



ALLYSHIP AT SCHOOL

W O R K B O O K



Supporting Mental Health In Local European Schools

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MODULE 1

INDIVIDUAL ACTIVITY

DEFINE ALLYSHIP



Answer the following questions about allyship at school

1 What does allyship look like to you?

2 What do you think would make you a stronger ally?





MODULE 3

INDIVIDUAL ACTIVITY POWER EXPLORATION



Understanding our power is fundamental to being allies.

- 1 What do you think is your power as a teacher in promoting and protecting students' mental health?

- 2 What do you think would make you a stronger ally?



MODULE 5



BUILDING ALLYSHIPS FOR MENTAL HEALTH IN THE COLLEGE

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

Instructions:

Team discussion

- Reflect on the main challenges related to mental health that your group faces in the school setting.
- Examples of challenges might include: academic performance anxiety, bullying, lack of emotional support, teacher stress, or social isolation.

Actions to be Taken

- Based on the challenges identified and the power of each participant as an ally, each team should create a concrete action plan.
- Define specific actions that the team can take to address at least one of the mental health challenges identified in Step 1.
- Each action should be clear and achievable. Examples of actions may include: mindfulness workshops, creation of an emotional support group, implementation of a mentoring program, among others.

Recognition of Our Power as Allies

- Share reflections and discuss how members can support each other as allies.
- Identify the resources and capabilities that each person has and how they can contribute to mitigating the challenges identified in Step 1.
- Create a “Alliance Map” on a sheet of paper or whiteboard where each team member writes what they can contribute to improve that school mental health-related challenge.

Presentation of the Plan

- 5-10 minutes to present your action plan explaining how you will address the challenges and how you will support each other as allies.