


Yellow September in schools: A dynamic approach to the topic

 <https://doi.org/10.56238/sevened2024.002-033>

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ABSTRACT

The project "Yellow September in schools" was carried out as a workshop by the scholarship holders of PIBID (Institutional Program for Teaching Initiation Scholarships) of the Degree in Mathematics of IFRN- Campus Santa Cruz, in its partner schools. The main objective of this project is to bring students a moment in which they can express themselves and have a period of reflection on the theme, in addition to providing a different activity from what is available in the classroom. During the process of preparing the workshop, research was carried out for a better understanding of the subject, to prepare the scholarship holders on how to behave and approach the theme of Yellow September in the school environment, taking the theme to the students in a light and dynamic way. To carry out the workshop, playful interactive methods and games interconnected with the theme addressed were used.

Keywords: Yellow September, Workshop, PIBID.

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INTRODUCTION

September is the month dedicated to Yellow September, the period of suicide awareness and prevention. According to an article published by the Ministry of Health in November 2022, the WHO (World Health Organization) estimates that more than 700 thousand people take their own lives annually in the world, with a significant emphasis on young people aged 15 to 29. Depression is identified as the leading cause of suicide attempts, although there are a number of other factors that contribute to these alarming statistics, such as the diagnosis of serious illness and school bullying.

The importance of suicide awareness is evident during the month of September, when advertising, information and prevention campaigns are promoted, especially in educational institutions. According to psychologist and professor at UNIFAA (University Center of Valença) Tatiane Andrade, schools play a crucial role in this approach, as young people and adults spend a significant part of their lives within these educational institutions and develop daily bonds with their peers and educators. Therefore, it is essential for school teams to be aware of situations that could trigger mental health problems among students. In addition, the topic of Yellow September should be discussed and addressed throughout the school year, so that students can feel comfortable expressing and dialoguing about their feelings within the school.

In view of the aforementioned considerations and based on research, the PIBIDIANS of IFRN – Campus Santa Cruz developed a playful event aimed at addressing the theme of the month of September together with students from PIBID's partner schools. Recreational activities and games were developed that address the subject in a light and calm way, with the aim of reducing the stigma associated with the discussion of issues related to mental health. In addition, posters were designed to be displayed in schools, raising awareness about Yellow September and encouraging suicide prevention.

THEORETICAL BACKGROUND

The month of Yellow September brings with it a mountain of stigma about the subject that is addressed. According to a survey carried out by psychologist and professor at UFF (Fluminense Federal University) Luciana Gageiro Coutinho, mental health problems among young people are not isolated cases, because statistical data show that most young people who suffer from some disorder (depression, anxiety, bipolarity) that result in suicide, reflect the historical context in which these people are inserted. For this reason, most students do not feel comfortable expressing their feelings and talking about mental health with the people around them. Research shows that, during the period of the Covid-19 pandemic, there was an increase in the percentage of diagnoses of young people with psychological disorders, which rose from 7.7% to 14.8% among young people aged 18 to 24.



According to Lev Vygotsky's theory, the educator plays an essential role in suicide prevention. This is done by identifying each student's Zone of Proximal Development, acting as a social mediator, promoting open communication, and adapting strategies that are sensitive to the cultural and social context. The educator is instrumental in creating an environment of emotional and intellectual support, promoting healthy development, and preventing mental health problems, including suicide. For this reason, the event was designed and developed, with the initiative of having an open communication with the students.

MATERIALS AND METHODS

The methodological approach adopted for the event was divided into three distinct stages. The first phase focused on researching websites and articles related to the theme of Yellow September, as well as searching for effective strategies to communicate this subject to students. In addition, the Pibidians looked for games and interactive activities that could be incorporated into the event. During these researches, PIBID members developed two dynamics that were included in the event.

The first dynamic was called the "Hug Dynamic" and operated as follows: in the center of the room, three people stood with their backs to each other and spoke various statements, related to the topic under discussion or to their tastes. The other participants in the room, when they identified themselves with a statement, approached the group and expressed their feelings through a hug.

The second dynamic was called "Yellow Box" and worked as follows: two people went to the center of the room and rolled a dice. The action to be performed was determined by the result of the dice. For example, if the dice indicated "hug," the two people involved should exchange a hug. This dynamic included a variety of actions, from physical displays of affection to verbal expressions.

Then, PIBID participants started the second phase of the project, which consisted of creating posters related to the theme. These posters were later displayed in schools.

Figure 1: Elaboration of posters by some Pibidians.



Source: Own (September 2023)

Finally, the project was implemented in schools, bringing with it the two interactive activities already mentioned, and a poster production workshop. The workshop aimed to allow students to actively participate in the project and express their feelings through art.

RESULTS AND DISCUSSIONS

After the completion of the planning and development stages of the project, the Pibidians proceeded with the implementation of the workshop in partner schools. There was a special interest and involvement in the workshop of the students at the Maria Arioene de Souza School, located in Campo Redondo. The workshop at this institution took place on September 29, 2023.

Figure 2: Dynamics of the "Yellow Box"



Figure 3: Dynamics of the "Yellow Box"



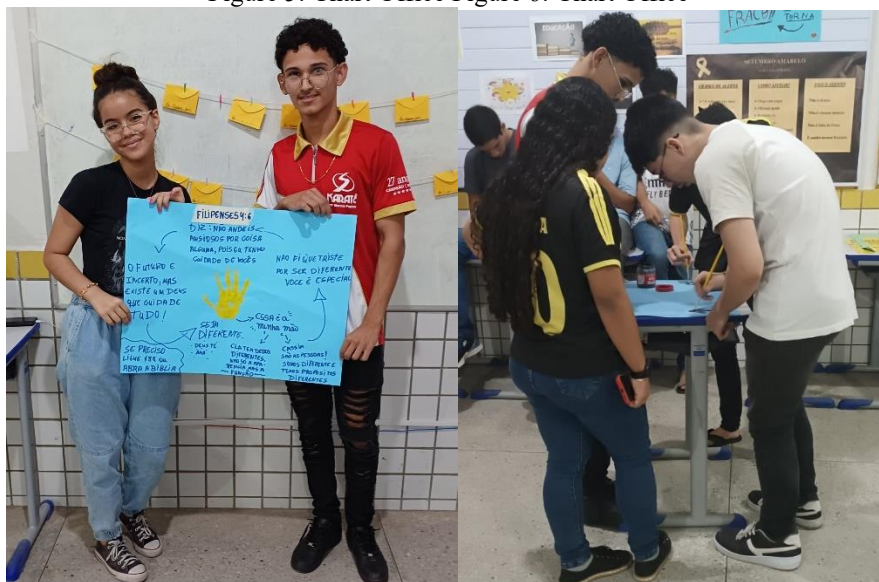
Source: Own (2023) Source: Own (2023)

Figure 4: Hug Dynamics



Source: Own (2023)

Figure 5: Chart Office Figure 6: Chart Office



Source: Own (2023) Source: Own (2023)

During the workshop held at the school mentioned in the previous paragraph, it was noticed that the students showed a high level of appreciation for the activity, and most of them were able to understand the message that the participants of the Institutional Scholarship Program for Initiation to Teaching (PIBID) were trying to convey in a lighter and more pleasant way.

FINAL THOUGHTS

After conducting research and designing the workshop, as well as its execution, it became evident that this method proved to be an interesting approach to address a topic that continues to be full of taboos in society, particularly in schools. It was observed that the vast majority of students were able to find ways to express themselves, either through playful activities or in the creation of



posters. In summary, the conclusion was that educational institutions should promote a greater space for discussions within their environments.



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