

WALK A MILE

Pair up young people and set them a challenge to spend time walking a mile in each other's shoes. Encourage them to listen to one another, get to know each other, and in doing so build empathy for each other.

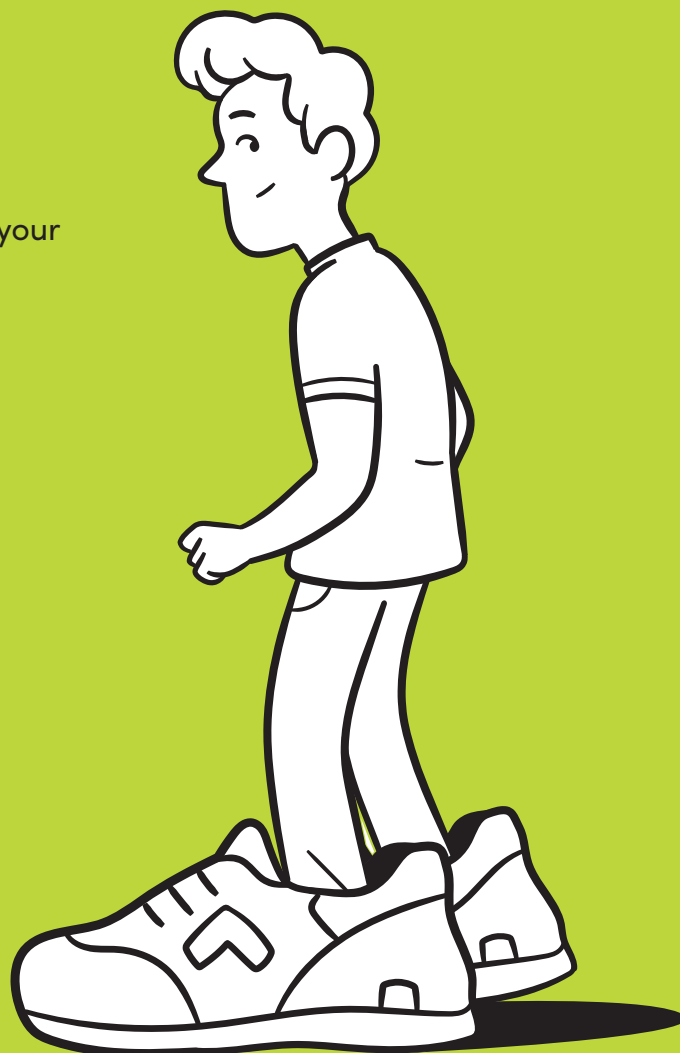
You may wish to frame these conversations by picking a few themes for them to explore together and you could encourage active listening by asking them to remember what they hear from their partner so they can share this with the group when they return.

Suggested conversation starters

- If you could visit any country in the world where would it be and why?
- What are your favourite hobbies?
- What things are you especially good at?
- Share one interesting fact about yourself...
- What things do you have in common with your partner, and what are your differences?
- What are your dreams for the future?

RESPECT STARTS WITH YOU
#CHOOSERESPECT

You will be familiar with this format if your organisation is already participating in the [Daily Mile initiative](#) or [See Me's Walk A Mile initiative](#) which aims to break down mental health stigma.



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