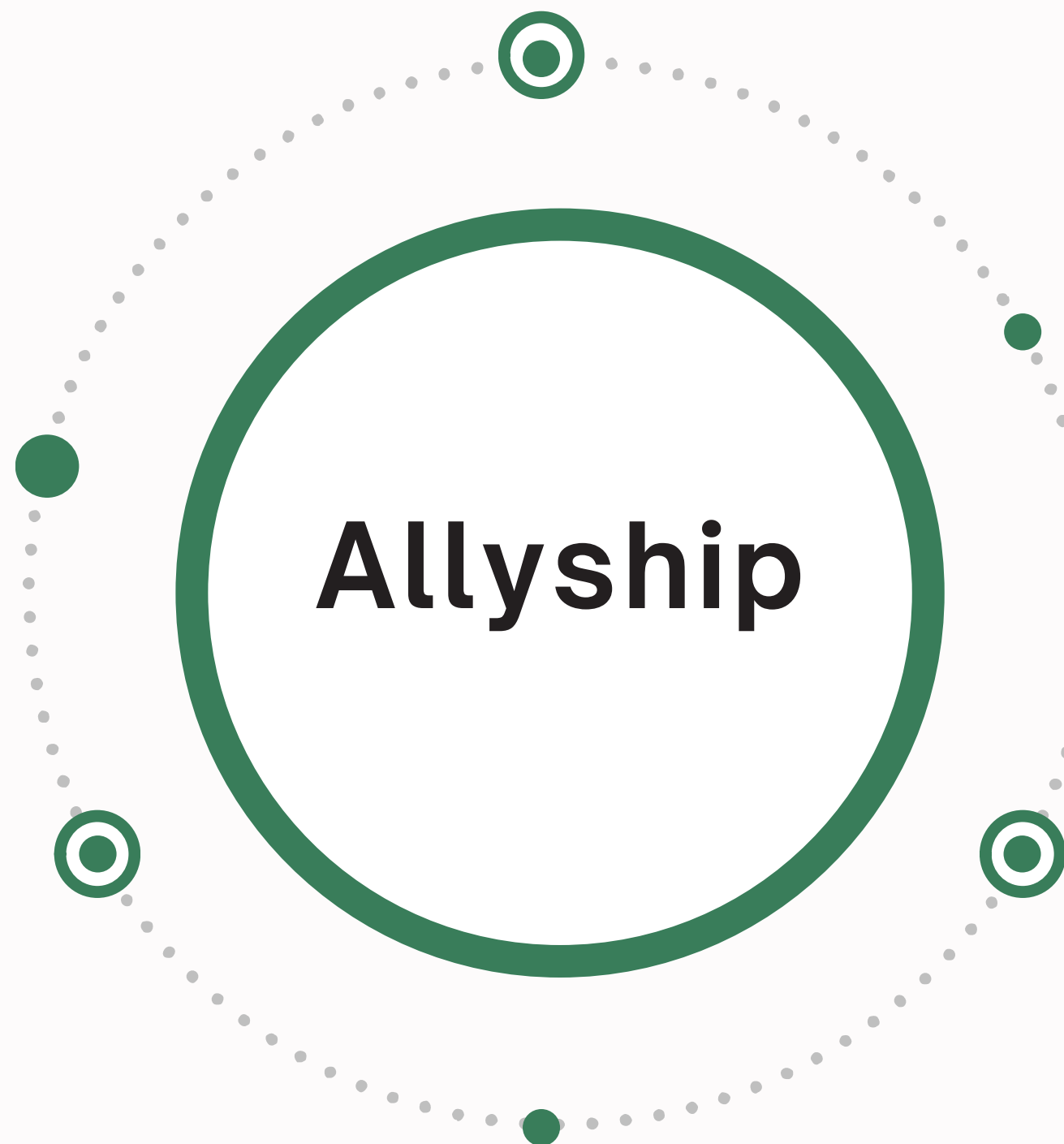


Active Allyship Framework

01
IDENTIFY CHALLENGES AT
SCHOOL

03
CONSIDER ACTIONS
TO TAKE

02
OWN YOUR
POSITIONAL
POWER

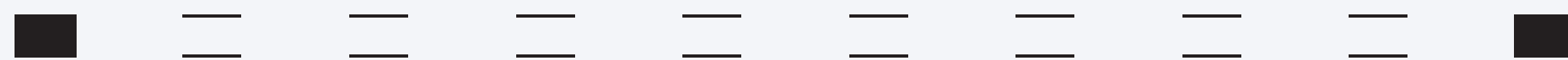


ALLYSHIP

The "Allyship for the Promotion and Protection of Mental Health in Schools" can be defined as

a strategic collaboration between various stakeholders, including educational institutions, health authorities, non-governmental organisations, mental health professionals, parents and communities.

It aims to foster a school environment that actively supports the emotional and psychological well-being of students.





VIDEO ABOUT ALLYSHIP



BREAKOUT DISCUSSION



DISCUSSION ABOUT ALLYSHIP

Goal: Sharpen your definition of allyship



15 minutes

02

UNCOVERING MENTAL HEALTH ISSUES AND CHALLENGES IN SCHOOLS



Mental health problems and challenges in schools are



Diverse and complex,



Affecting students, teachers and the wider educational environment.

DEPRESSION



BULLYING



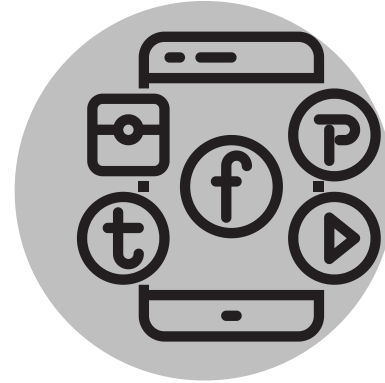
ANXIETY AND STRESS



MENTAL HEALTH ISSUES AND CHALLENGES IN SCHOOLS



MENTAL HEALTH STIGMA



IMPACT OF SOCIAL MEDIA



FAMILY PROBLEMS

1 | HIGH PREVALENCE OF MENTAL DISORDERS:

Anxiety and Stress: Many students suffer from anxiety and stress due to academic pressure, family and social expectations, and hormonal changes.

Depression: Depression is common among adolescents, influenced by factors such as bullying, family problems and lack of emotional support.

