



OUTRIGHT

Speak out on children's rights

SUPPORTING YOUNG PEOPLE AS THEY LEARN ABOUT MENTAL HEALTH

We think talking about thoughts, feelings, mental health and wellbeing is something everyone should feel safe to do.

It's possible that through this work, a young person you're working with might say or do something that gives you cause for concern. In that scenario it's important you follow your organisation's safeguarding policy and procedure.

We advise that you always review materials before sharing them with your group. Please be sensitive to the possibility that the stories, videos and photographs may be upsetting for young people who are directly or indirectly affected by the topics raised.

Please refer to the [Introduction Pack](#) for a list of organisations that offer free mental health support for young people that may be useful.

ACTIVITY 1: ALL CHILDREN'S RIGHT TO A HEALTHY MIND

AIM: Young people explore the UN Convention on the Rights of the Child (CRC) and begin to think about how mental wellbeing is linked to a child's right to health, and freedom of expression, views and no discrimination.

Preparation:

- Prepare access to the [child-friendly summary of the CRC](#) (print for face-to-face delivery or prepare for virtual delivery and remote instruction).
- Review the notes provided within the Activity 1 Presentation to familiarise yourself with the links between key rights and mental health.

Facilitator materials and resources

- [Child-friendly summary of the CRC](#)
- Older children may want to refer to [this summary of the CRC](#) for further details on each Article
- Activity 1 Presentation

Participant materials

- Access to a copy of the child-friendly summary of the CRC
- Poster board and old magazines for optional activity

FACILITATOR INTRODUCTION

The UN Convention on the Rights of the Child (CRC) is a list of 54 Articles that outline the rights that the government in the UK and governments around the world have agreed that all children (all young people under the age of 18) should have. The first 42 Articles outline the rights that are for all children, the 'right-holders – no matter their ethnicity, gender, religion, language, abilities or any other status'. Articles 43-54 outline how adults and governments must work together as 'duty-bearers' to fulfill their obligation to make sure that children and young people can enjoy all their rights.



Paz, from Chile, poses with a sign in Spanish reading "How are you, really?", as part of a campaign to raise awareness on Mental Health Day 2020.

ACTIVITY 1: PART 1



Part 1: Is mental health and wellbeing a child's right?

1. Give each young person a printed copy of the **child-friendly summary of the CRC**, or ensure each young person has access to the PDF.
2. Give the young people two to three minutes to review the CRC if they are not already familiar with children's rights.
3. Explain that in this year's OutRight, we are going to focus on the topic of mental health and wellbeing— a very timely topic for 2021 as many more young people have struggled with mental health as a result of the many challenges posed by the COVID-19 pandemic.
4. Ask the group: according to the CRC, is mental health and wellbeing a child's right? Which Article ensures a child's right to mental health?
5. Going deeper, ask young people to think more broadly and identify any Articles from the CRC that they think might link to mental health as an issue,

the causes of mental health challenges, or a child's right to get care or support for mental health. As young people identify Articles, ask them to discuss why they selected each one and how the Article links to mental health and wellbeing.

6. Using the Activity 1 Presentation, explain that while we can tie a young person's wellbeing to many different rights, this year in OutRight we will focus our activities and actions around Articles 2, 3, 12, 13, 24 and 29.
7. Use the Activity 1 Presentation to review each of the specific Articles one-by-one, asking young people to take turns reading each of the highlighted Articles out loud. Return to the question 'How does this Article link to mental health?' for each.
8. Complete the activity by returning to the opening question, 'Is mental health and wellbeing a child's right?' In what ways did this activity and discussion change your thinking?

Additional activity: Ask young people to write out the text of one of the key Articles linked to mental health on a piece of posterboard and use old magazines to create a collage that depicts what they think this right means to them and to young people around the world. Use the posters to decorate the activity room to remind the young people of the focus rights throughout the OutRight period.