

Workshop Name: Take a Step Forward

Team members: Michael, Mariam, Madalina, Gavriela

Goal and Objective:

Goal: For the participants to build empathy and awareness about mental health and inequality.

Objective:

- To improve communication by encouraging open discussion about emotions and mental health.
- To increase participants' empathy by making them understand how others may feel in different situations.
- To raise mental health awareness by showing how stress, support, confidence, and life experiences affect mental health.
- To encourage inclusion by promoting kindness, respect, and support for others.
- To develop self-reflection by helping participants think about their own feelings, privileges, and challenges.

Target group:

Teenagers from 14 to 19 years old

Summary of energizer: One of the participants volunteers to step away from the rest of the group. Then the group decides on a person who will lead the group with dance movements, while the rest of the group needs to recreate it at the same time. The person who stepped away has to guess the leader and then that person becomes the next guesser. Music can be playing in the background. This activity creates laughter, movement, and attention within the group.

Materials needed:

A phone, speaker, a music service (spotify or youtube)

Step by Step of energizer:

1. A person volunteers to step away from the rest of the group.
2. The participants choose a leader.
3. Music starts playing.
4. The leader starts a dance move.
5. Everyone copies the movement.
6. The guesser comes back into the group and has to guess the leader.
7. If the leader is revealed they become the guesser and repeat.

Step by step of main activity:

1. Everyone stands in a straight line.
2. Give a disclaimer that the activity is about mental health and it can get personal so if someone doesn't feel comfortable participating in it, they don't have to.
3. A facilitator reads out the statements:
 - Take a step forward if you believe it's important to talk openly about mental health
 - Take a step forward if you have ever felt proud of yourself for overcoming a mental health challenge
 - Take a step forward if you have ever felt ashamed to ask for help
 - Take a step forward if you have ever felt nervous about trying something new
 - Take a step forward if you have ever practiced meditation, journaling, or mindfulness for mental health
 - Take a step forward if you have ever talked to someone about your mental health
 - Take a step forward if you have ever felt motivated to improve your mental well-being
 - Take a step forward if you have ever felt anxious in social situations
 - Take a step forward if you have ever struggled with sleep due to stress or anxiety
 - Take a step forward if you have ever experienced panic or sudden fear
 - Take a step forward if you have ever felt sad or down for more than a few days
 - Take a step forward if you have ever felt overwhelmed by your responsibilities
 - Take a step forward if you ever practiced self-harm
 - Take a step forward if your mental health ever affected you physically
 - Take a step forward if you have ever helped someone in need
 - Take a step forward if you have ever felt lonely, even in a crowd
 - Take a step forward if you have ever felt pressure to act untrue to yourself
4. Participants step forward when the statement applies to them.
5. After several statements, the group observes how people have different positions.
6. The facilitator asks the group to reflect on their experiences and life paths.

Reflection/Debriefing questions: *At least 3 questions you would ask the group after the activity is complete, so they could reflect on it.*

1. *How did the activity make you feel about yourself? What did you realise?*
2. *Were there statements you felt hesitant to step forward for? Why?*
3. *How did you feel when you realised that you are not in a straight line anymore?*
4. *What are some things you can do to support your mental health or others after today?*

timeline

-5-0: Take everyone outside

0-3: Introduction of the activity

3-18: Main activityTeam roles

18-25: Reflection

Team Roles:

Gabriela: Explanation of activity (& disclaimer)

Michael: Narrator for the statements

Mariam: Reflection after the activity

Madalina: Photos and time-keeping