



Movember 2023

“He’s talking, but are you listening?”

Student Script



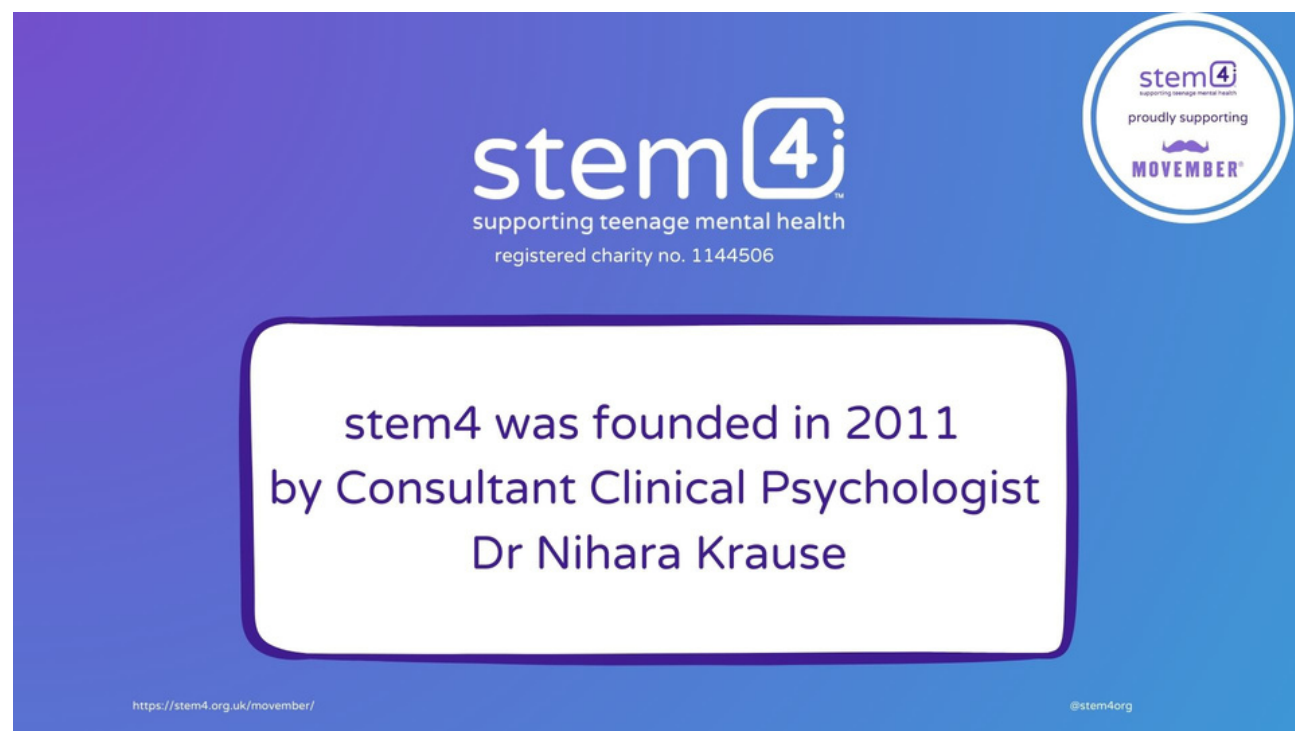
Slide 1



Hello and welcome to our presentation on Movember, put together by Youth Mental Health charity stem4.

stem4's campaign slogan for Movember 2023 is “He’s Talking, but are you listening?”.

