



CAMPAIGN ACTIONS: IT'S TIME TO TAKE ACTION



As you work through the learning activities, children should have a better understanding of mental health, appreciating its importance in their lives and the lives of other children and young people around the world.

We hope they feel inspired to use their voices.

There are lots of ways children and young people can speak out and advocate for the importance of mental health and children's rights throughout this campaign. We've shared a few of our ideas here but know that you're going to come up with more!

UNICEF UK, registered charity England & Wales (1072612)
Scotland (SC043677).

OUTRIGHT
Speak out on children's rights

FOR EVERY CHILD | **unicef** 
UNITED KINGDOM



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ACTION 1

WORLD MENTAL HEALTH DAY 10 OCTOBER 2021

We know how important it is to be able to speak up about the topics we care about, and this World Mental Health Day, on 10 October, is the moment for children's mental health.

Share pictures on social media of what you've been doing for OutRight so far, tagging us on Twitter [@UNICEFUK_action](https://twitter.com/UNICEFUK_action) and using the hashtag [#WorldMentalHealthDay2021](https://twitter.com/WorldMentalHealthDay2021). We'd love to see what you've discovered and achieved!

This could be:

- Pictures of the visual pieces created in the starter activities
- Sharing your opinions in response to "What have you learned about mental health by taking part in OutRight?"

UNICEF will be marking the day with the launch of The State of the World's Children report on mental health. The voices of young people fed in to this research, and the children you work with can help us to bring more attention to it, so more people read it and listen to the recommendations.