

Activity Plan



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NAME OF THE ACTIVITY: MYTH BUSTERS

OVERVIEW

THIS INTERACTIVE AND MOVEMENT-BASED ACTIVITY INVITES PARTICIPANTS TO EXAMINE COMMON MYTHS AND FACTS ABOUT DEPRESSION. THE ROOM IS DIVIDED INTO TWO ZONES: ONE LABELED "MYTH," THE OTHER "FACT."

THE FACILITATOR READS A STATEMENT ALOUD (E.G., "ONLY WEAK PEOPLE GET DEPRESSED"), AND PARTICIPANTS MOVE TO THE SIDE OF THE ROOM THAT THEY BELIEVE REPRESENTS THE TRUTH. AFTER EVERYONE HAS CHOSEN A SIDE, EACH GROUP IS ENCOURAGED TO BRIEFLY DISCUSS THEIR REASONING. THE FACILITATOR THEN SHARES THE CORRECT ANSWER ALONG WITH A SHORT EXPLANATION, USING PRE-PRINTED STICKERS THAT INCLUDE THE FULL STATEMENT, THE CORRECT ANSWER, AND A CLEAR CLARIFICATION.

WHILE THE FACILITATOR GENTLY GUIDES THE GROUP TOWARD ACCURATE INFORMATION, THE GOAL IS NOT TO PERSUADE OR PRESSURE ANYONE TO CHANGE THEIR VIEW. INSTEAD, PARTICIPANTS ARE INVITED TO REFLECT, ENGAGE IN DIALOGUE, AND CONSIDER NEW PERSPECTIVES AT THEIR OWN PACE.

THE PRINTED STICKERS CAN BE COLLECTED BY PARTICIPANTS OR DISPLAYED ON A WALL TO FORM A VISUAL MYTH-BUSTING GALLERY. THIS DYNAMIC ACTIVITY COMBINES MOVEMENT, GROUP REFLECTION, AND RELIABLE INFORMATION TO PROMOTE AWARENESS, CHALLENGE STIGMA, AND SUPPORT OPEN CONVERSATIONS ABOUT DEPRESSION.

OBJECTIVES:

RAISE AWARENESS AND KNOWLEDGE ABOUT DEPRESSION
CHALLENGE HARMFUL MYTHS AND REDUCE STIGMA
ENCOURAGE OPEN DIALOGUE AND REFLECTION
DEVELOP CRITICAL THINKING AND EMPATHY
NORMALIZE CONVERSATION ABOUT MENTAL HEALTH

TARGET GROUP:

TEENAGERS AND YOUNG ADULTS (14-25), SUITABLE FOR USE IN SCHOOLS, CAMPS, YOUTH CENTERS, OR WORKSHOPS. KEEP IN MIND THAT FOR WORKING WITH UNDERAGE YOUNG PEOPLE, YOU NEED TO HAVE CONSENT FROM THE PARENTS.

GROUP SIZE:

10-40 PARTICIPANTS

MATERIALS:

LARGE SIGNS: "MYTH" AND "FACT"
A LIST OF PRE-SELECTED STATEMENTS ABOUT DEPRESSION - BELOW
PRINTED STICKERS OR CARDS FOR EACH STATEMENT, INCLUDING:

- THE FULL STATEMENT
- WHETHER IT IS A MYTH OR A FACT
- A SHORT EXPLANATION (SEE EXAMPLES BELOW)
- STICKY NOTES AND PENS FOR FINAL REFLECTION
- A SPACIOUS ROOM THAT ALLOWS PARTICIPANTS TO MOVE FREELY
- OPTIONAL: SOFT MUSIC AND A PRINTED REFLECTION BOARD

THEMES ADDRESSED:

MENTAL HEALTH AWARENESS,
DEPRESSION, STIGMA REDUCTION, SELF REFLECTION, PEER LEARNING, EMOTIONAL LITERACY

COMPLEXITY AND TIME:

LOW TO MEDIUM - ACCESSIBLE WITH NO PRIOR KNOWLEDGE BUT RICH IN EMOTIONAL CONTENT

45-60 MINUTES TOTAL

MATERIALS (MYTH/FACT STICKERS)

[HTTPS://WWW.CANVA.COM/DESIGN/DAGNUQAADO4/TVRXZBYYIAI83HIIM87DWG/EDIT](https://www.canva.com/design/DAGNUQAADO4/TVRXZBYYIAI83HIIM87DWG/edit)

PAPER TAPE IF YOUTH WORKER WANTS TO STICK THEM ON THE WALL OR ON A FLIPCHART.

