



# 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



## ACTION 3

# MENTAL HEALTH AND WELLBEING DECLARATION

In order to think about how we can all help to realise the right to mental health support for every child and young person, as a class/group you can create a Mental Health and Wellbeing Declaration. This will outline how and why mental health should be a focus in your school, group or organisation.

We have provided a [template](#) for children to use after a class/group discussion on the topic. Instructions on how to complete the declaration are included in the template.

**Before completing the template, discuss the following with children:**

- Why is children's mental health important?
- What can cause poor mental health?
- What resources are available within the club or school that support mental health?
- How do they feel, when they feel good about their mental health?

- What commitments can the class/group members make to take care of their own mental health as well as looking out for others' mental health?
- What changes do they suggest for the school, club or organisation that would improve children's mental health, so everyone feels safe to talk about how they feel, and can access the support they need?

Before the activity, please also share this [letter](#) with parents and carers so they are clear about the activity.

If you're running OutRight in a school or college, perhaps your class representative could take the declaration to a School Council meeting, to ensure that a whole school declaration – if they make one – is informed by children right across the school.

We would love to see the declaration your group creates. If they consent to this, please send it to us at [outright@unicef.org.uk](mailto:outright@unicef.org.uk)