



stem4j  
supporting teenage mental health

# YOUTH MENTAL HEALTH DAY™

19th September

## Schools and Colleges Activity Pack





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# Introduction

## Youth Mental Health Day: 19 September, 2023

Youth Mental Health Day (YMHD) was founded in 2020 by stem4, a charity that promotes positive teenage mental health. Youth Mental Health Day encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health.

### YMHD 2023: #BeBrave

This year, the theme for Youth Mental Health Day is #BeBrave. Today, four in ten young people say they have mental health difficulties, of which seven in ten say they are experiencing feelings of anxiety (71%) and low mood (67%) And over the past year, nearly half of young people say they have experienced feelings of loneliness, isolation, and feeling left out either all, or most of the time.

That's why this year's YMHD theme is #BeBrave. Whether it's building confidence in facing difficult situations, building social confidence through learning to work together on team tasks, or learning to have the courage to fail by doing something new no matter what the outcome, being brave can mean something different to everyone. By focusing on what it takes to be brave, #stem4YMHD hopes to give young people the courage and confidence they need to achieve their goals and ambitions, and be the best version of themselves they can be.

## Getting involved at your school or college!

stem4 is encouraging schools and colleges around the country to get involved on 19 September by thinking about what it means to #BeBrave. Our aim is to promote positive mental health in young people, both at home and within the school environment.

This pack contains many ideas of activities for schools to take part in, and is mostly aimed at secondary school and college students.

We hope your school or college gets involved and helps us to raise awareness and promote positive mental health this Youth Mental Health Day!

# Step 1: Download our resources

## #BeBrave Guides

stem4 has created two guides on how to #BeBrave this Youth Mental Health Day, which you can use to engage with your students.

Our general guide for young people explores how they can manage anxieties and fears, and #BeBrave when facing the challenges of everyday life.

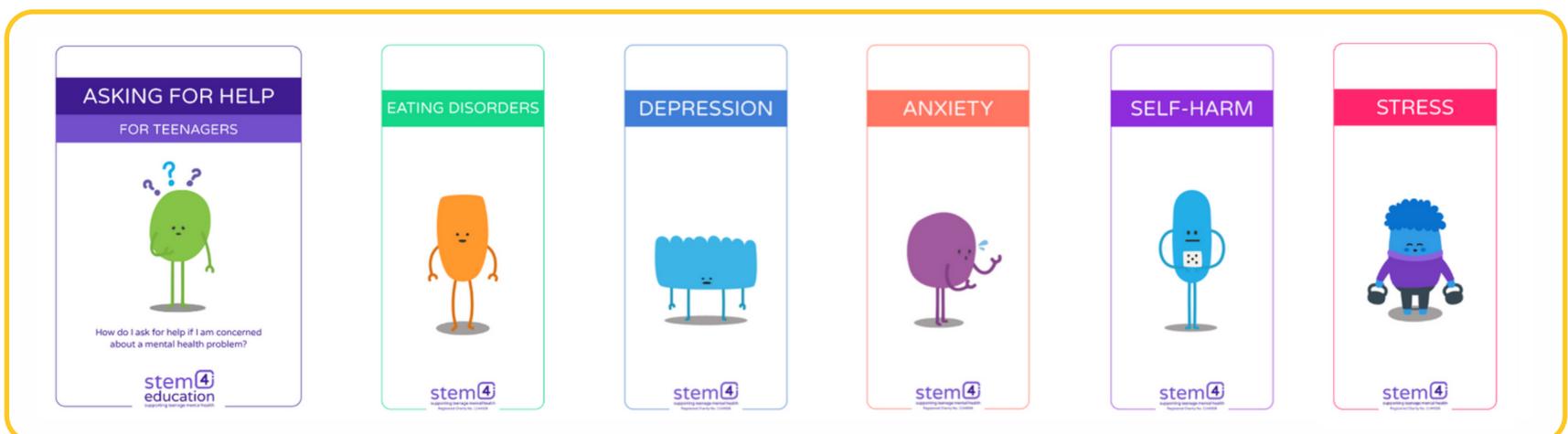
Our 'How to #BeBrave: School and College Edition' looks more specifically at the challenges that young people face whilst at school or college. The guide explores how to adjust to a new school environment, manage work stress, face difficult social situations, and more. There are also signposts to our resources on emotionally-based school avoidance, as well as further information and support.

Download these resources at [youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)

## stem4 Resources

The stem4 website contains many other downloadable (and completely free) resources. This includes an Asking for Help Booklet, leaflets on the major mental ill health conditions, our mental health app library, and further resources for schools and teachers.