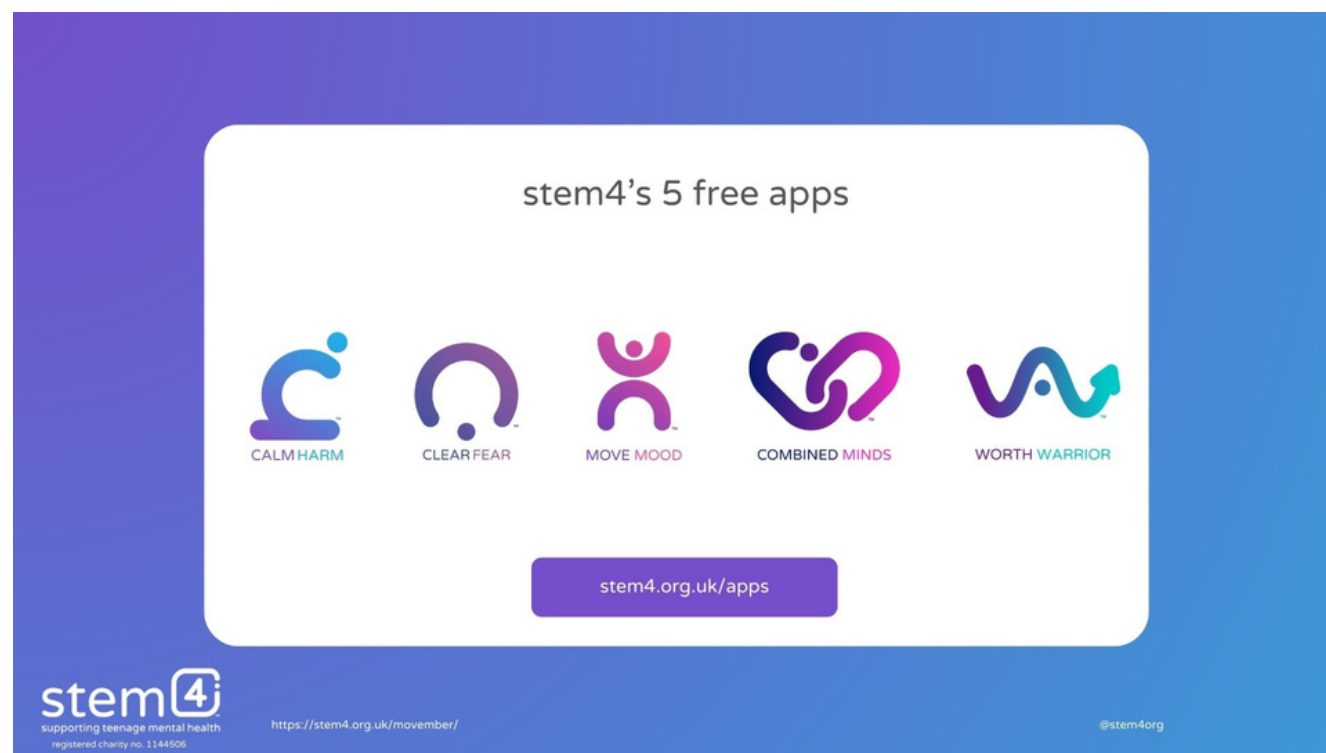
Slide 2



stem4 is a youth mental health charity that was founded in 2011 by Consultant Clinical Psychologist Dr Nihara Krause.

stem4 promotes positive mental health in teenagers and those who support them, including their families and carers, education professionals, school nurses and GPs. This is achieved through the provision of mental health education, resilience strategies, and early intervention.

Slide 3



stem4 have 5 free and clinically-informed apps that are designed to stem mental health difficulties in their earlier stages.

These apps – Calm Harm, Clear Fear, Move Mood, Combined Minds, and Worth Warrior – are all available to be downloaded from Google Play and the App Store.

For more information about these apps, look at stem4's website.

