

SHADOWLESS MIND

The instructor's guide

Background and objectives

According to research, approximately one in four young people experiences harmful effects caused by substance abuse or mental health problems at home. The most common disadvantage is the feeling of shame. In many cases, it prevents one from seeking help and talking about the issue.

The objective of Shadowless Mind is to increase young people's awareness of the fact that difficult issues are being faced at everyone's home, although in different degrees of severity. No one should feel inferior to another, nor should anyone be labeled because of their parents' problems. Another one of our objectives is to learn how to help a friend, if (s)he appears to be distressed.

In order to promote these goals, FinFami and A-Clinic Foundation have produced the Shadowless Mind short film and exercises for the use of groups at lower secondary education¹. The story features actress **Sari Havas** as the mother and actor **Kuutti Huhtala** as the son. In the film, the mother's depression and, hence, her increased alcohol consumption result in the son's negative reactions at school and in hobbies.

Way to work

Watch the entire short film (28 min). Then discuss it and carry out drawing or writing exercises.

The instructions for the exercises are clear, and the time reserved for them depends on how eager your group is to discuss. It can be estimated that the session may be done in one hour or one hour and a half.

¹ In the Finnish school system, lower secondary education normally refers to the education of students between the ages of 13 and 16.



All the exercises can be found on the varjotonmieli.fi website under the section "Materiaalit". The schools, which so wish, are free to post their experiences of the exercises and the young people's thoughts concerning the topic on Instagram using the hashtag #shadowlessmind or in Finnish #varjotonmieli

Before starting the exercises, it is recommended for the instructor to watch the short film and familiarize him- or herself with the exercises. On the website varjotonmieli.fi, there are also links to more information regarding the topic as well as tips on how to steer the discussion with young people. It is good to explore this material in advance, as well. There are also links on the website that are aimed at the young people themselves.

Have a productive time in your drama class!

**KUN YKSI SAIRASTUU
MONEN MAAILMA
MUUTTUU.**



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