

Umva – Visualising Peace

Mental Health Video Screening Toolkit

The films in this toolkit have been produced by young people from the Umva – Visualising Peace project in Rwanda. In partnership with: the Kwetu film institute, the University of Lincoln, Uyisenga Ni Imanzi as part of the wider Mobile Arts for Peace (MAP) project funded by the UK Research Council's 'Global Challenges Research Fund'.

The films are designed to promote discussion around the subjects of:

- Mental Health in the Home
- Mental Health in education
- Street Connected mental health



Umva - Visualising Peace Workshop:



Introduce the session, and key themes.



Give handouts and screen films.



Discussion of the films in groups.



Groups to complete film discussion sheet. Commit to actions!



Report back to the main group with thoughts and commitments.



The Three Videos:

- Mental Health in the Home:
'Sound on the Hill'
- Mental Health in Education:
'The Poem, Umuvugo'
- Street Connected Mental Health:
'This is My Story'



Mental Health in the home: 'Sound on the Hill'

This is a film made by the young people in the 'Mental Health in the Home' group. The participants wanted to show that family conflict causes young people distress, which can lead to anxiety and depression. They say that the people around them have the power to help and support. Their message is 'get involved, be active, reach in and help us, don't wait for us to reach out.'

<https://youtu.be/tZ4dRw0toWI>



Mental Health in Education: 'The Poem, Umuvugo'

This is a film made by the young people in the 'Mental Health in education' group. The filmmakers want to show how teachers can judge young people as being disobedient or disengaged when in fact they have mental health challenges. They ask that teachers try to understand they might have difficult lives, and that their behaviour is a consequence of this. They ask that teachers try to understand this, and be supportive.

<https://youtu.be/ZQjqM5JX630>



Street Connected Mental Health: 'This is My Story'

This is a film made by the young people in the 'street connected mental health' group. In their experience on the streets the participants felt that they were often dismissed, judged and stigmatised. They want to emphasise that no young person chooses to be on the streets. Each street connected child has an individual story. They ask to be treated with empathy, understanding and compassion.

<https://youtu.be/IHqa710gaJY>



In your groups:

In groups of 6-8 pick a film to discuss – **use the film discussion sheet**

The groups can be a mixture of young people and teachers, or just young people.

Each group is to discuss and write down their responses to the questions:

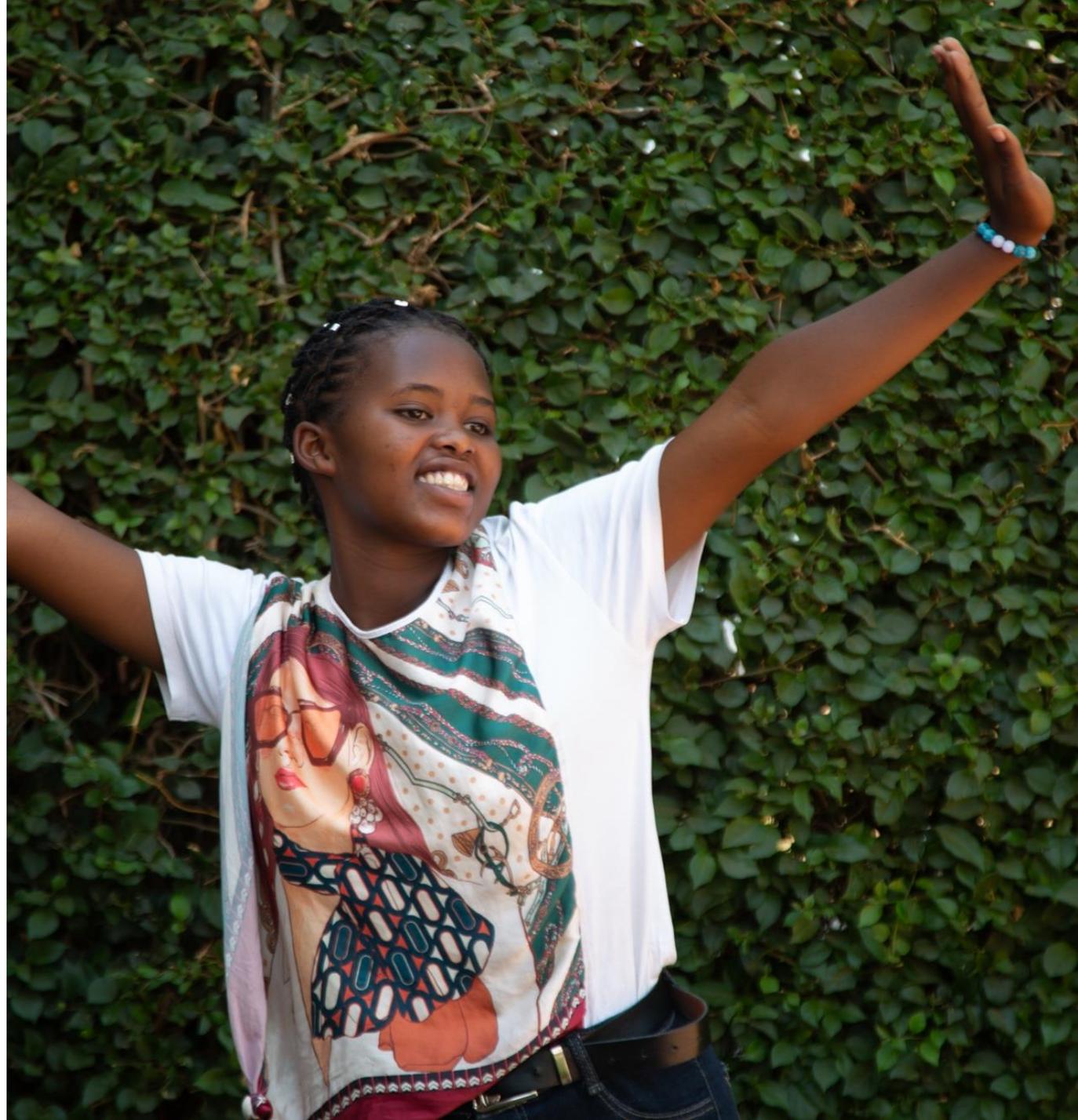
- What is the film about?
- How did it make you feel?
- Do the experiences shown connect with you?
- If you could talk to the protagonist what would you say to them?
- How did the character manage their struggles?
- What can we learn from the film?



Actions!

After watching and discussing the films:

- Each person to write down one action that you would like to commit to after watching/discussing these films.
- This could be doing something specific like offering to help a particular person, or something more general, like trying to be more aware of others situation.
- Set a timeframe for each outcome
- How will this be measured/shown?





Report Back:

Each group to report back to the main event:

- Share an overview of your conversation
- Discuss what you have learned!
- Share your agreed actions!

Thank-you for taking part!