

Presentation Instructions

Introduction

- Introduce the persona- name, age etc.-
- Summarise the persona's home life in your own words
- Include some of the persona's imagined emotions, thoughts and behaviours.

Self-help

- List any laws/rights that are applicable to the persona's situation
- Include one organisation that provides free services that could assist this persona, including the services they offer and how to contact them.
- Outline three independent activities the persona could do to stabilise/improve mental wellbeing.

Peer Support

- Identify three personal qualities a friend could have that would encourage the persona to open up and share their experience.
- Create a step-by-step action plan detailing how the friend could support the persona.
- Outline three activities the peer could do with the persona to stabilise/improve mental wellbeing.

Conclusion

- Write a slogan that would encourage the persona to seek help.
- Include a statistic about youth homelessness.

