

## Dean's Story



### ISSUES FOR REFLECTION AND DISCUSSION

Start by watching Dean's Story

After you've watched the video of **Dean's story**, read and think about the questions in each box. If you're doing this by yourself, write down your thoughts in the box. If you're doing this by yourself, write down your thoughts in the box. If you're doing it as part of a group, talk to each other about each question before writing anything down.

Please remember, this is not a test. All thoughts and ideas are welcome.

What effect did being bullied have on Dean?

Can you think of any other ways being bullied might affect someone? (think about things like their emotions, their thoughts, their beliefs about themselves, their schoolwork, their relationships and their hobbies and interests)?

## Mental Health Educate

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Why do you think Dean said that having someone to talk to about what was happening to him made such a difference to him?

Dean talked about how volunteering really helped him. He talked about meeting people he could connect with, who accepted him for who he was. Are there other things you can think of that Dean could have done to help with what he was going through? Write down as many ideas as you can think of.

WANT TO LEARN MORE ABOUT BULLYING, FEELING EXCLUDED & ABOUT VOLUNTEERING, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and more about these issues on [www.SpunOut.ie](http://www.SpunOut.ie) and [www.jigsaw.ie](http://www.jigsaw.ie)