

Session 1

Ask Twice



Objectives

- Introduce young people to the campaign
- Encourage young people to think about the importance of asking twice, being there for a friend
- Exploring how to ask twice

Resources

- Powerpoint slides
- Ask Twice film

Session Outline

Minutes 1, 2 and 3

Introduction

Slides 1 and 2

Introduce the campaign by showing the Ask Twice film.

You can ask the group what they thought of the film.

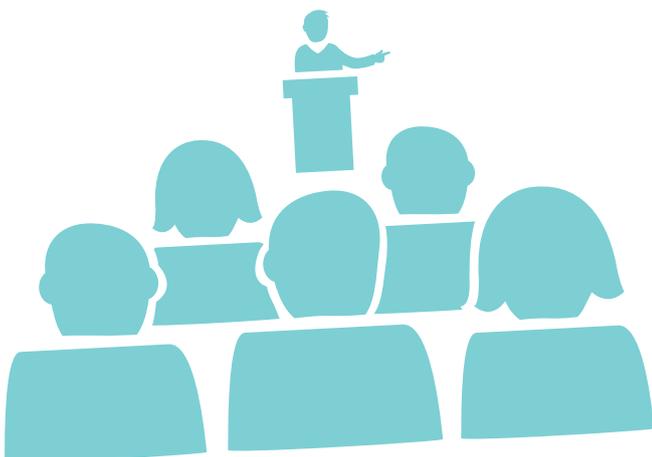
You can explain that Time to Change is a social movement and campaign across England to improve attitudes and behaviours towards mental health.

Slide 3

Ask the group to look at the images, do the people seem to be fine? They're in shark infested waters or being struck by arrows. So probably not!

Explain that we've all probably done this. We've said 'I'm fine' when we're not, or perhaps we've said 'I'm fine' because it's just what you say.

But why? Why do you think people say I'm fine when they're not?



Slide 4

Read some of the comments on the slides.

Ask the group to discuss or think about:

Which of these do you think are the main reasons why (young) people say 'I'm fine'?

What might be other reasons that haven't been included here?

Minutes 4, 5 and 6

Slide 5

So we've seen why we might say 'I'm fine' the first time we're asked, but what about the second?

If you care about somebody, ask twice.

How do we do that?

Ask the group: What are different ways that people might 'ask twice'?

Slides 6 and 7

Explain that 'Asking Twice' is about showing that you care. That might mean just reminding someone that you are there for them, doing the ordinary things you would do as friends, sending them a funny message to make them smile, or just showing that you can listen if they need to chat about what's on their mind for a little while. Any of those simple things can really help.

Minutes 7 and 8

Slide 8

Ask the group to discuss in pairs, what do you think of what is on this slide? What words (or emojis) would you use to show empathy?

Encourage them to use their own words and ways of relating.

Say to the group that if you or your friend have a mental health problem, there's people who can help. You can talk to a teacher, GP or trusted adult.

Further Signposting information can be found here:

time-to-change.org.uk/mental-health-and-stigma/help-and-support

Minutes 9 and 10

Slides 9 and 10

Next time we're with someone we care about:

- Ask twice
- And take time to listen to the answer

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