



- 1 How can adults help young people who are struggling to cope?
- 2 How can adults make it worse if a young person says they are struggling to cope?
- 3 If a young person is struggling with their feelings, who would they worry about telling and why?
- 4 If you saw someone being treated unfairly because of their mental health, what would you do?
- 5 How can families help young people who are struggling to cope?
- 6 How can families make it worse if a young person says they are struggling to cope?
- 7 If a young person tells someone they struggled with their mental health, do you think that could impact on their future career?
- 8 Do you think that people who work in health care, like doctors and nurses, take young people's feelings seriously?
- 9 Do you think a young person would want to tell a teacher if they were struggling to cope with their feelings?
- 10 Since the start of the COVID pandemic, have young people's feelings been taken more or less seriously?