Slide 4

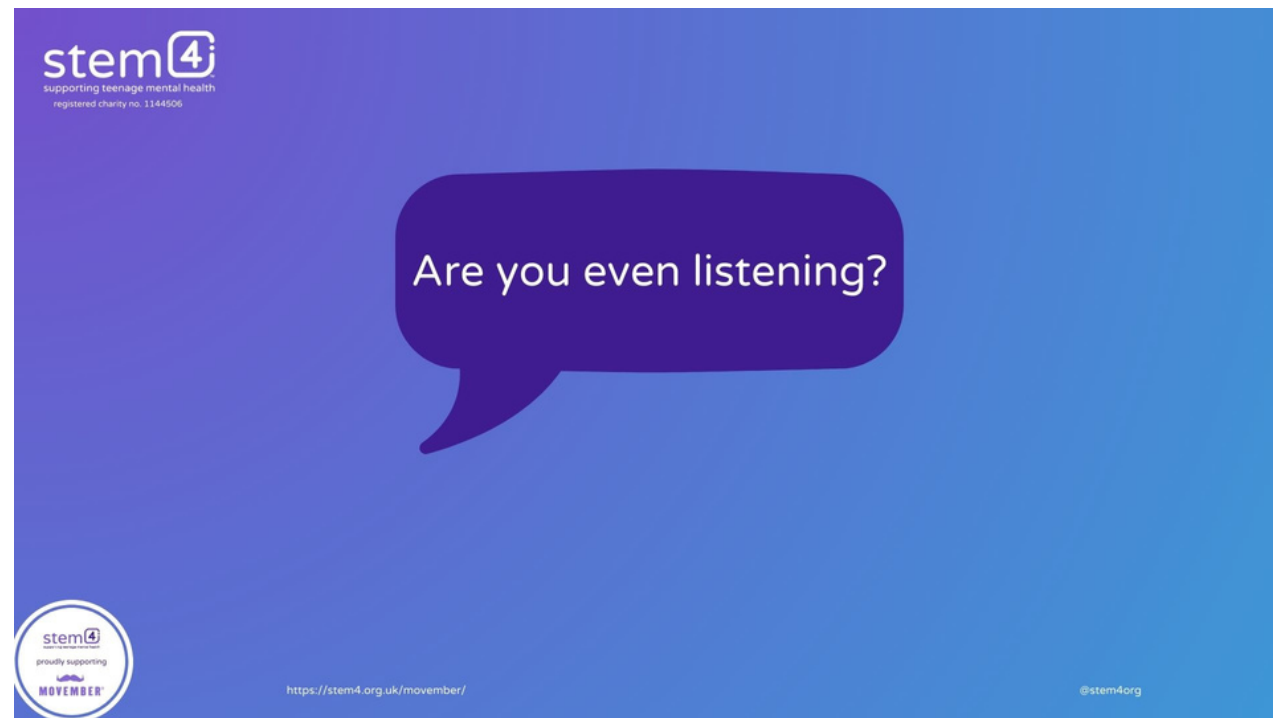


About stem4 & Movember

Every year, the charity Movember Europe devotes the month of November to raising awareness of issues affecting men's health and raising funds for projects that support these issues.

That's why this Movember, stem4 is contributing to the conversation around men's mental health.

