

Mental Health Movie Activity: The Perks of Being a Wallflower

This activity is designed for students in 9th grade through college, to increase students' mental health awareness and empower them to seek help if needed. A link to the film, the film's synopsis and a short, 60-second public service announcement (PSA) created by youth through the Directing Change film contest, are provided to drive discussion. Accompanying discussion questions have been provided to help facilitate the activity and dialogue about mental health. After the discussion concludes, students can self-evaluate to see how this activity has helped them better understand mental health.

The Perks of Being a Wallflower:

<https://www.amazon.com/Perks-Being-Wallflower-Logan-Lerman/dp/B00AVTMB4I>

Length: 103 min. (PG-13)

Reeling from the loss of his best friend, introverted high school freshman, Charlie (Logan Lerman) is taken under the wings of two seniors, free-spirited Sam (Emma Watson) and her gregarious stepbrother, Patrick (Ezra Miller). Together, they welcome Charlie to a world of friendship, joy, and love.

Directing Change PSA: Friend in Need - Chinese with English captions. A story of how friends can show support to those who are experiencing a mental health challenge and a reminder that help is out there, no matter the circumstance. <https://youtu.be/mH4OP3763-U>

DISCUSSION QUESTIONS

1. Throughout the film, Charlie writes to his friend who has passed away. What are some ways Charlie copes with this loss? How do people support Charlie?
2. What are the warning signs of his mental health crisis?
3. What helps Charlie move through his mental health crisis?



4. What did you learn from the film about ways that you may be able to help someone experiencing a mental health challenge?
5. How does stigma play out in the film? (Mental health, coming out, being seen as a smart student.)
6. Patrick is an out gay student and experiences harassment often. He stood up for himself in front of students after his boyfriend was beaten by his father. How would you have reacted to the bullies during lunch, if you were Patrick?
7. Charlie found a teacher who he really bonded with. Are there adults in your school/community that you could feel open to share any troubles you're experiencing?

**Mental Health Movie Activity
EVALUATION**

Please indicate to what extent you agree with the following statements using a scale of 1 to 5 with "1" being strongly disagree and "5" being strongly agree.

	Strongly disagree 	Disagree	Neutral/ Unsure	Agree	Strongly agree 
1. This activity made me more aware of my own attitudes about mental health and people who experience mental health challenges.	1	2	3	4	5
2. I am more informed about where to seek help and support for a mental health problem if I need it.	1	2	3	4	5
3. I am more likely to reach out and help someone else who is struggling with a mental health problem after doing this activity.	1	2	3	4	5
4. I plan on changing the way I talk about mental health and mental illness after participating in this activity.	1	2	3	4	5
5. I learned something that I'll share with a friend in the future.	1	2	3	4	5

6. Do you have other comments you'd like to share?
