

Addiction & Mental Health

60 - 120 minutes (approx.)

Overview: 5.1

As a group: Make, post and publicize a brief YouTube video based on material you have researched around addiction and health issues caused by gambling by young people.

Learning Objectives: Introducing Addiction & Mental Health concepts

- To understand how we can discuss issues like gambling addiction and associated mental health problems.
- To learn about how we can share information on mental health appropriately.
- To understand how social media can help disseminate information.
- To understand which type of social media is most effective and appropriate for disseminating information.

Learning Outcomes

1. I can define 'gambling addiction' and 'mental health'.
2. I can research gambling addiction in an appropriate way.
3. I can identify ways to discuss sensitive issues like problem gambling.
4. I can find appropriate ways to use social media to share messages about the dangers of addictive gambling.

Resources

1. Power-point presentation on 'Addiction & Mental Health'.
2. Infographic on 'Addiction & Mental Health'.
3. Downloadable information sheets with facts and figures.
4. 'Gambling Addiction' guidance notes and downloadable support materials.

Addiction & Mental Health

Starter

(10 minutes)

Is social media a good way to talk about gambling addiction and mental health?

Discuss why YouTube could be a useful way of getting a message including issues surrounding gambling addiction and mental health to young people today. Think about different types of video clips which could be created and how effective each type might be. Keep a record of your findings in an appropriate way.

Main Activity

(40 minutes+)

How can we use YouTube to deliver a powerful message?

In groups, decide on one or two key messages surrounding gambling addiction and mental health issues, which you wish to convey to a particular audience. This could be a particular type of gambling or a case study. Find a way to visualise this in order to make a YouTube film which is no longer than a minute. You should choose images which can convey your message powerfully to your chosen audience. Try to create a slogan which is suitable for your message. This could involve a play on words, or other linguistic device.

Findings from the discussion should be recorded in an appropriate format and shared. Students can use the skills sheet for 'Leadership & Teamwork' as appropriate. Students should use the appropriate skills sheet and complete the preparation and review sections to support this activity fully.

Plenary

(10 minutes)

What have we learned?

Compare different YouTube clips to decide which is most effective in conveying clear messages about gambling addiction and why? Are there common themes or clear differences? Keep a record of your discussions.

Extension task

Share your clips on YouTube and gather data to find out how successful you have been.