Take a look at our other resources here: [stem4.org.uk/resources](https://stem4.org.uk/resources)



# Step 2: Hold a YMHD assembly at your school or college

Youth Mental Health Day aims to promote positive mental health in young people by raising awareness and starting meaningful conversations. And so, we are inviting you to hold your own Youth Mental Health Day assembly at your school or college.

stem4 has created assembly slides and an accompanying script to help guide your assemblies or presentations. In our slides, we explore mental ill health in young people, the #BeBrave YMHD theme, and what bravery may mean to young people. We also signpost to stem4's other free digital resources.

Invite a teacher, student, group, or class to hold their own Youth Mental Health Day assembly, and start a dialogue about bravery and positive mental health within your school community.

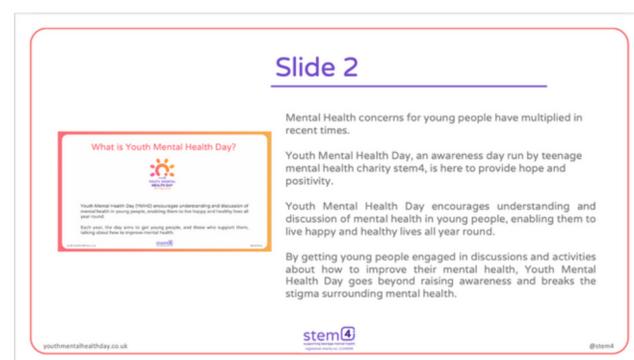
Download your assembly pack at [youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)

This presentation should take roughly 20 minutes. If you have to present during a shorter time slot, we recommend you use the following slides:

- Slide 1- Introduction
- Slide 2- What is Youth Mental Health Day?
- Slide 3- About stem4
- Slide 8- YMHD theme - #BeBrave
- Slide 9- What is bravery?
- Slide 10- Why #BeBrave?
- Slide 13- How can you challenge yourself to #BeBrave?
- Slide 16- Reflection on what it means to #BeBrave
- Slide 18- Thank you for listening!



One of our presentation slides



A page from our presentation script

# Step 3: Build your own #BeBrave Wall

This September, the stem4 Team will be hosting a #BeBrave Wall event near our office in Wimbledon, South West London. We will be inviting members of the public to share what #BeBrave means to them by writing it on our wall! The aim of this event is to inspire one another with our bravery and highlight that being brave means something different to everyone.

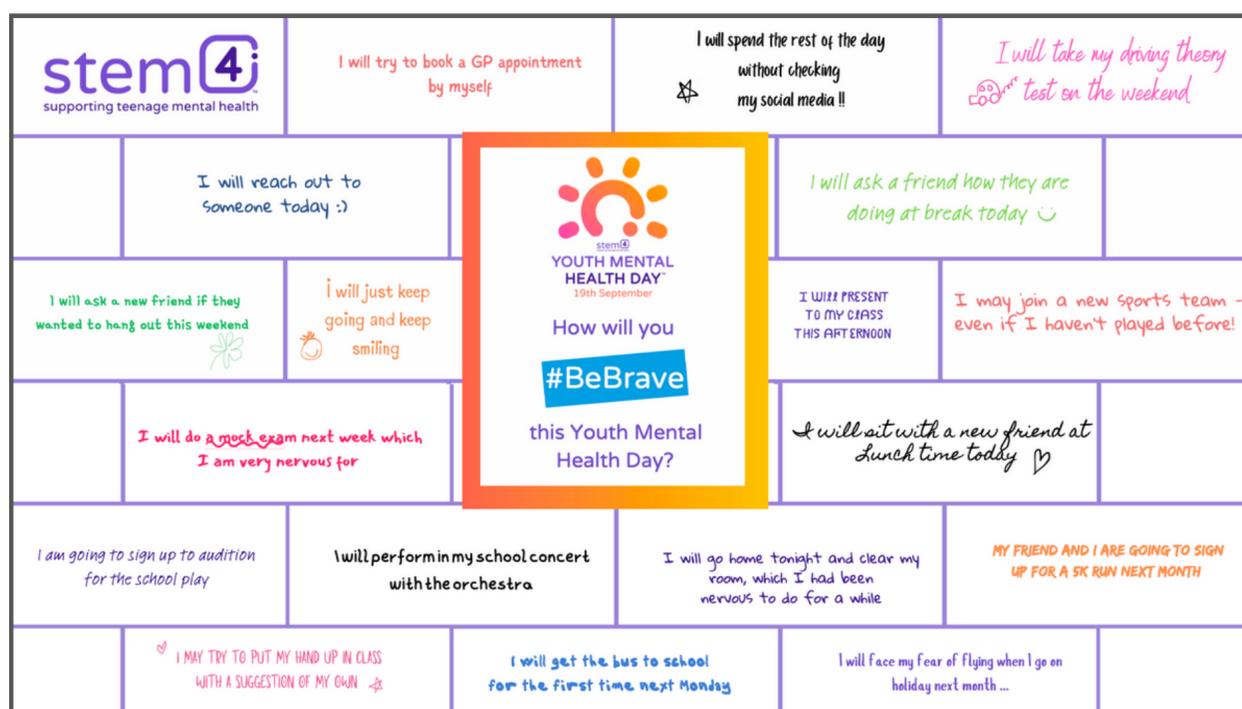
We invite you to do the same in your school community!