Behavioural Disorders: These include problems such as Attention Deficit Hyperactivity Disorder (ADHD) and Oppositional Defiant Disorder (ODD), which affect academic performance and interpersonal relationships.

2

BULLYING

Bullying can have a severe impact on students' mental health, causing anxiety, depression and, in extreme cases, suicidal thoughts.

3 | IMPACT OF SOCIAL MEDIA:

Social media can contribute to mental health problems, including anxiety, depression and body image issues due to cyberbullying and pressure to meet certain standards of beauty and success.

4 | **FAMILY PROBLEMS:**

Situations such as parental divorce, domestic violence and poverty can negatively affect students' mental health.

5

MENTAL HEALTH STIGMA

Many students avoid seeking help because of the stigma associated with mental health problems, which can make their situation worse.



MENTAL HEALTH CHALLENGES IN SCHOOLS



Mental health challenges



01

02

03

04

05

**Lack of
Resources
and Trained
Personnel**

**Insufficient
Training for
School Staff**

**Lack of
Comprehensive
Support**

**Parent-School
Collaboration**

**Limited
Access to
Mental
Health
Services**

BREAKOUT DISCUSSION

DISCUSSION ABOUT MENTAL HEALTH ISSUES AND CHALLENGES IN SCHOOLS



Goal: to sharpen the main mental health issues and challenges at school.



15 minutes

03

**DISCOVER YOUR
POWER**





INDIVIDUAL ACTIVITY



POWER EXPLORATION

Understanding our power is central to allyship.
It is not an assessment—you won't get a power score.

