



CAMPAIGN ACTIONS: IT'S TIME TO TAKE ACTION



As you work through the learning activities, children should have a better understanding of mental health, appreciating its importance in their lives and the lives of other children and young people around the world.

We hope they feel inspired to use their voices.

There are lots of ways children and young people can speak out and advocate for the importance of mental health and children's rights throughout this campaign. We've shared a few of our ideas here but know that you're going to come up with more!

OUTRIGHT
Speak out on children's rights

FOR EVERY CHILD | **unicef** 
UNITED KINGDOM



ACTION 2

WORLD CHILDREN'S DAY 20 NOVEMBER 2021

“CHILDREN'S MENTAL HEALTH IS IMPORTANT BECAUSE...”

World Children's Day is another important date for your calendar. At UNICEF UK, among other activities across the organisation, we'll be amplifying children's voices.

Ask the children you work with why they think their mental health is important. Share their quotes, and pictures of the work they've done so far, tagging us on Twitter at [@UNICEFUK_action](https://twitter.com/UNICEFUK_action) and using the hashtag [#WCD2021](https://twitter.com/UNICEFUK_action). We will reshare your posts on our channels either on Friday 19 November or on World Children's Day, Saturday 20 November, to amplify their voices.

Encourage children to read and explore what other groups have come up with. Can they relate to them? Perhaps you could share a range of opinions from across the UK in a school assembly, or build a discussion around them?