Slide 5

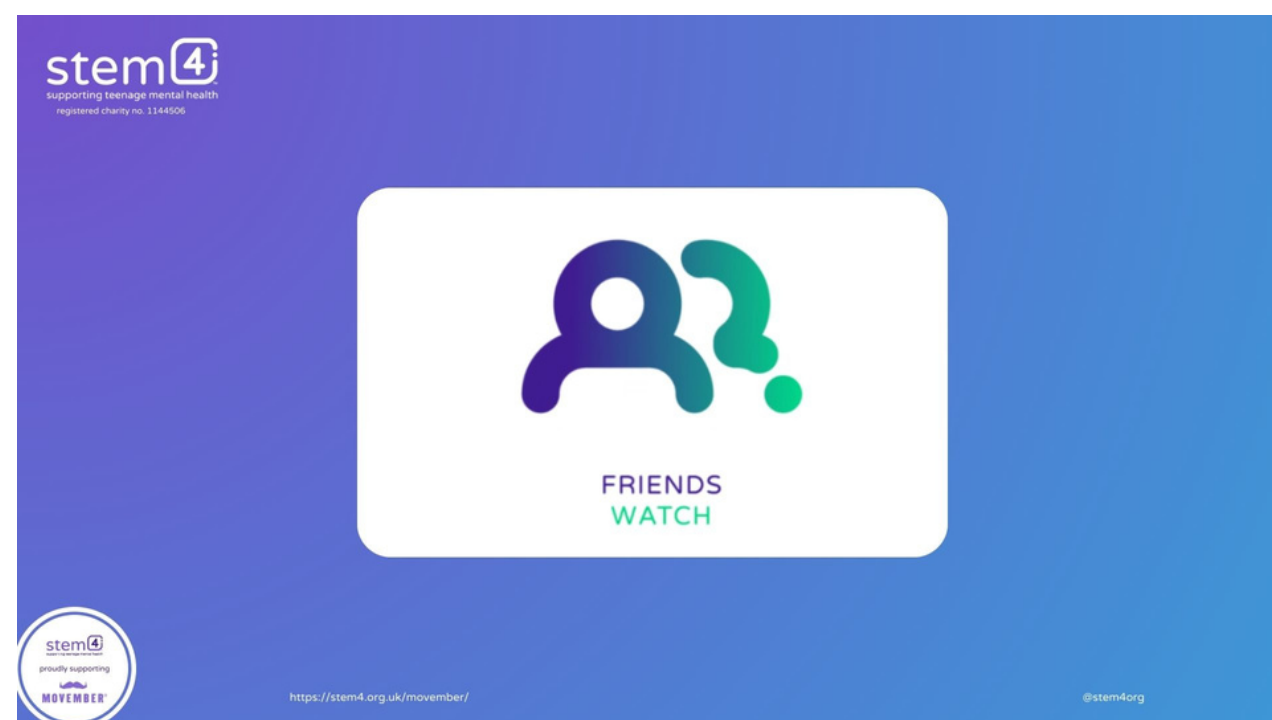


Are you listening?

The focus of stem4's Movember campaign this year is 'He's talking but are you listening?' which seeks to encourage friends, teachers and parents to make sure that they are asking questions and listening to boys and young men when they talk about their mental health.

It is very important to reach out and try and speak about your mental health. It is also important that as friends we are there to listen to our friends when they are speaking.

Slide 6



stem4 loves to support young people, their families, friends and teachers but they need our help to create awareness in our community.

They need us all to be ambassadors for positive mental health and so they have shared some tips on how we can do this with our friends – the system is called ‘Friends Watch’ and it consists of 4 steps.

