

Core Skills Analysis

English Literature

- The student engaged with themes of mental health and self-identity portrayed in the series, which fostered critical thinking about societal issues.
- Exposure to various literary elements such as character development and narrative structure through the storyline enhanced the student's understanding of storytelling techniques.
- By analyzing character motivations and conflicts, the student developed their skills in empathy and perspective-taking, crucial for literary comprehension.
- The series' dialogue and language provided an opportunity for vocabulary acquisition and improved comprehension skills.

Media Studies

- The student analyzed the portrayal of mental health and its representation in media, facilitating discussions on media literacy and critical thinking regarding content consumption.
- By watching a BBC production, the student learned about the significance of public broadcasting and how it influences societal perceptions.
- Reviewing production techniques such as cinematography and sound design expanded the student's understanding of how media shapes audience experience.
- The student reflected on the impact of storytelling in television and how it can raise awareness about important societal issues, enhancing their analytical skills.

Health Education

- The student gained an understanding of mental health issues, specifically how they affect teenagers, by observing character experiences and challenges in the series.
- Through discussion of the series' themes, the student could recognize the importance of seeking help and the role of community support in mental well-being.
- The activity stimulated awareness around stigma associated with mental health, promoting constructive conversations about emotional health among peers.
- By identifying coping mechanisms demonstrated by characters in the series, the student enhanced their knowledge of practical strategies for managing stress and anxiety.

Tips

To further enhance the student's learning experience, consider organizing discussions or debate sessions post-viewing to allow them to express thoughts and opinions on mental health themes and character decisions. Encourage journaling thoughts or reflections on each episode to deepen literacy skills and foster critical thinking. Explore additional multimedia resources such as podcasts or interviews with mental health professionals to complement the concepts learned in 'Itch.' Engaging in role-plays or drama activities based on the characters' scenarios can also help solidify understanding and empathy. Other activities could include reading novels that explore similar themes or participating in community service related to mental health awareness.

Book Recommendations

- [The Perks of Being a Wallflower](#) by Stephen Chbosky: A coming-of-age story that explores themes of mental health, friendship, and the challenges of growing up.
- [Inside Out and Back Again](#) by Thanhha Lai: A novel in verse that tells the tale of a young girl adapting to change and the struggles of fitting in, highlighting resilience and identity.
- [Wonder](#) by R.J. Palacio: A heartwarming story about acceptance and kindness, focusing on a boy with a facial difference and his journey through school and friendship.

Learning Standards

- English Curriculum: Identify and understand the main ideas in texts (EN1).
- Media Studies Curriculum: Analyze and evaluate media messages (MS1).
- Health Education Curriculum: Understand mental health and emotional wellbeing (HE2).