



Movember 2023

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

Student Script



Slide 1

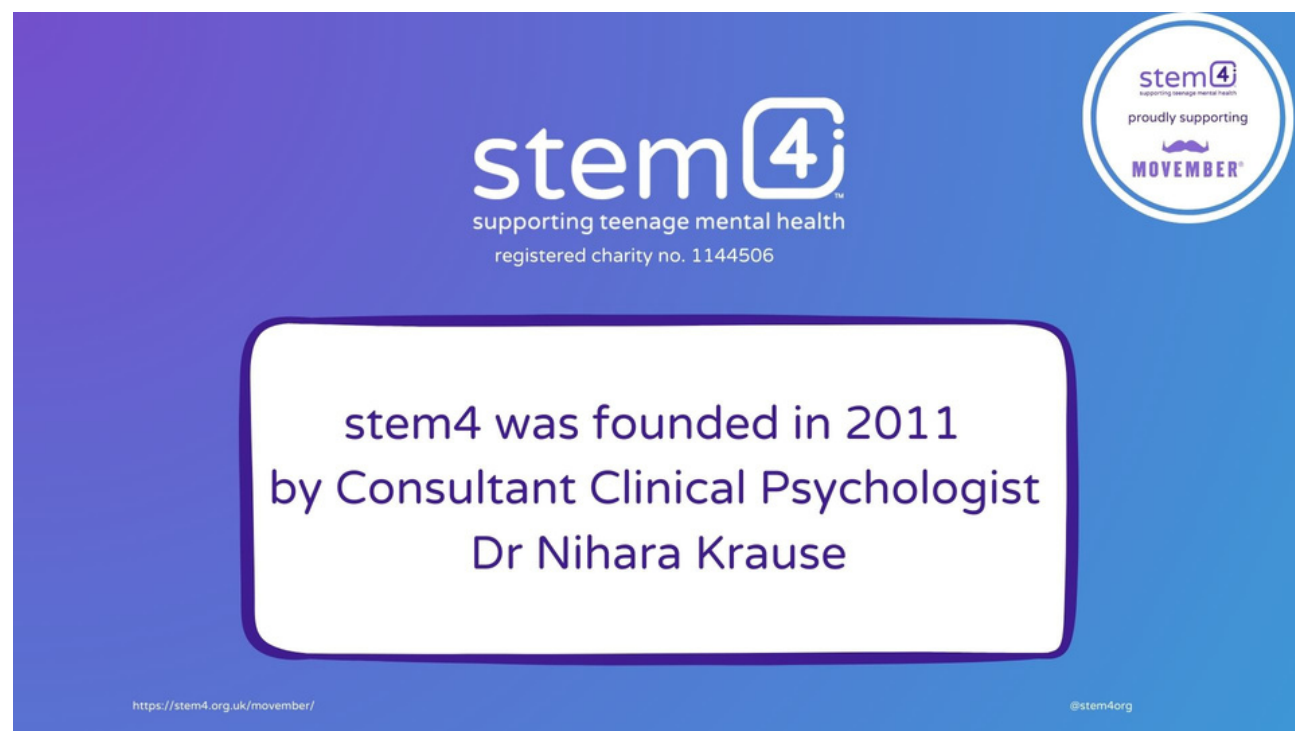


Hello and welcome to our presentation on Movember, put together by Youth Mental Health charity stem4.