Using paper, cardboard, a classroom whiteboard (or whatever you like!), create your own #BeBrave Wall display. Invite students to work together to create the #BeBrave Wall as a relaxing, creative activity. If you can, place your display somewhere in your school community and encourage students to share what it means to them to #BeBrave, encouraging a healthy discussion surrounding wellbeing and positive mental health.

Kick-start your wall display by downloading our logo pack and YMHD assets, including some of our wonderful stem4 app characters.

Download assets for your #BeBrave Wall at [youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)

We would love to see what your #BeBrave Wall looks like - please email us photos or videos of your activities to [YMHD@stem4.org.uk](mailto:YMHD@stem4.org.uk), or post them online using our hashtag [#stem4YMHD](https://twitter.com/stem4YMHD) and tag us [@stem4org](https://twitter.com/stem4org).



# Step 4: Create a #BeBrave box

Another way to celebrate this year's Youth Mental Health Day is to create a #BeBrave box for your school/college community.

Whether you keep this in a common room, corridor, communal area, or have multiple bravery boxes all in different classrooms, this is a great way to encourage students to quietly and individually reflect on what it means for them to #BeBrave.

## How to create your #BeBrave box

1. Find an empty cardboard box.
2. Create a slit or hole in the top of the box.
3. Write 'stem4's YMHD #BeBrave Box' on the front of the box.
4. Get your students involved in decorating the box as a fun and relaxing creative activity.
5. Give students a small piece of paper and encourage them to write down what being brave means for them (this can be anonymous!) and post their notes into the box.
6. Come together and share the messages, or simply use this activity as a way to encourage students to reflect on their own achievements and acts of bravery.

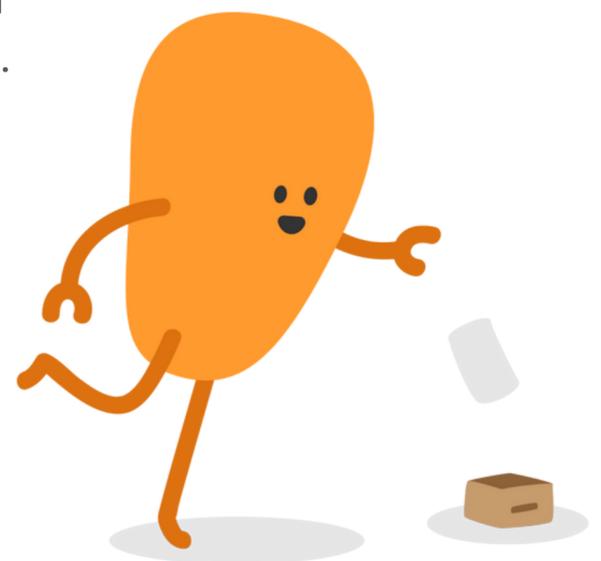
## Another option

Alternatively, fill your box with tips on how students can #BeBrave both at school/college and at home. Students can then each pick a tip out of the box.

Check out our YMHD guides and other stem4 resources for some ideas of practical tips that may benefit your students.

YMHD Guides: [youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)

stem4 resources: [stem4.org.uk/resources](https://stem4.org.uk/resources)



# Step 5: Get involved with other #BeBrave classroom activities

## 1. Bravery research

Get students to research an act of bravery or a person within popular culture that they feel displayed bravery. Ask students to present this example of bravery either to the class or in small groups. The aim of this task is to inspire bravery in one another, and to recognise the many forms that bravery can take.