5 minutes



Teachers play a crucial role in promoting and protecting pupils' mental health. Their influence encompasses several aspects that can contribute positively to students' emotional and psychological well-being



YOUR POWER IS YOUR
ABILITY TO MAKE AN
IMPACT





Some ways in which teachers can exercise this power

01

Promoting a
Positive and
Safe
Environment

02

Education
and
Awareness

03

Support

04

Teaching
Strategies and
Classroom
Management

05

Collaboration
with the School
Community

06

Training and
Professional
Development

07

Personal
Example



01

Promoting a Positive and Safe Environment



Promoting a Positive and Safe Environment



Helping students understand and meet clear expectations can reduce anxiety and increase self-confidence.

02

Education and Awareness



Teaching emotional management skills, conflict resolution and effective communication can empower students to manage stress and emotions in a healthy way.



Including information about the importance of mental health and available resources can help to destigmatise these issues and encourage students to seek help when they need it.

03 Support



Teachers are in a unique position to observe changes in behaviour and academic performance that may indicate mental health problems. Early detection allows for more effective intervention.



Offering emotional support and a listening ear can be vital for students experiencing difficulties.

04

Teaching Strategies and Classroom Management



Adapting teaching methodologies to cater for different learning styles and needs can reduce academic stress and anxiety.



Encouraging self-care and a healthy balance between school work and free time can help students manage stress.

05

Collaboration with the School Community



Working together with families can provide more coherent and effective support for students.



Teachers can contribute to the development and promotion of school policies and programmes that prioritise the mental health and well-being of students.

06

Training and Professional Development



Ongoing Mental Health Training: Participating in trainings and workshops on mental health and wellbeing can equip teachers with up-to-date tools and strategies to better support their students.

07

Personal Example



Teachers can serve as role models by practising self-care, managing stress effectively and showing empathy and understanding in their daily interactions.

BREAKOUT DISCUSSION

DISCUSSION ABOUT POWER



Goal: Understand your power to enact change in your school



15 minutes

04

**LEARN ALLYSHIP
ACTIONS**



BREAKOUT DISCUSSION




DISCUSSION ABOUT TYPES OF ALLYSHIP ACTIONS

Goal: Learn specific allyship actions you can take based on your positional power—and brainstorm how to apply them at your school.