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

#I'mListening

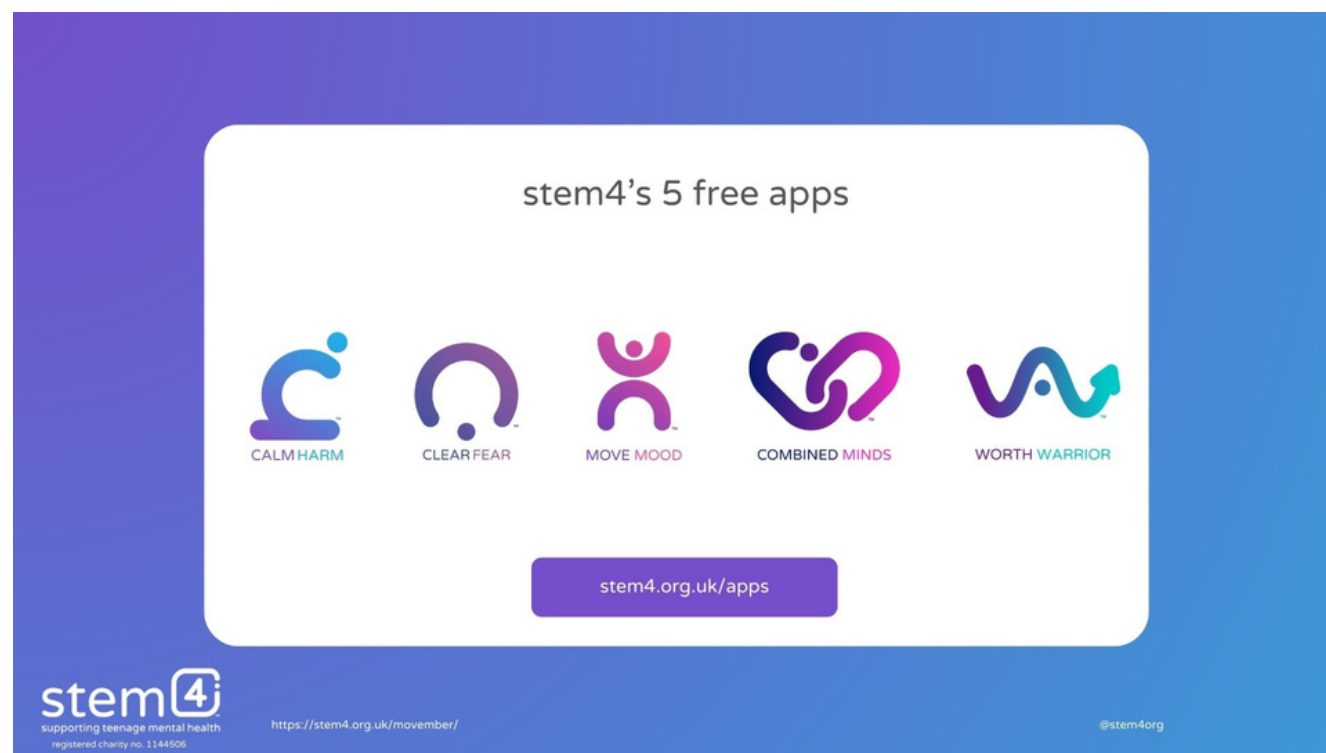
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stem4 is a youth mental health charity that was founded in 2011 by Consultant Clinical Psychologist Dr Nihara Krause.

stem4 promotes positive mental health in young people 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.

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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.

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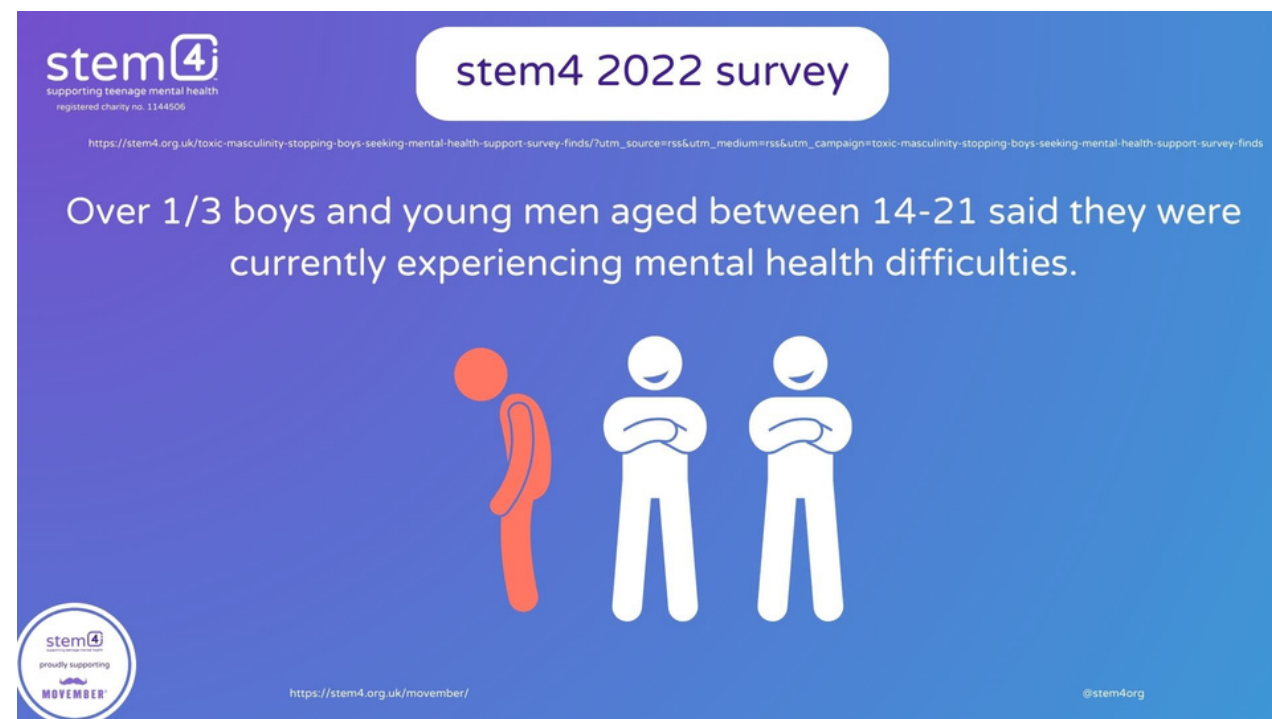