## 2. Creative writing

Set your students a creative writing task in which they write about a moment in their lives where they, in any way, had to face their fears or anxieties and be brave. Ask them to describe how this felt, and how they think it shaped who they are. Explain that this moment of bravery can be however 'big' or 'small' as they want - remind students that acts of bravery happen every day in many different ways. The aim of this task is to demonstrate to every student that being brave isn't just 'something that other people do' which they can only aspire to, but it's in fact something everyone already does, perhaps without even noticing.

## 3. #BeBrave poster competition

Encourage your students to design a #BeBrave poster for Youth Mental Health Day 2023 and offer the winner a small prize or treat!

Direct students to the stem4 website ([stem4.org.uk/resources](https://stem4.org.uk/resources)) and YMHD resources ([youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)) for inspiration.



# Step 6: Start meaningful discussions

By getting young people engaged in discussions and activities about how to improve their mental health, YMHD hopes to break the stigma surrounding mental health. It aims to tackle the heart of the issue by giving young people a voice and the agency to take steps towards positive mental health.

To encourage this within your school/college community, create a space for open discussion surrounding bravery, anxiety, and other mental health issues.

Use our discussion points to help you kick off and navigate these discussions in the classroom.

 **Point 1:** What does the term 'mental health' mean?

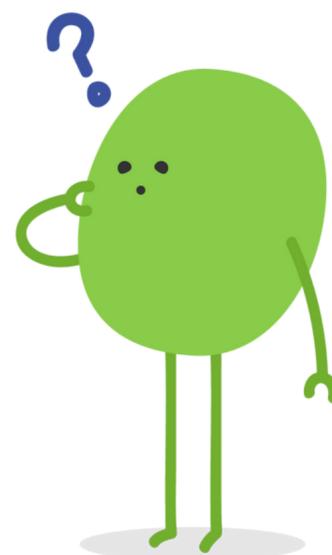
 **Point 2:** What does it mean to #BeBrave?

 **Point 3:** Why is it important to practise bravery in your everyday life?

 **Point 4:** When was the last time you had to face a fear or worry and #BeBrave?

 **Point 5:** What act or moment of bravery inspires you?

 **Point 6:** How can you challenge yourself to #BeBrave?



# Step 7: Write to your MP

This Youth Mental Health Day, take a stand against the lack of access to mental health support and early intervention for young people. Write to your school or college's local MP and demand that these issues are discussed in parliament, and the government is held to account.

In 2022, NHS Digital reported that 1 in 6 children and young people aged 7-16 have experienced a mental health concern. This is an increase from 2017 when 1 in 9 children and young people reported the same concerns. However, young people are still unable to access the support they need. It is estimated that 250,000 children and young people referred to specialist NHS children's mental health teams are refused treatment as their conditions are not seen as severe enough. Furthermore, Young Minds has reported that more than 4 in 10 (44%) of young people waited more than a month for mental health support after seeking it. If young people are refused treatment early, then it is to be expected that their mental health conditions will only worsen with time.

## Contact your MP

Invite your class or form group to come together and discuss these important issues and collaborate on a letter to send to your school or college's local MP.

stem4 has provided a letter template to help guide you. Download the template at [youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)

## Get in touch

We would love to hear how you get on. Email us with any questions or updates at [YMHD@stem4.org.uk](mailto:YMHD@stem4.org.uk)

Thank you for helping stem4 in our fight to ensure that all young people receive the support that they need and deserve.



# Step 8: #GoPurple and fundraise for stem4



GO PURPLE

## What is #GoPurple?

stem4's #GoPurple initiative encourages you to combine raising money with promoting wellbeing within your school community.

## How can you #GoPurple?

Here are some ideas to help you GoPurple and raise money for stem4 this Youth Mental Health Day.

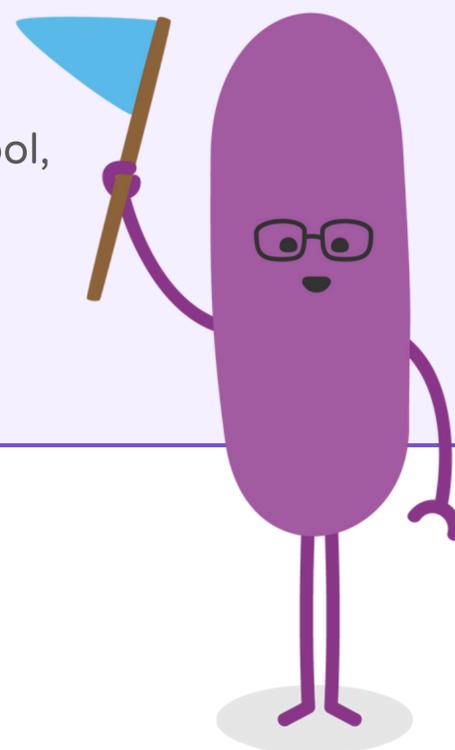
**Purple bake sale** - enjoy delicious purple cakes, biscuits and treats whilst raising money for stem4.

