

“That since wars begin in the minds of men,
it is in the minds of men that the defences of peace must be constructed.”

Mental Health for All

Compared 3 recent types of mental health educational programs from 6 perspectives.

- Education on how to send out **SOS** signals encouraged by the Japanese government
- **GRIP**
(Gradual approach, Resilience, In a school setting, and Prepare scaffolding) developed by Japanese researchers
- **YAM**
(Youth Aware of Mental Health Program) developed in Europe

	SOS	GRIP	YAM
Logicity	△	×	○
Expertise	△	×	○
Continuity	×	○	○
Independence	○	◎	◎
Practicality	△	○	○
Adaptability	○	○	×

Some of the programs ...

- have little interaction with experts.
- are one-time learning experiences.
- **lack proper understanding of mental health.**

All the three programs ...

- **are difficult for Japanese, who tend to be poor at role-plays and discussions, to learn independently through them.**

Education for Sustainability

PEACE DIALOGUE is a peace education program in which young people from Hiroshima (U29) provide guided tours of Peace Park to students on school field trips. I am working as a member of the guides. Through the program, we pass on peace and provide sustainable peace education.

Learn together

This will provide an opportunity for students to think about diverse “peace”.

Cultivating peace leaders

Guide members repeat the process of learning, which is the inheritance activity of Hiroshima.

We can use this system in Educational Program on “Supporting Life”

Learn Together

This will provide an opportunity for children to think about how to nurture mental health.

Cultivate “Mental Health Leaders”

Youth facilitators learn deeply about mental health, spreading the knowledge of them.

Peer support

Children and youth facilitators build relationships to help each other in times of need.

Reduce violence, Build peace

Peace within each person’s heart—health and calmness—is the first step toward peace

References

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