About stem4 & Movember

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.

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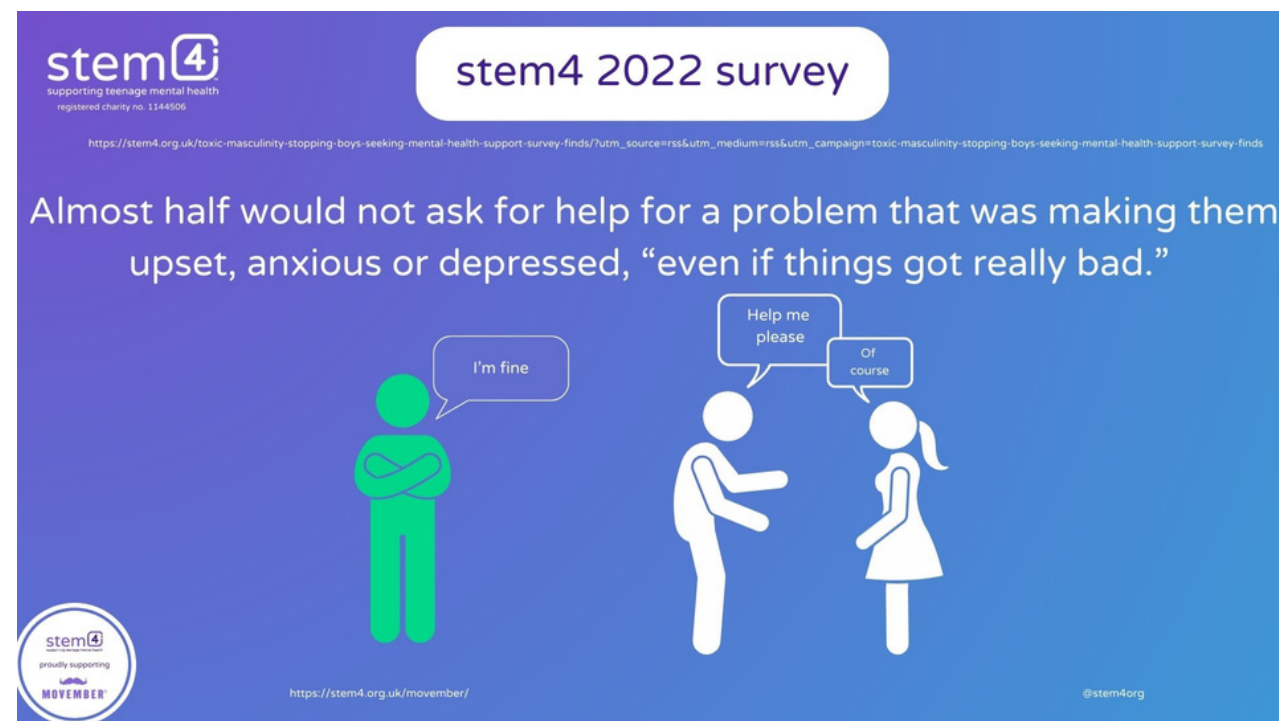


Why is this needed?

As part of stem4's 2022 Movember campaign they surveyed 1,100 boys and young men, exploring their experiences with mental health. This stem4 survey found that fear of shame or feeling 'weak' is deterring many boys and young men from seeking help for mental health problems. The survey also shows that many do not receive support when they ask for it.

Over a third (37%) of boys and young men aged between 14 and 21 said they were currently experiencing mental health difficulties.

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Why is this needed?

As well, the survey found that almost half (46%) of respondents would not ask for help for a problem that was making them upset, anxious or depressed, “even if things got really bad.” When asked what was stopping them, 36% said they didn’t have the courage, 32% said they “don’t want to make a fuss” and 30% said they would feel weak or ashamed. A fifth (21%) worried that people would laugh or think less of them, and 14% said they would “feel less masculine.”

