

Building healthy habits in 2022 toolkit

The theme for this year's Children's Mental Health Week is 'growing together'. During the week, schools and colleges across the UK will be exploring the concept of growing emotionally and thinking about ways to help each other grow.

To help young people to grow emotionally, and grow together as a whole school or college community, it's important that we embrace and celebrate diversity in all its forms.

It's vital that students feel able to be their full authentic selves in the school or college environment, and by encouraging this school staff will also support their students' wellbeing, confidence and self-esteem.

In this toolkit, we're sharing mental health and wellbeing resources for young people themed around four different areas:

- Anti-racism
- LGBTQI+
- Women and girls
- Disability and neurodiversity

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Anna Freud
National Centre for
Children and Families



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Children's Mental Health Week 2022 secondary pack – Place2Be

An assembly guide, activities and posters to help secondary schools celebrate this year's Children's Mental Health Week 2022.

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Anti-racism

Exploring stereotypes and anti-racism lesson – respectme

This lesson plan explores the importance of celebrating difference, and to increase awareness of prejudice, stereotypes and racism in society.

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Racism and mental health advice for young people - YoungMinds

Being treated differently or unfairly because of race, skin colour or ethnicity can negatively affect young people's mental health. This guide shares information for young people on how to get help if they have experienced racism.

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Being Black and being me – Mindmate

A short video demonstrating how necessary it is for Black children and young people to voice how they're feeling mentally, and to normalise the conversation of talking about our mental health as a community.

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LGBTQI+

LGBTQI+ mental health – Anna Freud Centre

A detailed resource to support the mental health of lesbian, gay, bisexual, trans and intersex young people.

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LGBT+ history resource pack - The Proud Trust

Explore LGBTQI+ issues and history with this resource pack from the Proud Trust.

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Sexual orientation and gender identity workshop - Metro Charity

Explore the themes of gender identity and sexual orientation with this lesson plan, PowerPoint and worksheet.

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Young women and girls

Learn without fear: girls' rights school pack - Plan International

A detailed lesson pack looking at the topic of gender-based violence and how girls are affected by violence in school in the UK.

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The expect respect education toolkit - Women's Aid

This toolkit is full of resources for teachers to help them educate young people on healthy relationships and gender-based violence.

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Coercive control lesson plan – BBC

This lesson from BBC Teach is designed for use with students over 15, and explores the topic of coercive control and controlling relationships.

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Disability and neurodiversity

Disability and illness information for schools and colleges – Mentally Healthy Schools

Learn more about how schools can support children and young people with disabilities.

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Sensory audit for schools and classrooms - Autism Education Trust

This sensory audit template helps school staff to assess and create an environment that enables the participation of pupils with autism.

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KS3 lesson plan: #ImWithSam – Dimensions UK

A detailed lesson plan designed to raise awareness of learning disabilities and autism amongst young people.

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