

KOOTH - Welcome to 2021

In light of the new restrictions that have just been introduced we would like to remind you that **Kooth.com** is available in your area for young people aged 11 - 18 for free, safe and anonymous wellbeing support and advice, accessible from any internet enabled device.

Following my previous mailings and offer of virtual or recorded assemblies and staff refresher sessions, I continue to receive requests for these.

If you would like to book virtual support, please do get in touch rpotter@kooth.com.

Please note the upcoming **Live Forums** on Kooth for young people to access during January are as follows:

Wednesday 6th January – New Year, New Opportunities... To Build and Develop Resilience

Welcome to 2021! After one of the most difficult years many of us have ever experienced, it's time to turn towards the future and look at how we can look at the new year as a chance for new opportunities. We'll be focusing on what we have learnt in the last 12 months and how we can build on this shared knowledge to help develop our resilience.

Friday 15th January – ADHD & Me: Symptoms, Emotions and Coping Skills

Tonight we want to talk about ADHD, from what the symptoms are, how it can make you feel, as well as ideas for coping. So, if you are living with ADHD, know someone with it, or would just like to know more about ADHD then please come along to join us tonight!

Monday 18th January – Supporting a Friend After a Crime

It can be really difficult to hear a friend has experienced crime. Whether they were a victim or a perpetrator sometimes it can be hard to know what to say or do to support our friend whilst also keeping ourselves safe. So tonight, as part of our VOC project, we're going to hopefully share some lovely ideas to work together to see what support after a crime could look like.

Friday 29th January – Learning to Be and Showing Your True Self

What is your true self? How do you know what it is? And, how do you show it? In this live forum those are some of the questions we're hoping to answer! We're going to be sharing ideas, tips and experiences with one another, and will also be talking about what to do if it's not safe for you to be your true self. So we really do hope you'll be able to come join us!

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Upcoming Kooth content for January includes -

Various topics focusing on Male Mental Health

Wellbeing quiz

Relationship communication styles

Sport and wellbeing

How to: stay hopeful

Kooth reviews – Fantastic Beasts

Global/eco anxiety

The creative power of storytelling (for national storytelling week 30th Jan – 6th Feb)