

# True / False Mental Health Quiz

15 mins

KS 2

A short quiz that can be played in teams/tables or in pairs/individually. The questions challenge some of the myths which exist around mental health and show children that mental ill health affects many of us from time to time.

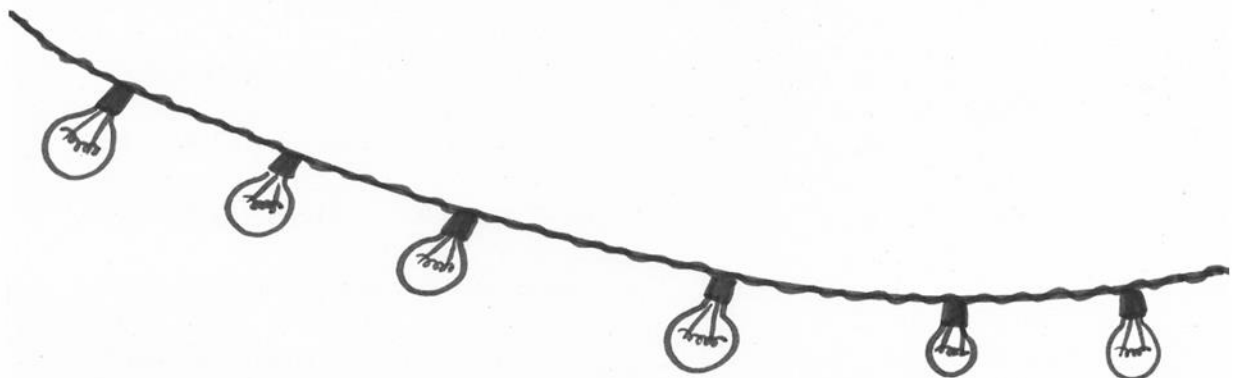
## What you need

Quiz sheet and answers

Tokens/counters for individual/paired version (optional)

## Method

- Introduce the quiz and explain that 6 statements will be read out which are either **true** or **false**
- After each statement is read out the children are asked to stand up or put their hand up if they believe it to be correct and stay sitting with their hands down if they think it is false.



## True/False Mental Health Quiz

1. In B&NES 1 in 3 children told us they sometimes felt afraid of going to school because of bullying  
True? or False?

**Answer: True**

2. We gave Year 6 children in B&NES a list of things that can worry us like SATs, family problems and friendship problems. 1 in 10 children told us they worry quite a lot about at least one of the things on the list  
True? or False?

**Answer: False.**

In fact 2 out of 3 children told us they worry about some of the things on the list. That is the same as 20 children in a class of 30. There were some differences between the things boys and girls worried about. Boys worried most about crime followed by family problems and SATs/tests. Girls worried most about SATs/tests, then friendship problems and in third place family problems

3. Last year when Year 6 children in B&NES were asked about bullying 1 in 3 children said they sometimes felt afraid of going to school because of bullying  
True? or False?

**Answer: True**

4. It's easy for children and young people to talk about their feelings  
True? or False?

**Answer: False.**

Nearly  $\frac{3}{4}$  of young people or 20 in every class of 30 are afraid of the reaction of their friends if they talk about their feelings.

5. People with mental illness can work  
True? or False?

**Answer: True**

We probably all work with someone who has a mental health issue, in the same way that people with diabetes or other physical illnesses work in all sorts of jobs. If the illness is particularly severe it may be that they have to take time off but most people recover and can lead full lives with the right sort of help and support.

6. There's not much you can do to help a friend with a mental health problem.  
True? or False?

**Answer: False.**

It's important to be a good friend and be kind, even when our friends are grumpy or sad. It will help them a lot to know that you are still their friend.