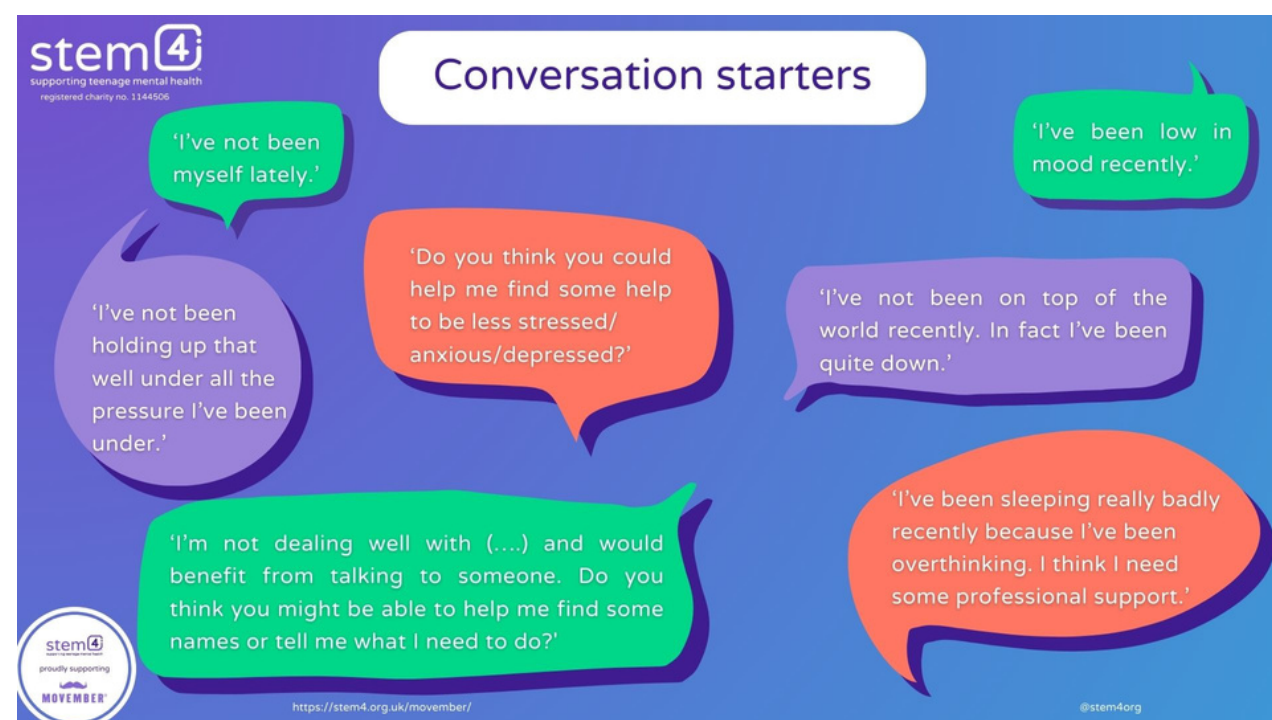
Meanwhile, 15% said they don’t know how to ask for help.

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While it may feel difficult to talk to someone about your mental health, sharing how you're feeling with a trusted person (such as a friend, family member, teacher or GP) can help you feel supported and less alone.

