



**PRESENTATION OUTLINE:**  
**Black Dog Ride School Presentation**  
**(primary school aged children, 5 to 12 years)**

**1. Scope**

**a. *Target Audience***

Children aged 9 to 12 years are the target audience for his presentation

**b. *What the presentation is about***

This presentation will talk about Black Dog Ride and some of the adventures we have had on the road while we ride to raise awareness and start conversations around mental health. We will also provide a brief introduction to your mental health and how you can look after it.

**c. *Presentation time and delivery***

This is a 10 minute verbal presentation with no supporting audio / visual material or handouts.

**d. *Language to be used***

This presentation contains descriptive words for everyday emotions such as sad, angry, scared, anxious, happy.

Technical terms such as depression, major depressive disorder, generalized anxiety disorder will not be used.

**e. *Keeping the talk safe***

In this presentation, with this age group, suicide and self harm are not discussed at any point.



In the (unlikely) event that a participant raises the issue of suicide, the presenter will briefly acknowledge their comment or question and let the participant know that they will address the comment after the presentation, and then move on with the talk. The presenter will then notify the relevant host organisation representative (school principal, sports coach etc.) of any such interaction immediately after the presentation.

School staff must be present during the presentation, and Black Dog Riders will at no time be unsupervised with participants under 18. Supervisors must be School or Club staff or representatives. Black Dog Ride will also have people with Mental Health qualifications present. If any participants report or show signs of distress the presenter will notify the relevant host organisation representative (school principal, sports coach etc.) immediately.

## **2. Content**

### ***a. Introduction / overview***

The presenter will introduce themselves, sharing who they are and what they do with Black Dog Ride, and talk generally about Black Dog Ride, sharing some of the journey so far, such as:

- The purpose of Black Dog Ride – Bringing together people from across the country to raise awareness of mental health and to help start people talking together, helping to build social links which are important for our wellbeing
- Where this particular ride has started from and is heading (maybe show a map?).
- How many kms have been travelled so far and how many are yet to go. – we have done XX kms so far and still have / only have XX to go.
- What sort of weather we have travelled through
- What sort of interesting things and people we have seen so far
- Other people and organisations we have spoken to



- Introduce students to Black Dog Ride's Mascot Winston, who helps us start conversations about mental health
- Any other questions raised by participants

**b. Information about mental health**

The presenter will talk about emotions more generally<sup>1</sup> -

- As we grow up, we learn about our bodies, emotions and our place in the world. Even babies experience basic emotions, like joy, excitement, worry, or fear.
- It is normal to feel different emotions during different situations throughout the day. Offer some examples:
  - We might feel nervous about an upcoming school activity
  - We might feel sad when we have an argument with our friends
  - We might feel happy when we go somewhere new
- Emotions can also have physical feeling within our bodies:
  - Being sad might make us feel tired or teary
  - Being excited might give us butterflies in the stomach
  - Being happy might make us feel like we have lots of energy
- Managing our emotions can often be hard especially when they get really big or if you're feeling the same emotions for a long time and this is when we might need to ask someone else for help. Some of the places you can get help include:
  - A teacher or school staff
  - A parent or older brother or sister
  - Another adult you trust

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<sup>1</sup> Source: <https://www.health.qld.gov.au/news-alerts/news/how-to-talk-young-kids-children-mental-health-wellbeing-illness>



- Phone the Kids Helpline: 1800 55 1800
  
- Some of the things we can do to help ourselves manage our strong emotions include:
  - Expressing emotions creatively through drawing or storytelling
  - Slowing our breathing down by blowing bubbles or pretending to blow out candles
  - Listening to calming music
  - Doing some exercise like walking

The presentation should be interactive, for example, asking the participants who they can talk to if they are feeling sad a lot. This promotes participant engagement, and gives an indication to school staff of the level of age appropriate mental health literacy and support networks of the participants.

*Presentation Outline prepared by Registered Psychologist (PSY0001127037) Richard Brown, B.BS (Hons), MAPS, 20<sup>th</sup> June 2018.*