



stem4  
supporting teenage mental health

YOUTH MENTAL  
HEALTH DAY  
19th September

# ASSEMBLY PACK - STUDENT SCRIPT

2022

**#ConnectMeaningfully**

stem4  
supporting teenage mental health  
registered charity No. 1144506

# Slide 1

Script:



Welcome to our assembly on stem4's YOUTH MENTAL HEALTH DAY and how to #ConnectMeaningfully.

## Slide 2

Script:



YMHD was founded by London-based teenage mental health charity stem4. stem4 is a charity that promotes positive mental health in teenagers and those who support them.

# Slide 3

Script:

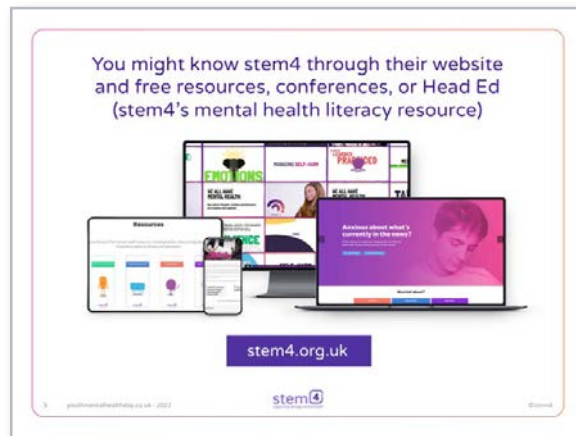


stem4 does this through its four free apps: Clear Fear, Calm Harm, Move Mood, and Combined Minds.

These apps are free and clinically safe.

# Slide 4

Script:



stem4 also has a website full of free mental health resources for students, parents, and teachers. They run student conferences and webinars, and provide a free online mental health programme called Head Ed for teachers to use in PSHE lessons.

To raise awareness about mental health, stem4 also founded Youth Mental Health Day which takes place in September every year.



# Slide 5

Script:

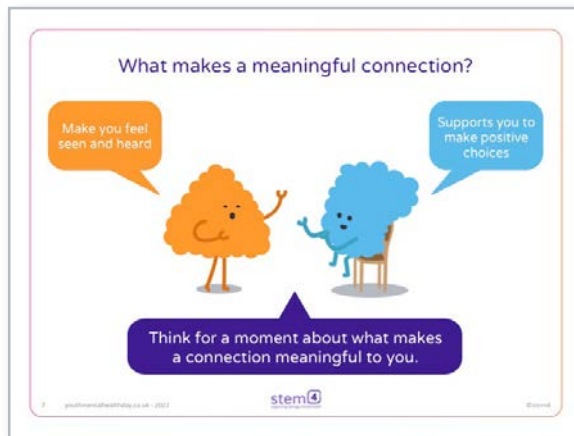


The pandemic has brought with it many changes. We have become more digitally connected. We can talk to teachers on Zoom, connect with friends online, and even see our GP remotely. But for many young people, technology has left them feeling socially disconnected.

In fact, 76% of young people have said not being able to see their friends had a negative impact on them, and 26% of young people have said that their relationship with friends got worse.

# Slide 6

Script:



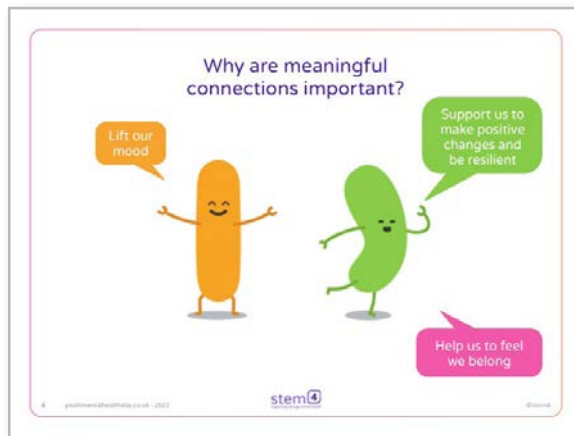
This Youth Mental Health Day, stem4 is focusing on creating positive connections. So let's look at what makes a connection meaningful to us. A meaningful connection is often one where we feel seen and heard.

