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## Children's Mental Health Week Express Yourself in association with HeadStrong

We are delighted to release further details to support this year's Children's Mental Health Week in your secondary school.

We have teamed up with HeadStrong to create an extensive suite of videos focusing on the mental health and wellbeing needs of your learners. Each video is around twenty minutes long and themed to the specific needs of each set of year groups. Throughout, attention is given to the impact of the pandemic and remote learning.

### RECORDED VIDEOS FOR YOUNG PEOPLE

**P7 & S1** - <https://youtu.be/Gy4J8wri7lQ>

With a focus on transitions, young people are asked to consider the 'soundtrack' they use in their lives. This session is a gentle introduction to concepts of mental health and wellbeing.

**S2 & S3** - [https://youtu.be/ZeyYmwrrE\\_g](https://youtu.be/ZeyYmwrrE_g)

With a focus on the changes in peer and family relationships that punctuate the early teenage years, young people learn about how this is a manageable period of transition in their lives.

**S4 & S5** - <https://youtu.be/h65QV1VxRnM>.

With a focus on the ongoing disruption of the pandemic and the pressure of exams, young people learn about how important 'meaning' is to our mental health and how we can understand the pressures of being a young adult in a COVID world by understanding our own minds.

**S6** - <https://youtu.be/Y4mCpQUODUY>

With a focus on preparing for transition to adulthood in unprecedented circumstances, young people learn how to change the narrative in their head to create hope for their futures.

### RECORDED VIDEOS FOR FAMILIES

<https://youtu.be/2cWgXa44cSk>

With a focus on teaching coping strategies, this video – designed for an audience of parents and carers – educates adults about mental health and how to understand their child's emotions and behaviour better in these difficult circumstances.

### YOUTUBE *LIVE* FOR STAFF

**Wednesday 3<sup>rd</sup> February at 4.30pm**

<https://youtu.be/cwz-cPym7Fc>

Designed to be responsive to the needs of our staff, HeadStrong discusses the practical coping strategies required to support staff's mental health and wellbeing during this extended period of remote learning.

### YOUTUBE *LIVE* FOR FAMILIES

**Wednesday 3<sup>rd</sup> February at 6.30pm**

<https://youtu.be/UZU2XFZ6Po>

Designed to be responsive to the needs of our families during remote learning and lockdown, HeadStrong discusses the practical coping strategies required to support everyone in the household. This session – though designed for parents and carers – is suited for whole family viewing.



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Over **3000** young people, families and staff watched the HeadStrong mental resilience videos on



"I am so glad I was able to watch this as it helped me understand what other people may be going through and how I could handle things if I was going through it myself." - (S4 pupil)

"I enjoyed how the video was upbeat and positive as it made me feel that there's always a positive in bad situations." - (S3 pupil)

"They were very powerful and thought-provoking. The speaker made each video relevant to the age of the pupils and offered useful, practical advice to challenge thinking and make sense of the current context and how the pandemic affects our mindset. Most importantly, he gave us all hope and reminded us that this will not last forever." - (DHT)

"I love the way he let us see through our own experiences, our own upbringing, even our own ways of helping our children and the mistakes that we often make when trying to 'fix' our kids. The advice was invaluable." - (Parent)

"Headstrong provided a tremendous support and focus for pupils, parents and staff throughout Children's Mental Health Week. In a very relaxed atmosphere, Brian encouraged us to talk about our mental health, giving us tips and strategies on how to look after ourselves and those around us who we love and care for. This type of support was very much welcomed and appreciated by many" - (Head Teacher)