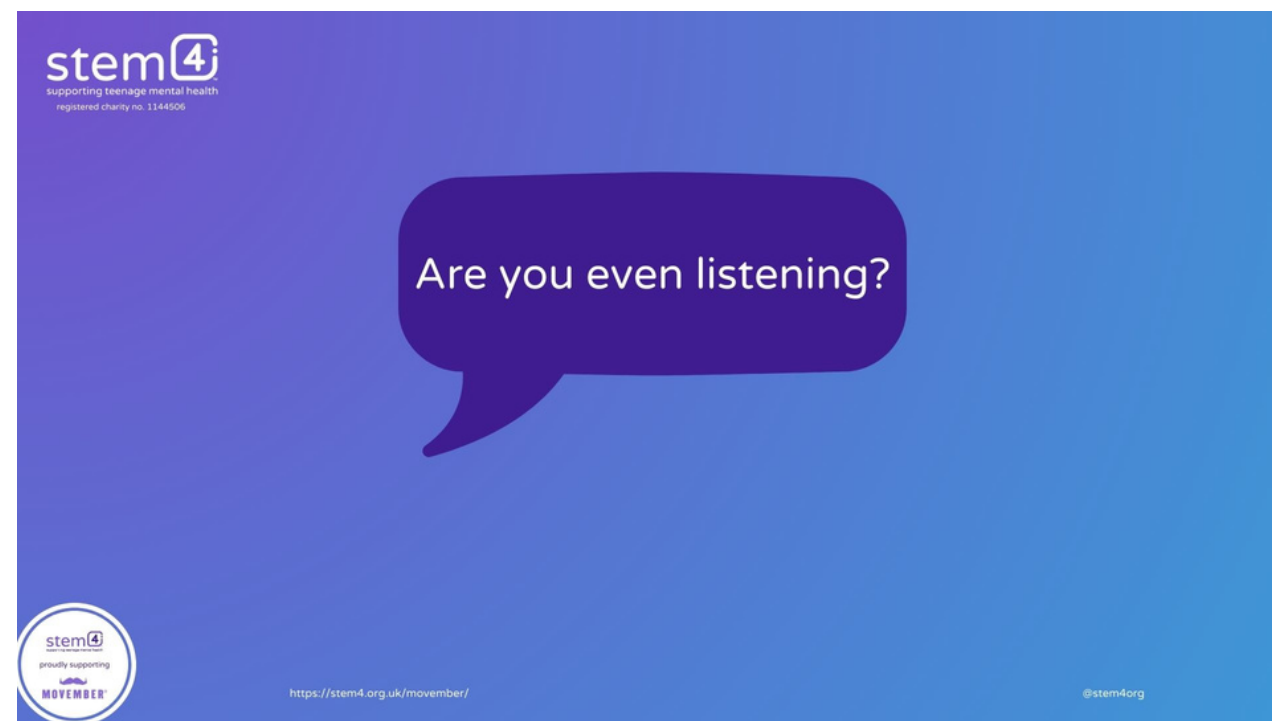
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Here are some convo starters you can use to speak to someone about how you are feeling.

Question for discussion: Does anyone else have any other suggestions of ways in which to open up the conversation?

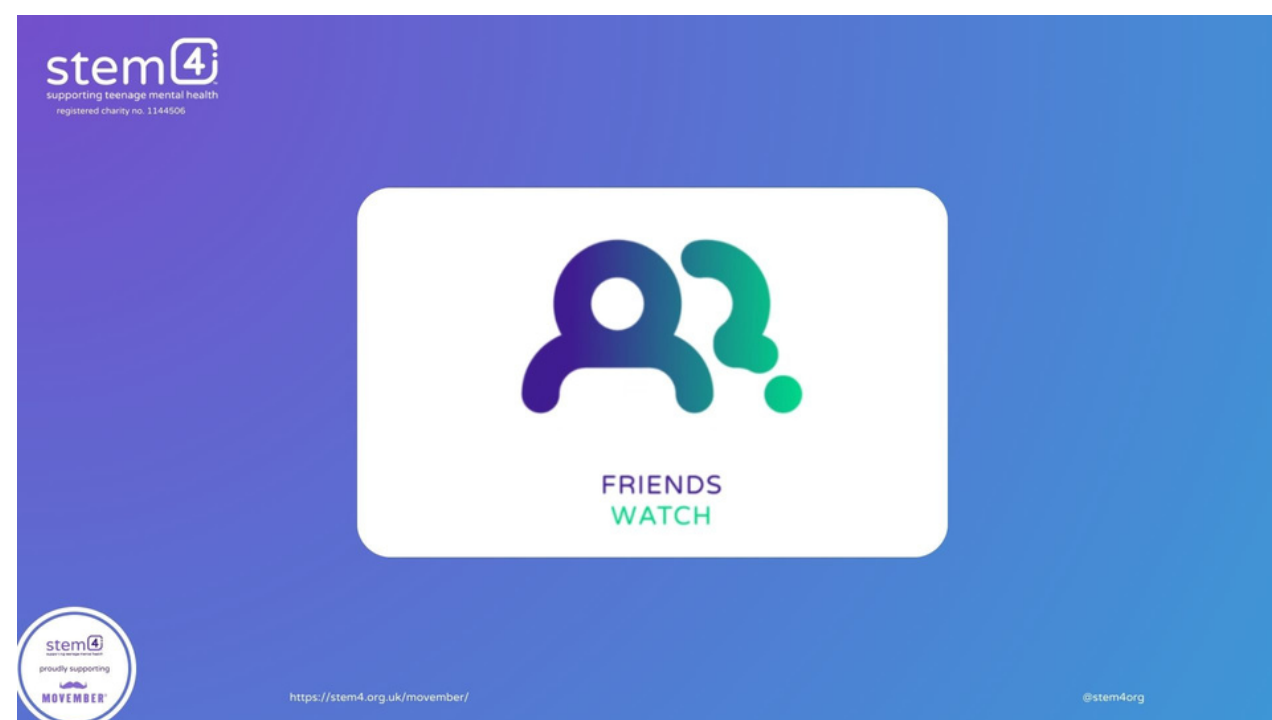
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It is very important to reach out and try and speak about your mental health. However, it is also important that as friends we are there to listen to our friends when they are speaking.