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INSTRUCTIONS

1. INTRODUCTION (10 MIN)

WELCOME PARTICIPANTS AND INTRODUCE THE ACTIVITY. CLARIFY THAT THIS IS A SAFE, NON-JUDGMENTAL SPACE. PEOPLE ARE ALLOWED TO CHANGE THEIR MINDS AND ARE ENCOURAGED TO REFLECT, NOT PERFORM.

- EXPLAIN THE FORMAT:

ONE SIDE OF THE ROOM = MYTH

OTHER SIDE = FACT

- AFTER THE FACILITATOR READS EACH STATEMENT, PARTICIPANTS WALK TO THE SIDE THEY BELIEVE IS CORRECT.

- GROUPS BRIEFLY DISCUSS THEIR REASONING WITH OTHERS ON THEIR SIDE.

THEN, THE FACILITATOR READS THE CORRECT ANSWER, GIVES A CLEAR EXPLANATION, AND HANDS OUT OR POSTS A PRINTED STICKER WITH THE STATEMENT AND EXPLANATION.

2. ACTIVITY FLOW (25-35 MIN DEPENDING ON GROUP SIZE)

- READ EACH STATEMENT CLEARLY AND PAUSE FOR MOVEMENT.

- ALLOW 1-2 MINUTES FOR PEER DISCUSSION ON EACH SIDE.

- DEBRIEF EACH ROUND BY PROVIDING THE CORRECT ANSWER AND EXPLANATION.

- STICK OR DISPLAY THE PRINTED MYTH/FACT STICKER ON A BOARD OR WALL AS A GROWING VISUAL SUMMARY.

CONTINUE THROUGH AS MANY STATEMENTS AS TIME ALLOWS

DEBRIEFING AND EVALUATION:

BRING THE GROUP INTO A CIRCLE. SUGGESTED DEBRIEF QUESTIONS:

WAS THERE A MYTH YOU BELIEVED BEFORE THIS ACTIVITY?

WHICH STATEMENT SURPRISED YOU THE MOST?

WHY DO YOU THINK THESE MYTHS EXIST?

HOW CAN WE RESPOND WHEN SOMEONE SPREADS MISINFORMATION ABOUT MENTAL HEALTH?

HAVE EACH PARTICIPANT COMPLETE THIS SENTENCE ON A STICKY NOTE:

“ONE IMPORTANT TRUTH ABOUT DEPRESSION I’M TAKING WITH ME TODAY IS...”

DISPLAY THEM AROUND THE STICKER WALL OR ON A REFLECTION BOARD.

TIPS FOR FACILITATOR

- ENCOURAGE PARTICIPATION BUT RESPECT IF SOMEONE CHOOSES TO OPT OUT OF A ROUND.
- REMIND PARTICIPANTS IT’S OKAY TO CHANGE THEIR ANSWER DURING DISCUSSION.
- BE READY TO HOLD SPACE FOR DIFFICULT EMOTIONS AND PROVIDE FOLLOW-UP SUPPORT IF NEEDED.

FOLLOW UP

- TURN THE STICKER WALL INTO A CLASSROOM OR COMMUNITY DISPLAY ON MENTAL HEALTH AWARENESS.
- INVITE PARTICIPANTS TO RESEARCH OTHER COMMON MENTAL HEALTH MYTHS AND CREATE THEIR OWN STICKERS OR POSTERS.
- PAIR THIS ACTIVITY WITH “PICTURE MY MOOD” OR A LETTER-WRITING REFLECTION.
- SHARE THE ACTIVITY AT A SCHOOL WELLNESS DAY OR YOUTH FORUM.