

Emotional wellbeing and the media

Key Stage 4 - Lesson 2



We are learning:

- about how media content can affect wellbeing and how on -screen representations of mental health affect people's perceptions

By the end of the lesson we will be able to:

- describe the effects that media content can have on wellbeing
- assess the accuracy of representations of mental health in the media
- explain how representations of mental health in the media can affect people's perceptions
- identify sources of accurate information and support in relation to mental health and emotional wellbeing

Baseline:

**Key
questions**

Hey, our Head of Year has suggested we raise awareness for a mental health charity, but I don't really get what they mean by that?

What does mental health actually mean?

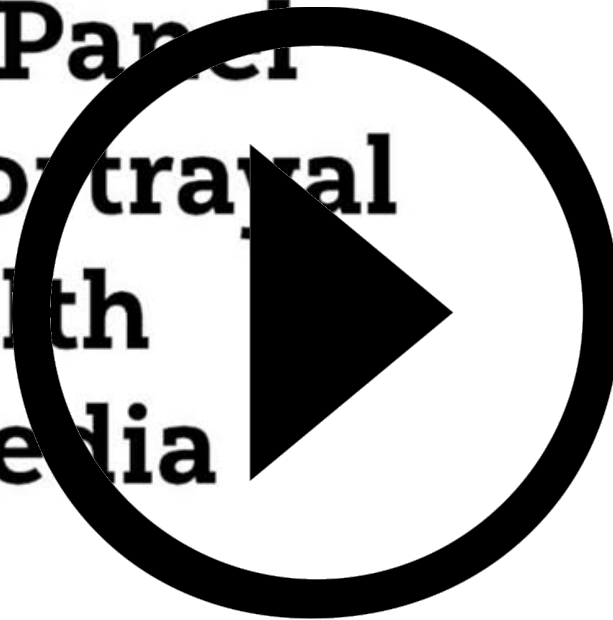


Write your response in the first box of your sheet only



Leave the rest of the boxes blank for now

**BBFC's Youth Panel
discuss the portrayal
of mental health
in film and media**



Mental health in the media

Read and respond to the rest of the questions on your sheet.

- Are there any similarities between your thoughts and the BBFC Youth Panel?
- Are there any differences? If so, what?

Accuracy continuum

In groups, read each of the cards about films or scenes.

- **suggest how each card might affect what a viewer believes about mental health**
- **sort the cards from most accurate to least accurate**

Accuracy continuum

A scene in a TV show shows a character having a discussion with their doctor about their concerns. The doctor says that the only option is for the person to be 'locked up' for their safety.

If a person seeks support from their doctor this often isn't simply a one-way conversation. People will often have conversations with their doctors about what is an isn't helping them.

While professional input from a doctor can help, the experiences of the individual with a concern are also important in helping to working towards shared decision-making. Sometimes people will be assessed or treated in hospital when needed, but a lot of treatment allows people to continue with their day-to-day life outside of hospital.

A wide range of emotions that a person can feel in response to an event are explored, characters discuss and express these throughout the film. These emotions change, evolve and sometimes return unexpectedly.

People experience a range of emotions over the course of a day or in response to an event. These emotions can change in terms of strength at different points of time in relation to the event.

Sometimes there's no single correct response when something happens and people can react in different ways. There is a range of support that can be accessed if a person was finding it difficult to manage strong emotions.

Accuracy continuum

The main character is only offered support for mental health challenges through group therapy in which a big group of people sit in a circle and talk about difficult things that have happened in the past.

There is a range of types of support available for mental health difficulties that people may encounter.

Sometimes film or media can show a limited range, but different approaches to support might work better for different people and many of these don't require large group sessions.

The villain in a film is portrayed as violent and dangerous, the main character is told that this is because of the mental health challenges they have.

Some films only present examples of mental health alongside violent behaviour. This can often be disproportionate and create the impression that mental health challenges and violence go hand in hand which is incorrect.

This portrayal can increase stigma, and can cause unfair beliefs about people who experience mental health challenges.

Accuracy continuum

The friends of a character experiencing mental health challenges listen with kindness to their friend. The character experiences ups and downs in their emotional experiences.

Friendships can be a really helpful source of support as well as more formal support. This doesn't always have to be grand gestures of friendship, but can be as simple as listening and 'being there' for someone, and checking in on how they're doing.

A film follows the journey of a character in seeking support for their mental health challenges. One day, they find their purpose in life and they feel completely better.

People can recover from mental health challenges and this is often the case when accessing support.

It can take time and help to experience improvements to mental health and wellbeing. This can be a journey that looks different for different people, and can take varying amounts of time for different people.

**Are there any changes
you'd like to make to your
accuracy continuum?**

Making choices campaign

In groups, create a plan for a campaign to help people decide what content is right for them or how to find support if they find content upsetting.

Use the information posters around the room to help you.

Be ready to present your campaign and explain:

-
- The focus and goal of the campaign
- Who the campaign it is aimed at
- Who would need to be involved

**What are the
key points
your audience
need to know?**

**Endpoint
assessment:**

**Attitude
continuum**

**Look back at your attitude
continuum from the start of
Lesson 1**

Make any of the following changes in a
different coloured pen or pencil



Show whether you agree or disagree
with each statement again, this time
using a triangle



Is there anything you have learnt that
you would like to add?
Are there any changes to your
answer to the question?

Sources of support

If you've watched any content that has concerned you, or you have questions about mental health and wellbeing, you can speak to a parent or carer, or a member of school staff.

Other sources of support include:



Childline

www.childline.org.uk

0800 1111



Young Minds

www.youngminds.org.uk

or text YM to 85258



or visit the BBFC for information on films, age-ratings and careers:

www.bbfc.co.uk/education

Extension activity

Top tips

Create a list of top tips for film writers and directors.

Make suggestions about how they could create films that more accurately portray mental health and emotional wellbeing.