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.

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

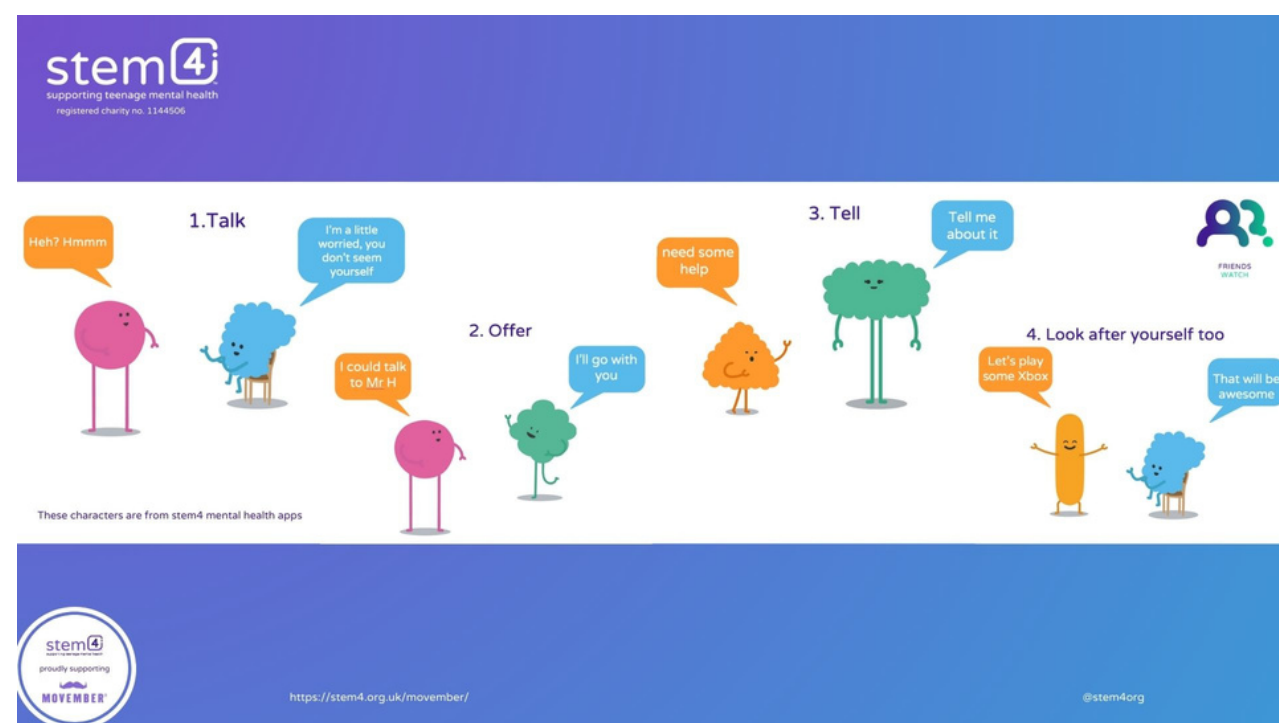
They need us all to be ambassadors for positive mental health and so they have shared some tips on how we can do this with our friends – the system is called ‘Friends Watch’ and it consists of 4 steps.

