

One in Six Mental Health Activity

Objective:

Students will recognize how common mental health conditions are among youth and understand ways to help fellow students who may have a mental health condition.

Statistic: [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year

Grade levels: 6-12

1. Mark notecards with a number (1 – 6)
2. Pass out one card to each student in the class
3. Ask a student to choose a number between one and six
4. Ask all students with the chosen number on their index card to stand up
5. Say, “Look around you. This represents the statistic that 1 in 6 youth aged 6-17 experience a mental health disorder each year.
6. Ask half of all people standing to sit down.
7. Say, “Those of you left standing represent the 50% of youth ages 8-15 who are not receiving treatment for their mental health condition.”
8. Reiterate that mental health conditions are common and it is likely that there are students in this class with a mental health condition.
9. Discussion: What can we do to support someone with a mental health condition? (Answers may include – not using stigmatizing words, not treating them differently, encouraging them to get treatment, helping them talk to an adult if they need support)
10. Pass out the [How to Help a Friend](#) handout

Bonus: a school may choose to do this on a larger scale, passing out ribbons to represent the 1 in 6. At the end of the day, a student or faculty member could come over the intercom to share the stat and offer ways to support students with a mental health condition.