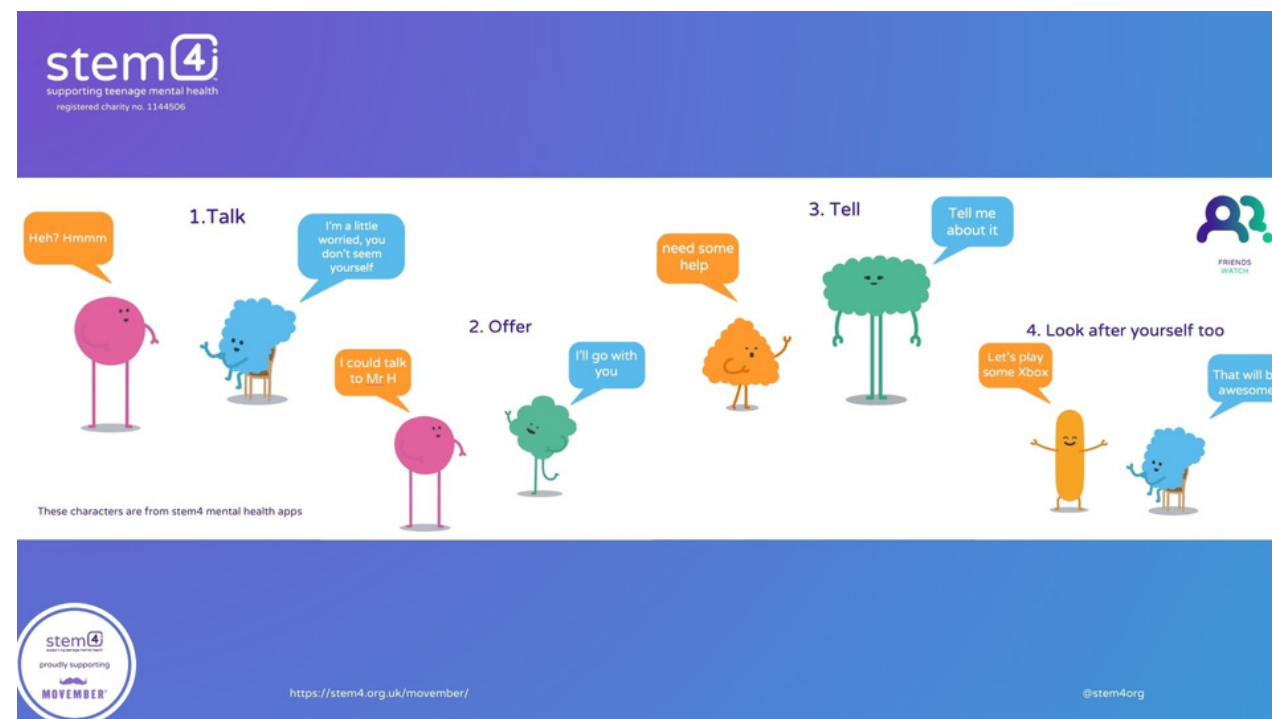
Slide 7

Tip 1: Find the right time and place to talk to your friend; listen but don't criticise.

Don't directly mention the details of what you are concerned about but do say that you are concerned. Don't offer confidentiality, you may need to tell a trusted adult that you are concerned about your friend and don't be surprised if they are not willing to talk or listen. It may take time and gentle repetition.

You could say,
'I am a little worried; I've noticed that you don't seem yourself; Is there anything you would like to share with me?' or if you ask if they are ok and they say 'yes I'm fine' then ask again 'are you really ok?'


Often when people are given the opportunity to move past the first greeting, when it's hard to start with being 'heavy', they are more comfortable with starting a proper conversation.





Slide 8

1 minute task

Ask a friend how they are going to listen this Movember



Then swap and tell them how you will listen.

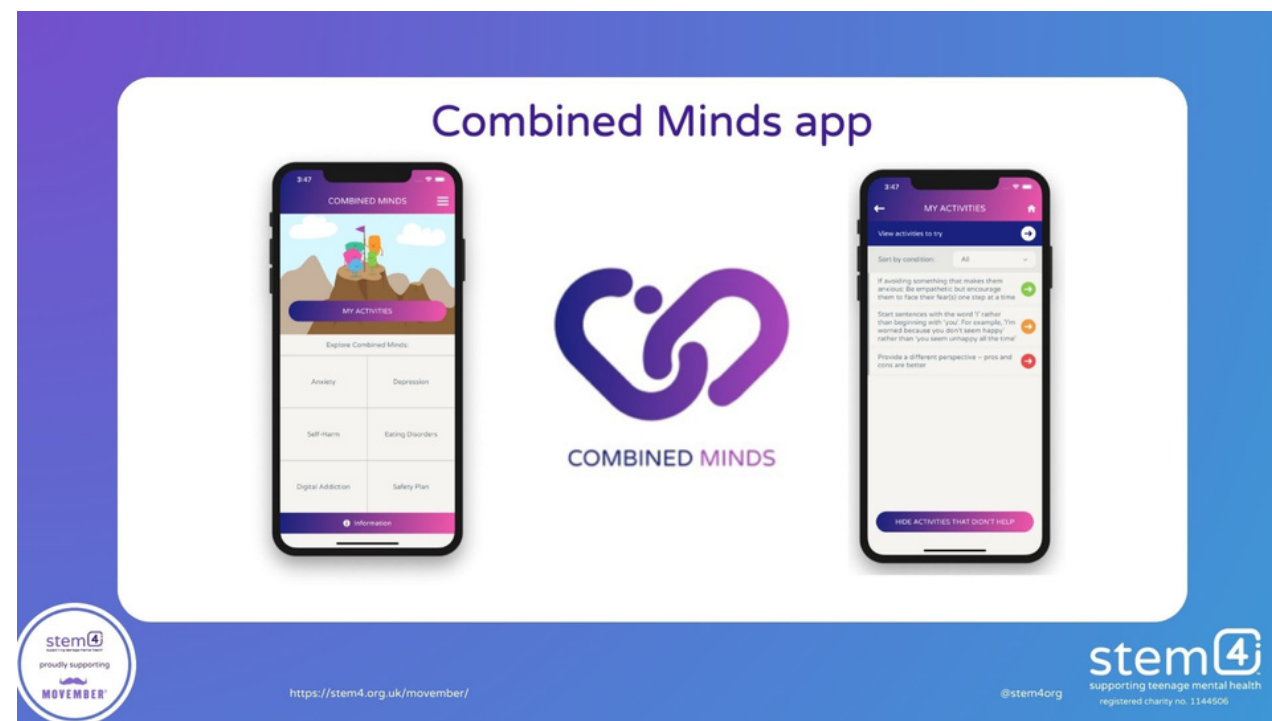
 <https://stem4.org.uk/movember/>  supporting teenage mental health
registered charity no. 1144506

In 1 minute turn to the person next to you and ask them what they are going to do to listen well this movember?