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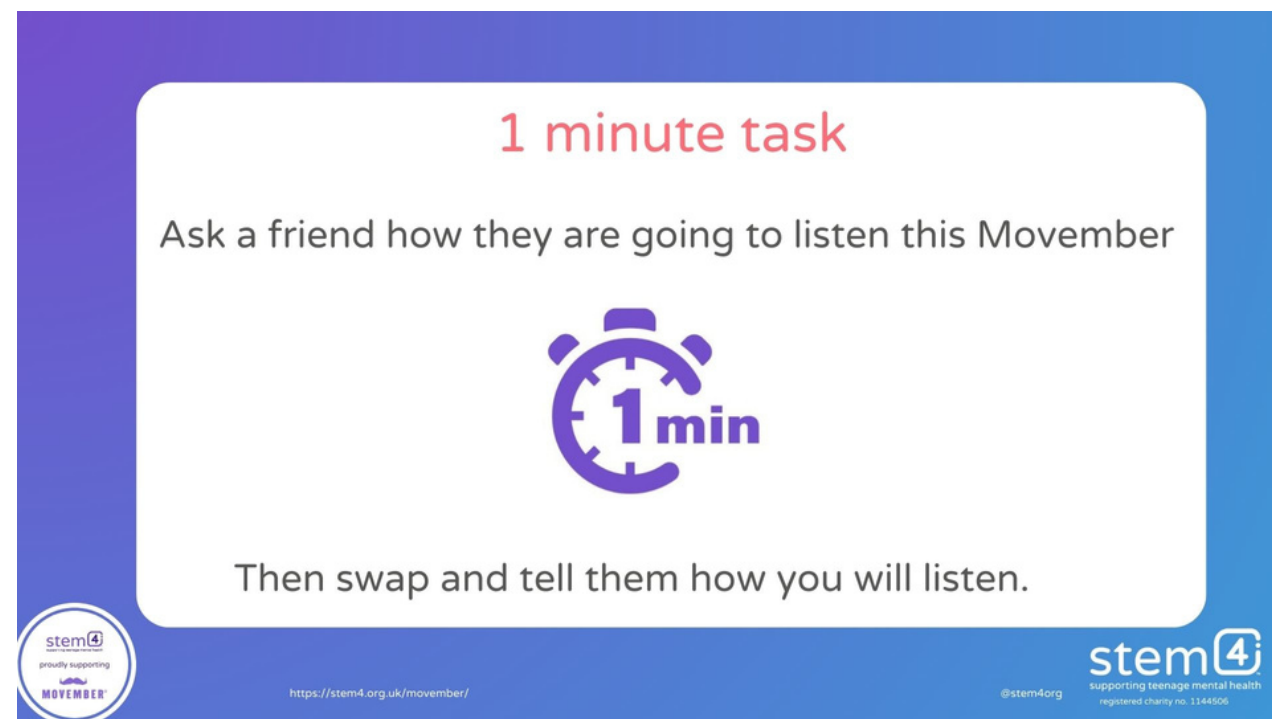
This is an overview of the 4 steps of Friend's Watch

For more a separate presentation which offers additional information on how to listen well download our listening presentation. The 4 steps are to:

1. Talk
2. Offer
3. Tell
4. Look after yourself too



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A task card with a blue border. The top section has a red header "1 minute task". Below it, the text "Ask a friend how they are going to listen this Movember" is displayed. In the center is a purple alarm clock icon with "1min" written inside. Below the icon, the text "Then swap and tell them how you will listen." is shown. The bottom of the card features the stem4 logo on the left, the URL "https://stem4.org.uk/movember/" in the center, and the stem4 logo with "supporting teenage mental health" and "registered charity no. 1144506" on the right.

1 minute task

Ask a friend how they are going to listen this Movember

1min

Then swap and tell them how you will listen.

stem4 proudly supporting NOVEMBER

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

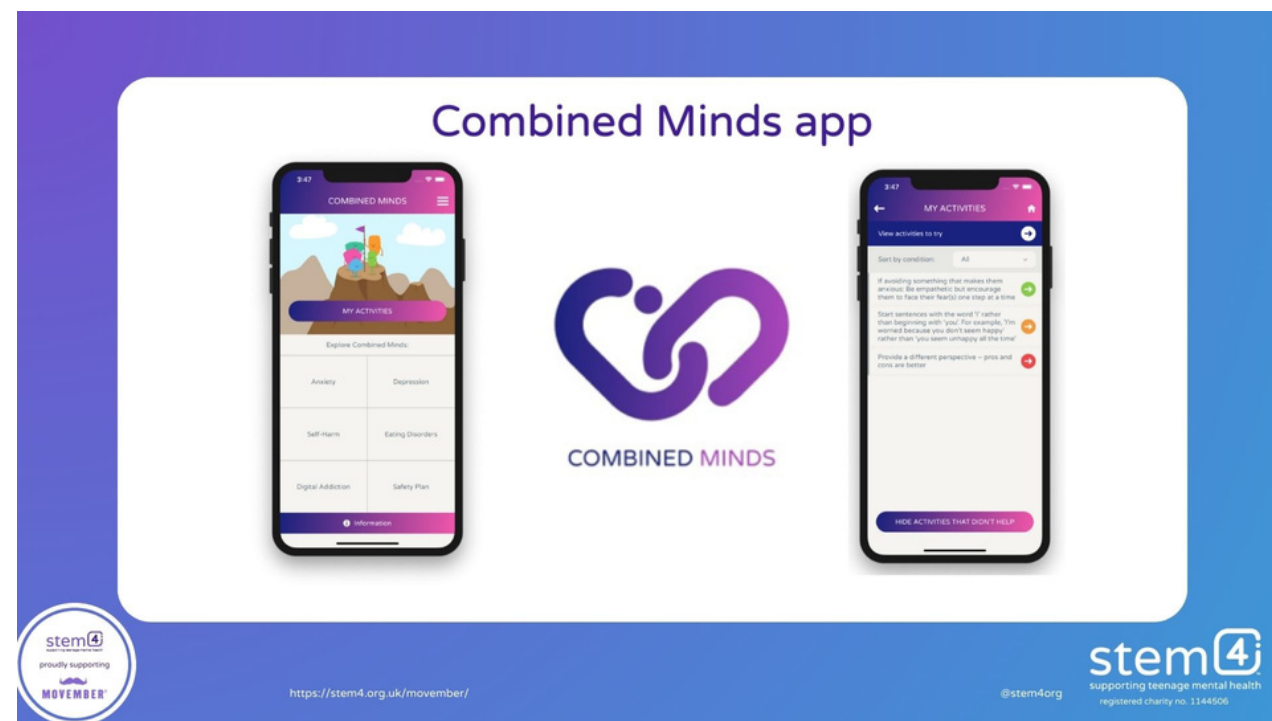
stem4 supporting teenage mental health registered charity no. 1144506

