Test your students on their knowledge of mental health and mental health problems with this tutor time quiz. It will help develop your students’ understanding of mental health problems and challenge the misconceptions of mental health problems that affect young people.

This activity can be adapted to be delivered over two sessions if needed to allow time for discussion or questions that students might ask.

Statement 1
True or False: Mental health problems make young people unpredictable and dangerous.

False: You may not even know a young person has a mental health problem. Mental health problems refer to a group of illnesses that can change how a young person may behave and feel with everyday life. Mental health problems manifest differently in different people. There are many mental health problems including depression, anxiety, eating disorders, bipolar disorder, and schizophrenia.

Statement 2
True or False: All mental health problems are caused by genetics.

False: There are many reasons why mental health problems occur. They could be due to social, emotional, environmental or physical factors.

• Social and environmental factors: These include what is happening in our immediate world, where we live, whom we socialise with in and outside of school, and how we feel and react to things that affect us such as schoolwork and, peer pressure.
• Emotional factors: Psychologically we are all different. We all respond differently to life events such as bereavement, pressure at school or at home.
• Physical factors: Physically we are all different too. We may inherit through our genes certain physical ailments that might affect our mental health. We might also be more susceptible to some mental health problems because of genetics. There is no one cause of mental health problems.

Statement 3
True or False: Young people who experience mental health problems are different from other young people.

False: Young people of all ages and backgrounds can experience a mental health problem.
Statement 4
True or False: 1 in 100 young people will experience a mental health problem.

False: 1 in 10 young people will experience a mental health problem. That might be 3 people in your classroom.

Statement 5
True or False: Depression, anxiety, self-harm and eating disorders are the most common mental health problems experienced by young people.

True: These are the four most common mental health problems experienced by young people.
  • Depression: It can affect young people in different ways. It can include a lack of interest and enjoyment, consistent sleep problems, changes in eating habits that can affect weight loss or gain, and avoiding friends or peers.
  • Anxiety: Feeling anxious sometimes is a normal reaction to challenging changes in our lives. But for some young people anxiety is a constant feeling. This can lead to a lack of concentration, difficulty in making decisions and finding it difficult to control tempers and emotions.
  • Eating disorders: Some young people may use food as a way of controlling their feelings and coping with pressures. Anorexia Nervosa and Bulimia Nervosa are two such examples of eating disorders.

Statement 6
True or False: Talking about mental health problems will make things worse.

False: Everyone, including young people, should be encouraged, and be able to talk about their mental health problems. But some young people fear being looked upon negatively and treated differently. This is called stigma and discrimination. It can lead to young people having feelings of shame or disgrace. It can also lead to young people not taking up opportunities for fear of being bullied, which might make their mental health problems worse.

Statement 7
True or False: Mental health problems will clear themselves up on their own.

False: A young person should seek help and advice. Speaking to a trusted person or a professional can help a young person start to overcome their difficulties. In doing this they will start their process of recovery from mental health problems.

Statement 8
True or False: Having a mental health problem is equivalent to having a broken leg.

True: We all have mental health just like everybody has physical health. Mental health relates to our emotional, social and physical wellbeing. If we are mentally healthy we are able to engage with everyday living that includes enjoying, achieving, problem solving and actively participating in everyday events and also communicating and socialising with peers, friends and teachers.
STUDENT QUIZ SHEET

Students! Take the quiz to challenge your knowledge on mental health and mental health problems.

Are the statements true or false? Tick the circles.

Statement 1
Mental health problems make young people unpredictable and dangerous.
TRUE ☐ FALSE ☑

Statement 2
All mental health problems are caused by genetics.
TRUE ☐ FALSE ☑

Statement 3
Young people who experience mental health problems are different from normal young people.
TRUE ☐ FALSE ☑

Statement 4
1 in 100 young people will experience a mental health problem.
TRUE ☐ FALSE ☑

Statement 5
Depression, anxiety, self-harm and eating disorders are the most common mental health problems experienced by young people.
TRUE ☐ FALSE ☑
TIME TO CHANGE SECONDARY ACTIVITY

Statement 6
Talking about mental health problems will make things worse.
TRUE ☐ FALSE ☐

Statement 7
Mental health problems will clear themselves up on their own.
TRUE ☐ FALSE ☐

Statement 8
Having a mental health problem is equivalent to having a broken leg.
TRUE ☐ FALSE ☐

TOP TIPS
What could you do to make a difference with your peers?
1. Talk about mental health problems
2. Talk about help and hope
3. Listen non-judgmentally
4. Focus on the person’s strengths
5. See the whole person not just the problem!
6. Pledge at time-to-change.org.uk/pledgewall

Don’t be afraid to talk about mental health. Let’s end mental health discrimination.