

# Mental Health Lessons

Voices of the East 2024



# Session two

Loneliness

Bullying

Feelings

Kindness



What can make people  
feel lonely?



[https://www.youtube.com/watch?v=8fSnF\\_v8250](https://www.youtube.com/watch?v=8fSnF_v8250)



Can you  
discuss the  
videos you  
have just  
seen?

What do you see?





Stupid

Ugly

Weirdo

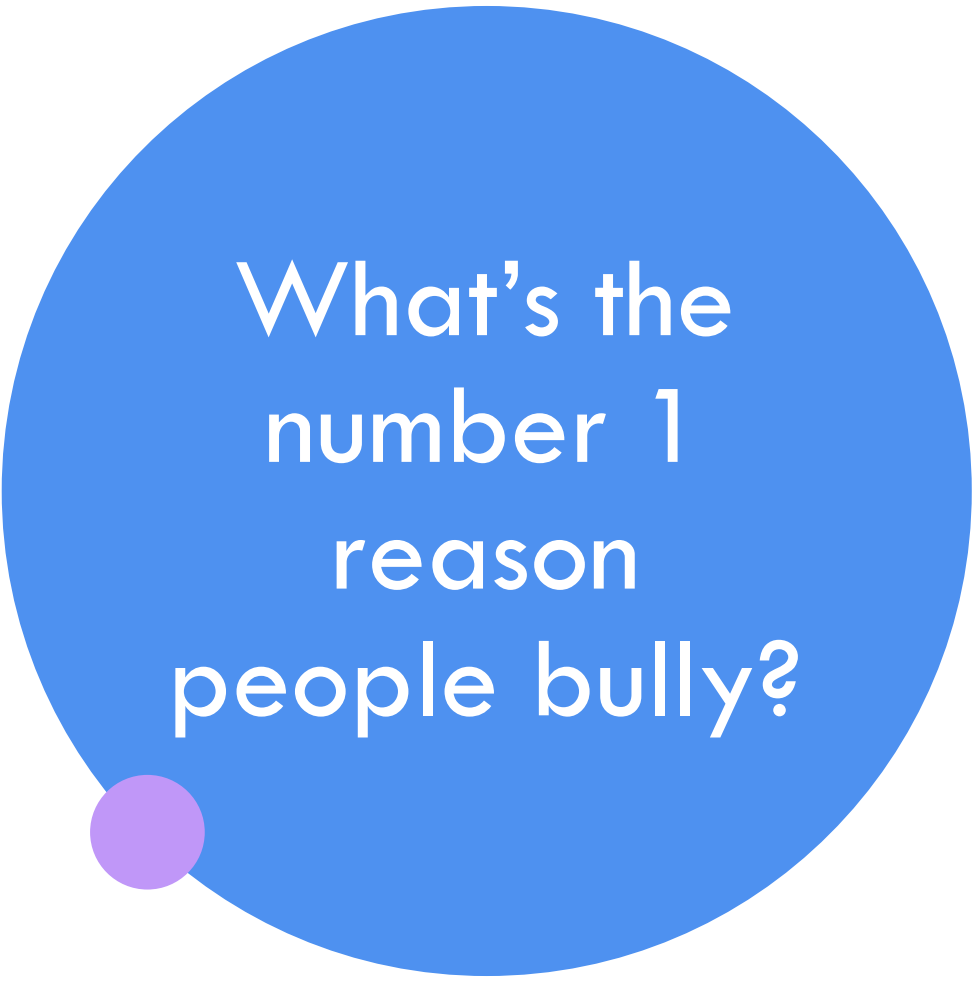


Pathetic


Troublemaker

Loner

Idiot



What's the  
number 1  
reason  
people bully?

- 
1. They are angry
  2. They are jealous
  3. They want to be popular
  4. They are hurting
  5. They think it's cool
  6. They are being bullied too
  7. They don't know what else to do





If somebody keeps hurting you or using nasty words against you, that's bullying. Bullying can be a one-time thing, or it can go on for a long time. And it can happen to anyone.



# Dealing with bullying

Don't suffer in

- Don't suffer in silence, reach out to someone you trust.

Remember

- Remember, you are not doing anything wrong.

Use

- Use the report tools on social media.