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?



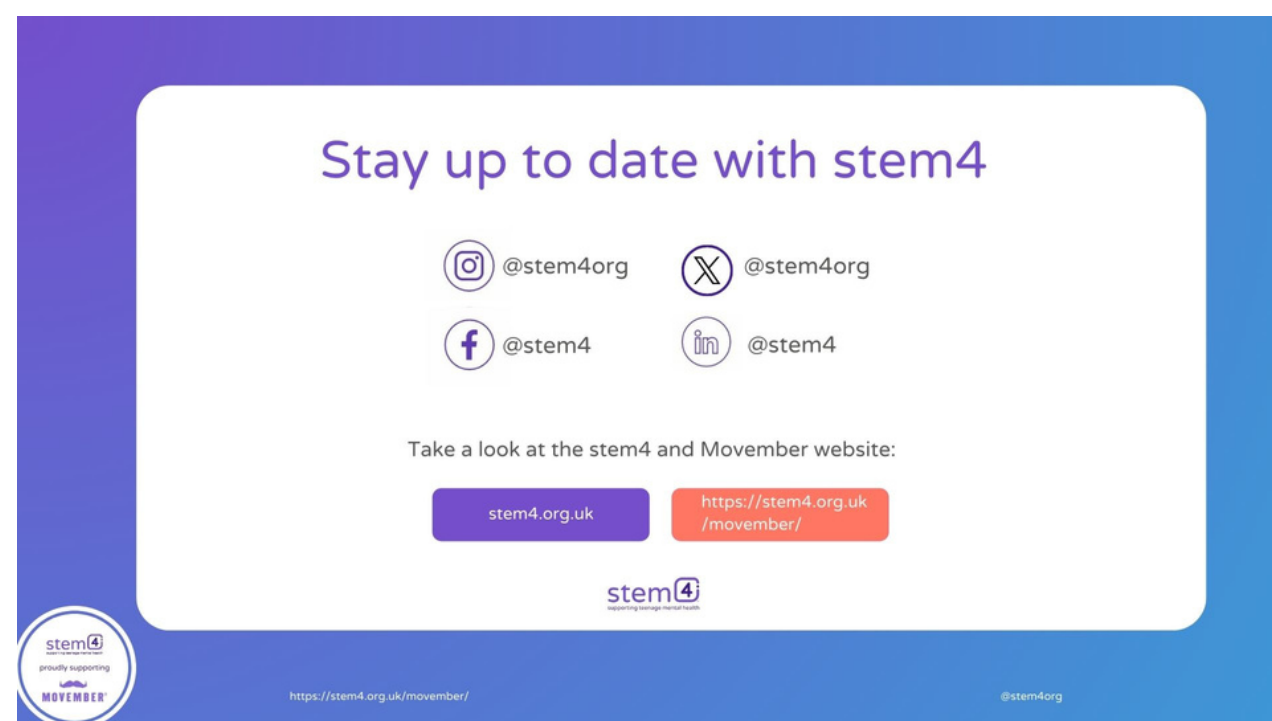
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Combined Minds is a free app that helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact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

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

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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.

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Thank you for listening!



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

@stem4org

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