

# Involve Parents and the Community

## *Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students create short, 3- to 5-minute presentations about youth and mental health and share them at school and community events.

## Why Do It?

Research topics of interest to you related to youth and mental health. Then share the knowledge with parents and community members with the goal of creating a more inclusive and understanding learning environment.

## How Do We Do It?

Students create short 3-to 5-minute presentations on topics of interest to them addressing youth and mental health.

Present mini-presentations at events such as school open houses, parent-teacher nights, and community events for parents and community partners, with the goal of helping to increase awareness, knowledge, and skills for everyone with respect to youth mental health.

Be sure to engage adult allies and put in place safety parameters that remind participants that these events are not appropriate forums for self-disclosure.

## What Else Do We Need?

Variety of presentation items depending on needs of presenters

## How Do We Get Creative?

Collaborate for presentations with school mental health professionals and leaders, local mental health and addiction service providers, health promotion staff, and education professionals.

Include school or local resource to allow for participants to reach out for help if necessary.

Include artwork, a short skit, rap or spoken word performance, or other appropriate artistic component to your presentation.