Then swap and tell them what you are going to do to listen?



Slide 9

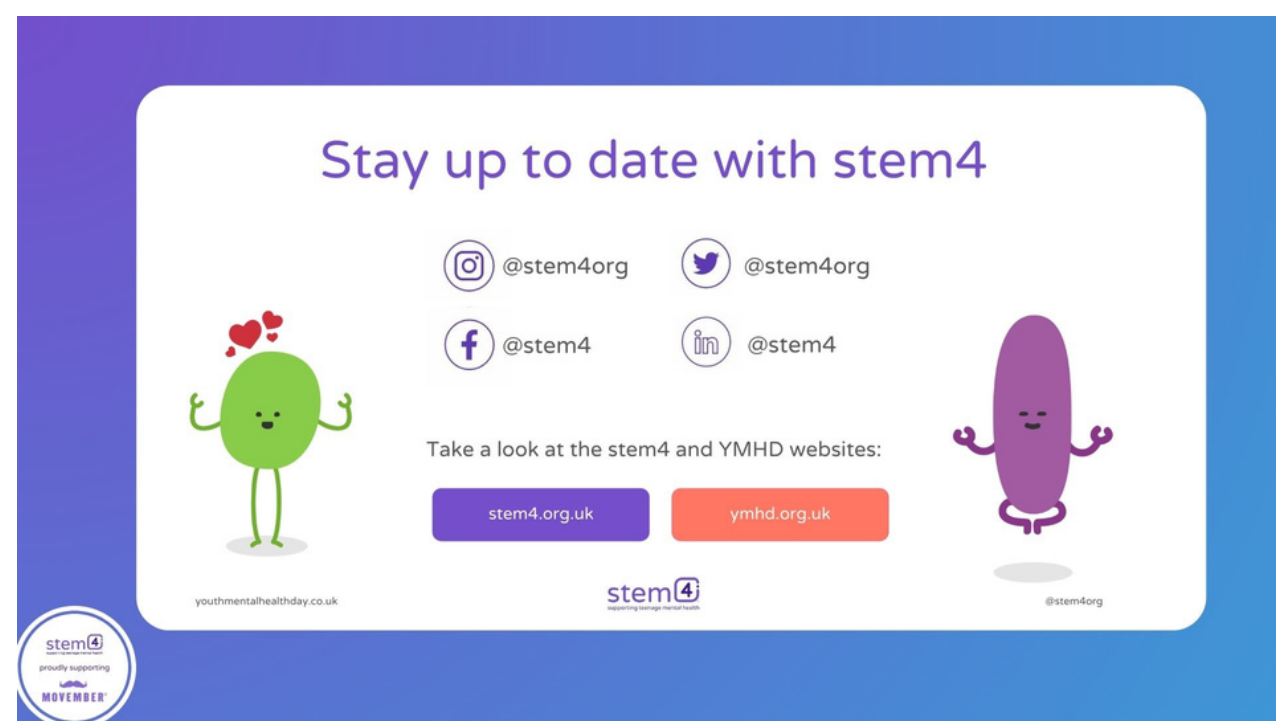


Combined Minds is a free app that helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact on their mental health.

A 'Strengths-Based' Approach works both ways, also helping families and friends to search for their own strengths.



Slide 10



Follow stem4 on Instagram, Twitter and Facebook at @stem4org, or visit the stem4 website stem4.org.uk to find out more about the charity and access stem4's free resources.

Visit stem4's Movember website page for all of our Movember guides and resources.

Slide 11

Thank you for listening!



<https://stem4.org.uk/movember/>

@stem4org

Thank you for listening!