**Wear purple day** - how many purple items can you wear at the same time? Wear these purple items to school or work and donate to stem4.

**Purple sports tournament** - wear purple kit or costumes and take part in a GoPurple match or sports tournament.

**Purple treasure hunt** - hide purple items around your school, workplace, or local community and hunt them down!

**Purple pick n mix** - sell a mix of purple sweets and treats and raise money for stem4.



We have a wealth of resources to help you along the way!

To find out more, or to receive the materials you need, please contact [fundraising@stem4.org.uk](mailto:fundraising@stem4.org.uk) or visit [stem4.org.uk/get-involved](https://stem4.org.uk/get-involved)

# Step 9: Share your #stem4YMHD



No matter how your school or college raises awareness, start conversations, or promotes positive mental health this Youth Mental Health Day, stem4 would love to hear about it! We can't wait to see what you get up to.

## How can you share your YMHD with us?

1. Email photos or videos of your activities to us at [YMHD@stem4.org.uk](mailto:YMHD@stem4.org.uk).
2. Share #stem4YMHD by using our social media pack. You can download this at [youthmentalhealthday.co.uk](http://youthmentalhealthday.co.uk).
2. Post on social media and tag stem4 @stem4org.  
Remember to use our hashtags (#stem4YMHD and #BeBrave) too!

Take a look at how schools got involved with our #ConnectMeaningfully theme last year!



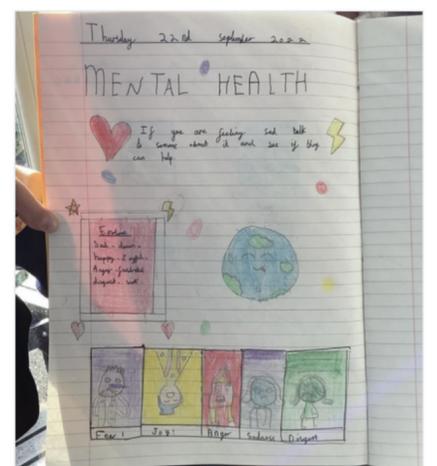
St Cuthbert's C.E. Primary School created a recipe for a good friend



Emanuel School hosted assemblies about stem4's MINDYOUR5 initiative



Some of the team at Godalming College handed out cakes and lollies at break to connect with their new students



St Cuthbert's RC Primary School students got talking about mental health and their feelings



# HEAD ED



Further your school's support of positive mental health in young people with Head Ed.

Head Ed is stem4's entirely free mental health literacy teaching resource for secondary school or college PSHE.

HEAD ED

Head Ed is made up of nine modules for use across Key Stages 3-5, covering topics such as stress, anxiety, depression, and resilience. Every module includes a lesson plan, bite-sized educational videos, a classroom task, discussion points, learning objectives, and more!

For more information, visit [education.stem4.org.uk](https://education.stem4.org.uk)

**HEAD ED**  
by stem4

stem4's free online mental health programme Head Ed, for ages 11+ and 14+, provides comprehensive teacher resources to safely address topics such as **stress, anxiety, depression, self-harm and resilience.**

**Easy, Engaging Lessons**

- 9 Modules and Teacher Packs
- Adaptable Resources
- Short Videos
- Tailor-Made Activities
- Class Tasks & Quizzes
- Designed by a Clinical Psychologist
- Listed in Anna Freud's Mentally Healthy Schools resource library

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Company Registration No. 0779151

## What Head Ed users say:

'Positive and open approaches to stress. Using Head Ed before the exams period helped our students.'  
-Teacher

'I feel so much better just knowing there is some help. I'm so much better now I know it's not just me.'  
-Student

'It's fantastic and I'd recommend to other teachers without hesitation.'  
-Teacher

'It was really useful to know and see that we all feel the same, and understand different ways to deal with stress and ways we all get stressed.'  
-Student

'Simply wonderful. I used them after covid and they went down well. Will use again for year 7 transition.'  
-Teacher



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# YOUTH MENTAL HEALTH DAY™

19th September

Thank you for getting involved with this year's  
Youth Mental Health Day!

If you have any queries, please email us at  
[YMHD@stem4.org.uk](mailto:YMHD@stem4.org.uk)

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