We also know that time spent face to face with friends and family can be great for positive mental health.

Take a moment to think about what makes a connection meaningful to you. [Reader to pause for moment.]

# Slide 7

Script:



Meaningful connections are important as they can have a direct impact on how we feel and on our mental health. They can help to lift our mood and help us feel supported to make positive changes if we need to. They also help us to feel we belong.



# Slide 8

## Script:

### 8 tips to connect meaningfully with peers

1. Talk to people you might enjoy the company of.
2. Keep a few topics to hand in case an awkward silence sets in.
3. Don't try to 'over impress'.
4. Go with the flow.
5. Be self-aware.
6. Try not to gossip.
7. Don't just talk about yourself.
8. Be authentic.

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So how do we Connect Meaningfully with our peers?

Here are some tips that you can try.

Talk to someone you might enjoy the company of—it's good if you have something in common, for example, if you're both doing the same subject.

Keep a few topics to hand in case an awkward silence sets in, but remember that you don't have to entertain or impress. Rather go with the flow, listen, and contribute to what is being discussed.

It is also helpful to be aware of how you are in conversation. If you tend to dominate the conversation, make sure you pause and let the other person speak. Don't just talk about yourself. Invite them to say something by saying something like 'I'm talking too much—tell me about your day' or ask about their favourite teacher, subject, or song or band.

Try not to gossip. More often than not it makes people feel uncomfortable.

And lastly, be authentic. This means being honest about who you are and not pretending.

# Slide 9

Script:



You can also connect meaningfully in your community. Perhaps find out what is happening in your local area and try to join in. Or you could organise a neighbourhood event, such as a garage sale or bake sale for charity at your house.

Most communities have a Park Run on a Saturday morning that all are welcome to join, your local place of worship might need some help, or perhaps you could spend some time volunteering. Remember, never underestimate the simple act of smiling and saying hello to a neighbour.

# Slide 10

Script:



Once you've made these connections, it's important to look after them and to look after your own mental health. But just how do we maintain these friendships and support them?

A great way to form good relationships is to listen. Meaningful relationships are about both talking and listening. Remember that listening is about being open and non-judgemental and about maintaining a flow of ideas.

Try to follow these tips for listening from Dr. Krause.

# Slide 11

## Script:



Here are 4 great ways to be a good listener and to connect meaningfully:

1. **Remove distractions—pop your phone away for a moment** and turn down loud music. A silence that is welcoming allows the speaker to have the space to start talking. Find the right time and place to talk to your friends or family and remember that the talking should be evenly shared.
2. **Reflect back on what you've heard.** Repeat what your friend is saying to you and check that you have understood correctly. This shows that you are really engaged. For example, 'Just so I'm clear, what you would like is...' Empathetic listening means trying to understand and share the feeling of another person, and it might require you to make space in yourself for acceptance.
3. **Ask them to expand on their thoughts and feelings** and remember to be respectful. For example, 'Tell me a bit more...', 'What else did you think/feel/do?'
4. **Brainstorm with them but don't give advice.** Offer to support them if need be. For example, 'Let's think of all the different things that can be done, NOT what I think you should do...'

# Slide 12

Script:



If face to face connections are difficult for you but you want to connect with someone about your feelings or mental health, we encourage you to talk to your teacher or GP and have a look at some of these sign posts to places where you can connect by text or phone. Like SHOUT, KOOTH, and Togetherall.

Or think of your own, starting with family, friends, and school. Who else could you connect with locally? Keep this information to hand!

# Slide 13

Script:



We would love you to join in with stem4's Youth Mental Health Day 2022 by taking note of some of the things we've talked about in this assembly. Our challenge today is for you to think of ways to connect meaningfully, openly, honestly, and face to face, with friends, family, and your community.



# Slide 14

Script:



You can follow stem4 on Twitter, Instagram, and Facebook at stem4org, or visit the stem4 website stem4.org.uk to find out more about the charity, Youth Mental Health day, and access stem4's free resources.