

# Psychological Health and Safety

Learning activity for grades 6-12



# Learning objectives

- Understand what **psychological health and safety** means
- Recognize common **psychosocial hazards**
- Know your **rights** as a young worker
- Look at real-life scenarios and discuss **safe actions**
- Understand why mental and emotional safety matter at work



# What is psychological health and safety?

- What do you think psychological health and safety means?
- Think: How should people feel to be safe at school, work, or during activities?



# Psychological health and safety means:

- Feeling respected and supported
- Feeling safe to ask questions or speak up
- Being treated fairly
- Working or learning in a positive environment
- Taking care of our own well-being so we can learn and work safely

✨ It's about how safe we feel mentally and emotionally, not just physically. ✨

# Psychosocial hazards

Things that can harm mental or emotional well-being, such as:

- Stress or pressure
- Exclusion or disrespect
- Unclear instructions or expectations
- Working alone with little support
- High workload
- Feeling unable to speak up



# Why psychological health and safety matters

## When a workplace is psychologically safe, workers:

- Learn faster
- Make fewer mistakes
- Ask for help sooner
- Feel confident and supported
- Speak up about concerns



# Your rights as a young worker



## Right to know

Workers must be informed about all possible hazards, including psychosocial ones.



## Right to participate

Workers can speak up and ask questions about physical and psychological hazards and help create a healthier, safer workplace.



## Right to refuse

Workers can refuse work that puts their physical or psychological health at risk.

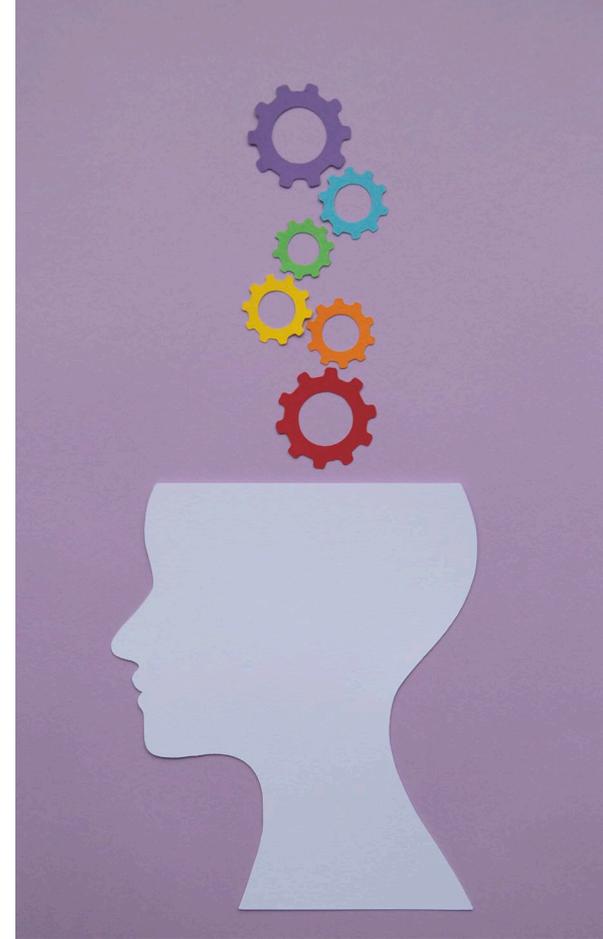
# Group activity: Scenarios

- Work in small groups
- For your scenario, discuss:
  - What is happening?
  - What psychosocial hazard is present?
  - How might the person feel?
  - What could a young worker do?
  - How could the workplace prevent this?



# Key takeaways

- It's always okay to ask for help
- Psychological safety is real safety
- Everyone contributes to a respectful environment
- Speaking up helps prevent harm



# Where to get help

## Talk to your:

- Teacher
- Guidance counsellor
- Parent/guardian
- Workplace supervisor

## Or call Kids Help Phone:

- Call 1 800 668-6868  
or text CONNECT to 686868

