



# HOW CAN THE GOLDEN RULE IMPACT MENTAL HEALTH?

THIS VIDEO DISCUSSES HOW WE CAN IMPLEMENT GOLDEN RULE BEHAVIOR IN BOTH THE TREATMENT AND DISCUSSION OF MENTAL HEALTH. STUDENTS DISCUSS HOW SOCIAL MEDIA HAS BROUGHT MORE AWARENESS TO MENTAL HEALTH AND ALSO AN ADDED PRESSURE. THEY ALSO SHARE HOW IT IS VERY IMPORTANT IT IS TO EMPATHIZE WITH THOSE THAT ARE GOING THROUGH A TOUGH TIME. DESTIGMATIZING DISCUSSION AROUND MENTAL HEALTH AND BRINGING ISSUES TO LIGHT SO OTHERS DON'T HAVE TO FEEL ALONE IN THEIR MENTAL HEALTH STRUGGLES.

## **Live Golden Class Discussion Outline:**

1. Watch Video as a class.
2. Ask Class Discussion Questions.
3. Utilize Civil Discussion practices in class conversation.
  - a. One person speaks at a time.
  - b. Practice kindness, empathy, respect, and civility.
  - c. Don't say anything you wouldn't want said to you.
4. Re-cap student comments and create your own class Live Golden resolve.

## **Class Discussion Questions:**

- Why do you think discussing mental health is important?
- What are your thoughts on how society currently views mental health issues and how could those views be changed?
- How should people keep the Golden Rule in mind when interacting with those struggling with mental health?

## **Live Golden Resolve:**

As a result of this Live Golden discussion, our class will strive to:

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