15 minutes



VIDEO ABOUT ALLYSHIP ACTIONS



05

**ACTIVE ALLYSHIP
FRAMEWORK**

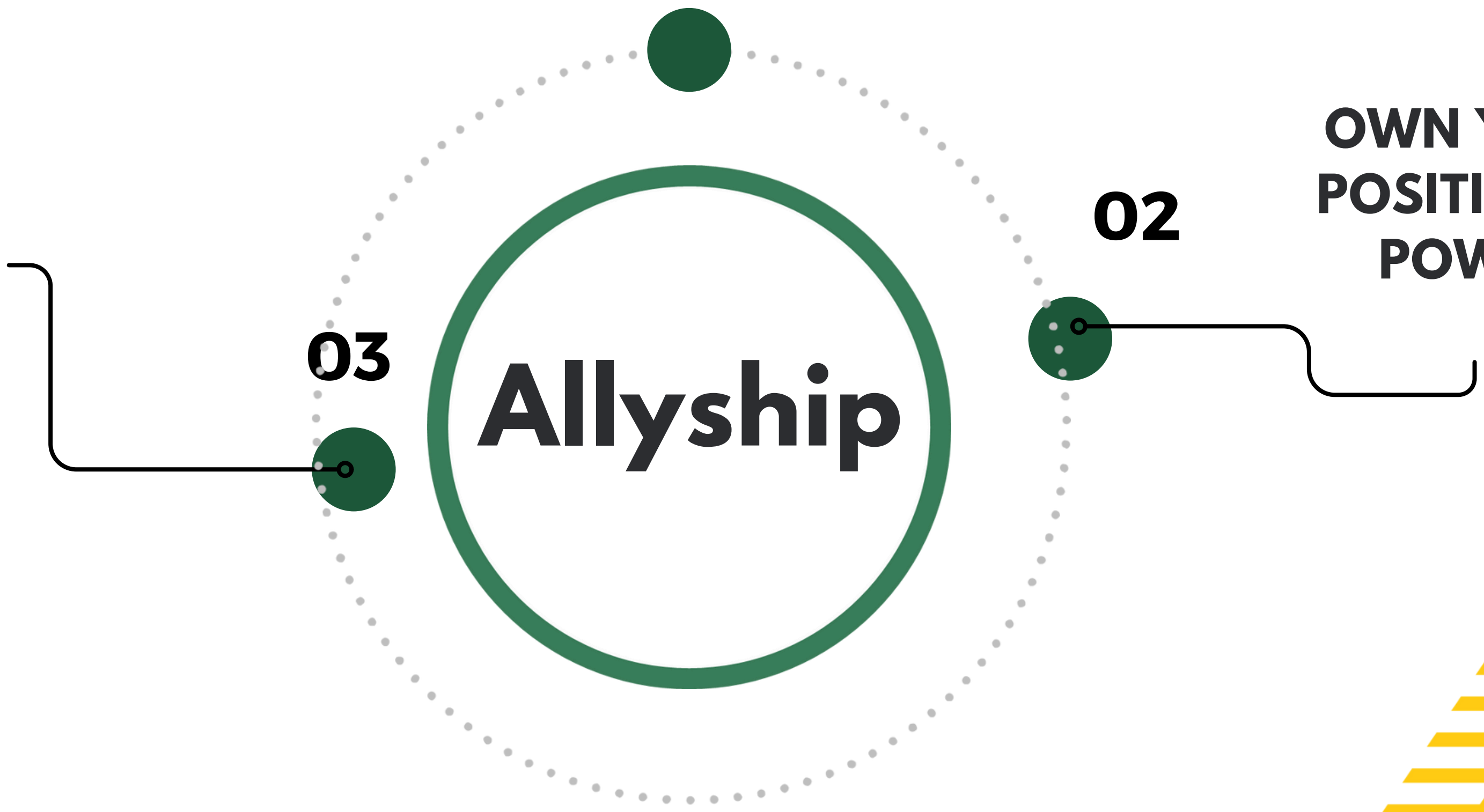





**IDENTIFY CHALLENGES
AT SCHOOL
01**

**OWN YOUR
POSITIONAL
POWER
02**

**CONSIDER
ACTIONS TO
TAKE
03**





VIDEO ABOUT ACTIVE ALLYSHIP FRAMEWORK

IN DEVELOPMENT



BREAKOUT DISCUSSION



DISCUSSION ABOUT TYPES OF ALLYSHIP ACTIONS

Goal: Learn specific allyship actions you can take based on your positional power—and brainstorm how to apply them at your school.



15 minutes

06

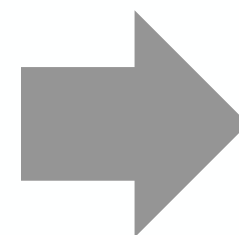
**INTRODUCE THE
FOLLOW-UP
SESSIONS**



FOLLOW-UP SESSIONS

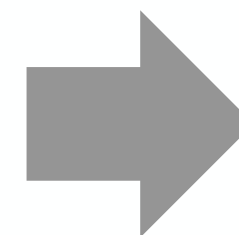
Share the challenges they face at school in promoting and preventing emotional and mental health

1^o



Explore more strategies to practice as an ally

2^o



Encourage ongoing accountability by making a commitment at the end of each session

3^o

Follow-up sessions are circles of influence that create a space where small groups from different functions and levels can come together :

01 To discuss how to address the challenges of mental health protection and promotion at school

02 Receive peer-to-peer guidance, connect with each other

03 Recognise new strategies and combat mental health bias and develop strengths

CONNECTING

Follow-up sessions are circles of influence that create a space at your centre to a space in their centre to share their experiences, give and receive advice and address together the challenges of mental health promotion and protection.



