

WHAT'S UP WITH EVERYONE?

QUESTIONS FOR STUDENTS TO CONSIDER

1. According to the statistics, the number of young people experiencing mental health problems is on the rise. Why do you think this is the case?
2. The animations deal with five mental health themes. Did these issues exist 30-50 years ago, do you think? In your opinion, are there any mental health issues that are missing?
3. Why is it important for young people to be involved in the production of a project like this?
4. Why do you think young people find it hard to seek help?
5. Would you engage with the website and films if a teacher/parent/friend/famous person told you about them? For each of these categories of people, think about why they would or would not motivate you to visit the website.
6. What about if you discovered the films by yourself? Would this make you more likely to engage with them? If so, why?

QUESTIONS ADAPTED FROM AN ANALYSIS EXERCISE CONDUCTED WITH WORKSHOP PARTICIPANTS

1. What are the qualities you have noticed in the images chosen or created for the digital story (compelling composition, display of emotion, shock factor, unique moment, colour, light, specific detail)?
2. What do you think has influenced these decisions?
3. What is your favourite image in the digital story and why?
4. How does the imagery in the digital story fit with the narrative that has been developed?
5. How do you define the digital story (modern day fairy tale, personal experience, advisory, satire etc.)?
6. How have all the elements of the story come together to create meaning?

ACTIVITIES TO DO AT HOME OR IN THE CLASSROOM

- Watch each of the animations. Is there one in particular that resonates with you? If so, why do you think this is?
www.whatsupwitheveryone.com/
- The Mental Health Foundation has put together a guide on how to get help for mental health and access support. It makes for interesting reading, and we recommend reading through it, even if you do not feel you have been affected by the mental health themes raised in What's Up With Everyone? www.mentalhealth.org.uk/getting-help

QUESTIONS FOR SCHOOLS, COLLEGES AND ACADEMIES TO CONSIDER

1. How might creative industries such as Aardman contribute to the health of the nation in addition to traditional clinical services?
2. How can schools, colleges and academies use the creative resources of What's Up With Everyone? to increase upstream mental health literacy in their communities?

MORE RESOURCES

STATUTORY GUIDANCE FOR PSHE

The guidance that formed part of the piece detailing the themes explored through the videos is comprehensive. It is worth looking through it to get more of a feel for what is being advised: bit.ly/3xnn1Ry

WHAT'S UP WITH EVERYONE? RESEARCH PIECE

UK Research and Innovation published a piece detailing how academics have joined forces with Aardman to tackle the mental health crisis. It is certainly worth taking a look at! www.ukri.org/news/academics-join-forces-with-aardman-to-tackle-mental-health-crisis/