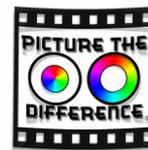


## 'One in Four' - A film by Picture the Difference



Our film attempts to explore the concerning issue of mental health. We have tried to be sensitive in our dealing with this theme, however, we are aware that some viewers may relate to the issues raised and so, at the end of the film, we have signposted you to local support groups that can help. Should you feel upset, please make sure you speak to an adult you trust at school.

Watch '**One in Four**' here: <https://www.youtube.com/watch?v=aAJWmuwoFeo>

Watch '**Behind the Scenes Documentary**': [https://www.youtube.com/watch?v=D9cP\\_fS1glg&t=7s](https://www.youtube.com/watch?v=D9cP_fS1glg&t=7s)

The actors, script and song-writers of 'One in Four' are all young people with a range of additional needs including autism, learning difficulties and those with anxiety and other mental health issues. Please also note, some of our actors played characters or acted in situations to which they can relate, however, the film is in no way autobiographical.

### The Past

Scott visits three significant episode from his past. What happens that could affect Scott's mental health or that tells us he is already struggling with it? Answer in the space next to each photo.



Why do you think Scott puts on a coat at the end of each of these scenes?

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Read the lyrics below or listen to 'One in Four' again – what do you feel the song is about?

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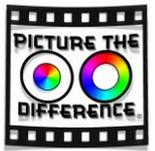
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### 'One in Four' (written by W Broughton)

*Step outside, into the gleaming sunlight  
Step outside, everything's warm and bright  
Take a chance on yourself today  
Don't hide your lovely self away*

*One in every four of us has faced the bitter trials  
Left all on our own - we march on through the miles  
One in every four of us has been filled in on their files  
Just know you're not alone.*

# 'One in Four' - A film by Picture the Difference



## The Present

The Stranger takes Scott to visit the homes of other people. Each home shows other people struggling with their own problems. Can you identify the mental health difficulties experienced?



Who is struggling?  
What is their struggle?



Who is struggling?  
What is their struggle?



Who is struggling?  
What is their struggle?



Who is struggling?  
What is their struggle?



Who is struggling?  
What is their struggle?

Look at all the different people here who are struggling with their mental health. What does this tell us?

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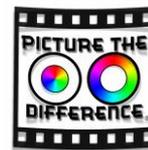
What other situations can negatively affect our mental health?

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## 'One in Four' - A film by Picture the Difference



The coat is a recurring motif throughout the film. List the reasons why Scott wears three coats. What could the coat symbolise?



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At the end of the film, Scott decides to safely step off the pavement and removes each coat. What could be the deeper meaning of these action?



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In the post credit scene, a coat is removed by a passer-by and left on a bench. Another man looks at it as if thinking about whether to put it on or not. Think about the symbolism of the coat and about our theme of mental health. What could this scene be saying, in your opinion?



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Our final song, talks about taking 'just one step'. However low and isolated we may feel, it is important that we do something, even if it is a small thing, to get help or make a change to improving our mental health.

### **Just One Step** (written by Rachel Woods)

*Just one step is all it takes  
One step more until you find the way  
Be the change in someone's life  
Keep them away from all their strife*

*Just one step 'til the end of the trail  
Make a difference - let your dreams sail  
Don't give up - don't hold back  
Just one step to stay on track*

*Life can be a cruel, cruel world  
Cannot take it any more - It's gonna be okay  
Life can be a cruel, cruel world  
Cannot take it any more - It's gonna be okay*

*Just one step is all it takes  
Even if times feel deranged  
The path will change - You'll make it through  
It's what your mind is telling you.*

Make a list of all the small steps that we can take to improve our mental health:

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Thankyou for watching!