MENTORING

Circles encourage members to discuss new ideas and practice new strategies together. Members also benefit from the knowledge and experience of their peers, or even professionals, which can be as effective as traditional mentor-mentee relationships

Follow-up Sessions Agenda



1

Reflect on your challenges

2

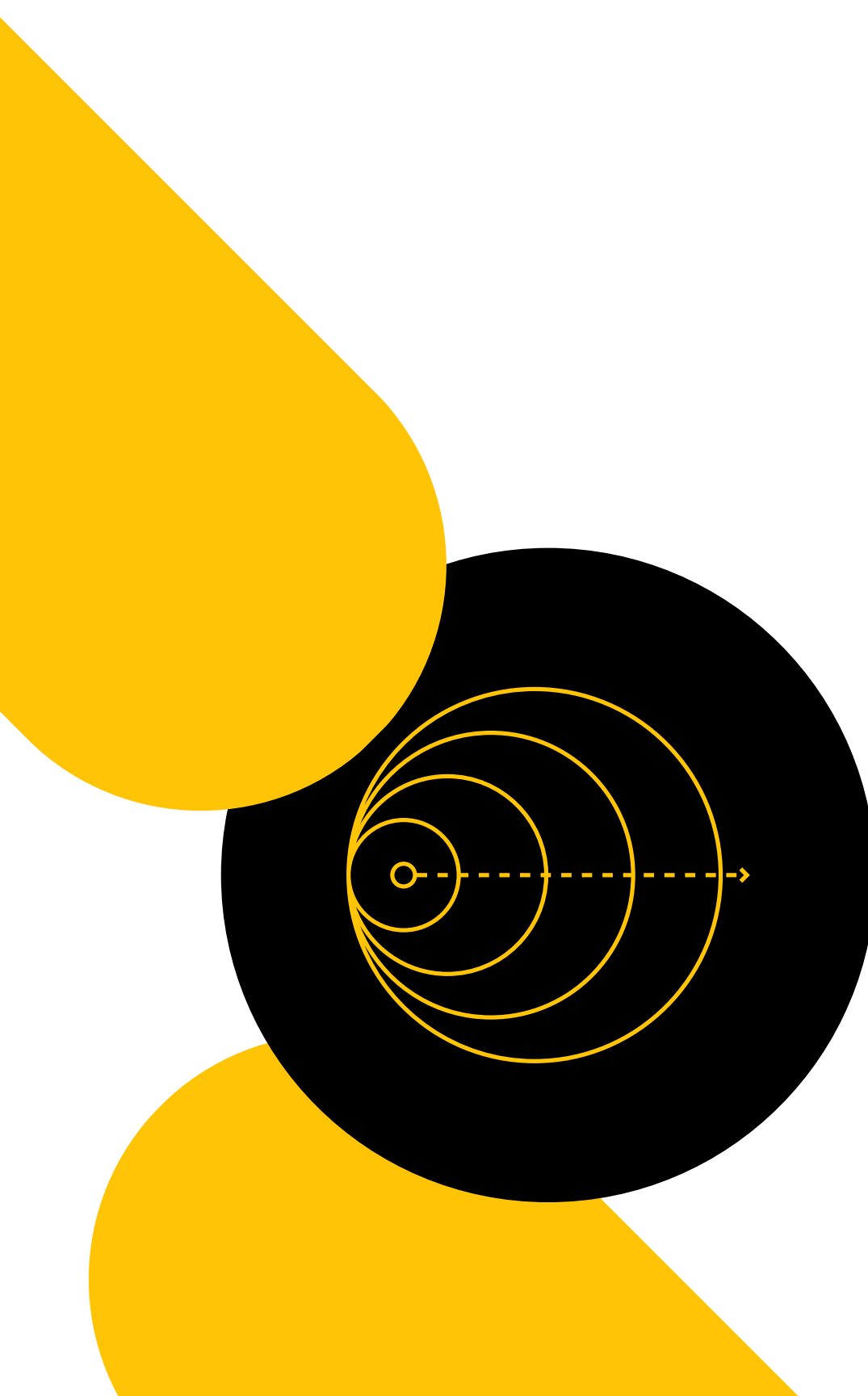
Explore a new allyship strategy

3

Practice using the Active Allyship Framework

4

Make your One Commitment





THANK YOU!



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