

Mental Health Checklist

Create a positive environment and a strong mental health strategy within your school.

1 Implement a strong character education, which is *consistently supported* in and out of class.

2 Advocate a culture of resilience and *self-help*.

3 Let pupils know that finding things difficult is part of life; *failing is learning*.

4 Instil *firm but fair* boundaries.

5 Encourage pupils to become *trained pupil ambassadors* for mental health and well-being.

6 Learn to use the *language of resilience* in interactions with pupils.

7 Create a culture where *risk-taking* is the norm.

8 Develop pupils' *world view* and help them know about people less fortunate than themselves.

9 Allow pupils to talk about their worries, their fears and their internet usage *without judgement*.

10 Give pupils regular *examples* of people who have *triumphed* over adversity.

11 Create a *positive* learning environment at all times.