Don't overuse

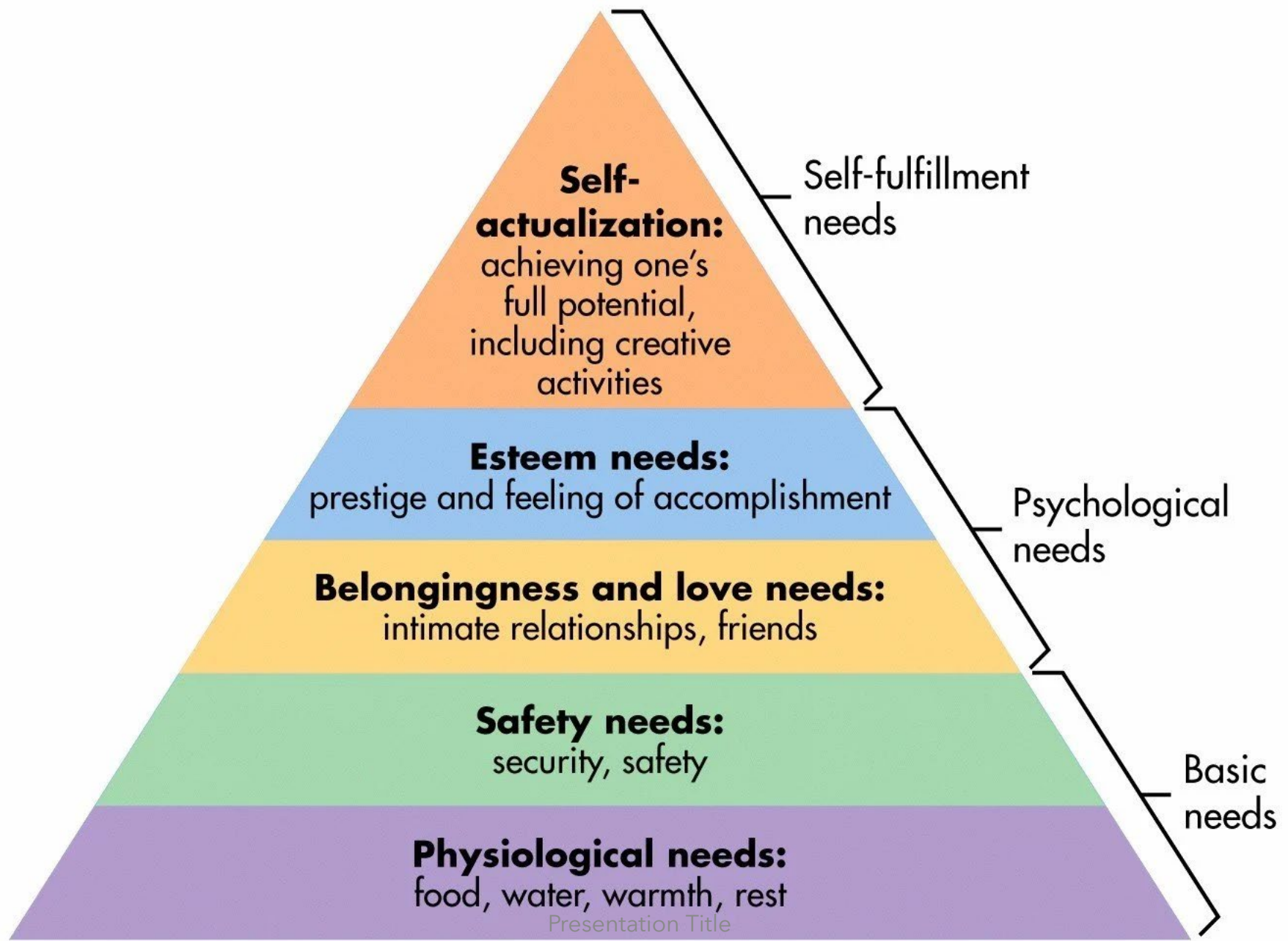
- Don't overuse technology.

Try

- Try not to bottle up your emotions so you explode.

Remember

- Remember, you are not a 'grass' by telling someone.





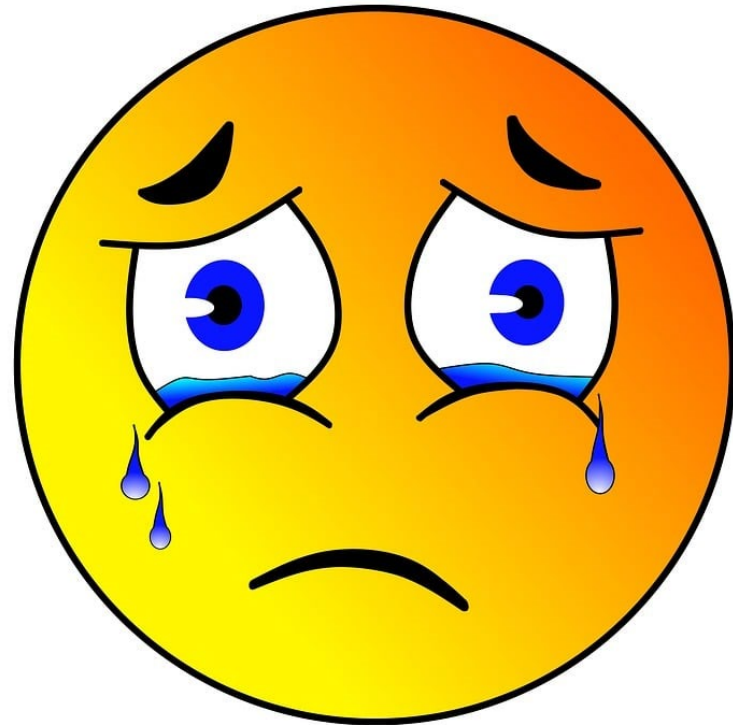
Can you feel happy  
all the time?

# Happiness v sadness

**Happiness**



**Sadness**



# What helps you climb up the ladder again?



"Kindness  
begins with the  
understanding that  
we all struggle."

— CHARLES GLASSMAN

@alliemarietravels



"KINDNESS IS GIVING HOPE  
TO THOSE WHO THINK  
THEY ARE ALL ALONE IN  
THIS WORLD."

- RAKTIVIST

**RANDOM ACTS OF KINDNESS  
FOUNDATION**

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

No act of kindness,  
no matter how  
small, is ever  
wasted.

Aesop

BrainyQuote



Compliments



# Final questions

- How do we stop loneliness?
- What did you learn about bullying?
- What makes you happy?
- Is there a compliment you would like to give/share?