



stem4
supporting teenage mental health

YOUTH MENTAL HEALTH DAY

19th September

GET INVOLVED: SCHOOLS,
COLLEGES & UNIVERSITIES

2022

Become a

#ConnectMeaningfully

Ambassador

stem4

supporting teenage mental health
registered charity No. 1144506



Dear Educator,

stem4, the charity I founded, is once again running Youth Mental Health Day (YMHD). This year, YMHD has a new date of 19 September to accommodate more schools, colleges, and universities that would like to participate in the day. As such, we are delighted to invite you and your students to get involved and participate in the day.

This year's YMHD theme is 'Connect Meaningfully'. Over the past two years, young people have had to experience many of their most formative experiences virtually—from joining a new school/college/university, to celebrating a 'big' birthday. In fact, according to research from Harvard University in 2021, young people report the highest rates of loneliness post-pandemic. By focusing on the importance of meaningful connections and having a solid support system, stem4's YMHD 2022 will invite young people across the country to reflect on how their relationships (with family, friends, teachers etc.) have changed over the last couple of years, and share how they can make an effort to #ConnectMeaningfully to ensure they are fostering relationships that will support and positively impact their mental health.

We hope you will be part of our journey in improving the mental health of young people. Thank you for taking the time to get involved with the campaign this year. With your help and enthusiasm, we can make sure all young people feel comfortable and able to connect meaningfully with those around them.

Thank you.

Dr. Nihara Krause
Founder and CEO, stem4

#YMHD **#ConnectMeaningfully**

@stem4org • www.youthmentalhealthday.co.uk



How Do I Become a stem4 #ConnectMeaningfully Ambassador?

1. Nominate a Lead Coordinator who will roll out the campaign in your school/college/university. Be sure to send us an email over at YMHD@stem4.org.uk to confirm your involvement.
2. Get your students involved in reflecting on how the last few years have impacted their connections and relationships, and how they can make an effort to #ConnectMeaningfully using the simple Discussion Points page on page 4-5.
3. Let your students get creative. Using the Classroom Activities on page 6-7, work with your students in lesson or form tutor time to create some pieces of work (a painting, short story, film, or other creative piece) that demonstrate their #ConnectMeaningfully goals.
4. Gather your students' final creative pieces and submit them to us as images (or other files such as movies or audio) via YMHD@stem4.org.uk.*
5. Join us to celebrate the stem4 #ConnectMeaningfully message on social media, sharing your experiences and creative pieces on 19 September. Please also send us any pictures of you and your students getting involved with YMHD to YMHD@stem4.org.uk.*

Why Become a stem4 #ConnectMeaningfully Ambassador?

By being a #ConnectMeaningfully Ambassador, you will:

- demonstrate that you are a leading school/college/university in supporting student mental health post-pandemic, allowing the students in your school or college to lead the way nationally in sharing how they will #ConnectMeaningfully.
- receive a 10% discount across the stem4 store where you can purchase Calm Cards, enamel pins, and other goodies to help you support your students and get them involved in the day.
- have contact with stem4 for further support and suggestions to help you to get the best of this experience.

*If you choose to send any files or images that contain young people / students, please confirm you have obtained appropriate parental permission for this via the form attached with this pack.

Discussion Points

Get your students talking about their experiences of the last couple of years, and how the way(s) they connect may have changed.

stem4's Tips for Junior Schools:

1. How do you make and keep friends? Think about what you might do with your friends when you spend time with them.
2. What do you think makes a good friend?
3. How do you make sure you're being a good friend?
4. What do you think connecting meaningfully means and why is it important?
5. What can you do to connect more meaningfully with those around you?

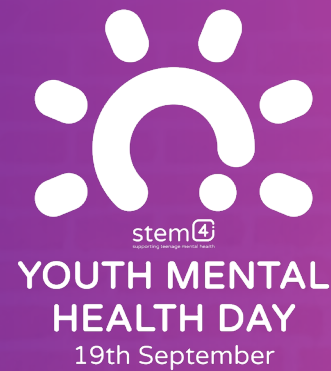
stem4's Tips for Senior Schools and Colleges:

1. What were the hardest parts of virtual learning? Is there anything about going into school that you didn't think you would miss but actually did?
2. How do you think virtual learning impacted or affected your connections with those around you?
3. Which connections changed for the better and did any suffer?
4. How many people do you connect with each day? Start distant (e.g., lollipop person, bus driver) and get closer (e.g., your best friend). What could you do to foster more meaningful connections with each of these (groups of) people?
5. How do you know if you're connecting meaningfully and why do you think it's important?

stem4's Tips for Universities:

1. In what ways did the pandemic negatively impact your connections and relationships with those around you? Did the impact differ between your home friends, teachers/lecturers, and university friends?
2. Did you learn anything about the way you (like to) connect with people? What parts of fostering meaningful relationships were made more difficult whilst you were doing virtual learning? Was anything made easier?
3. What advice would you give to someone who is struggling to maintain their existing connections or create new ones? Are there any resources you think could be useful?
4. Is there anything you think universities could offer or should do better to make sure students are able to connect meaningfully and be part of a community?
5. What goals can you set for yourself to make sure you are connecting meaningfully, both with your existing connections and with new ones? Think about how this may vary for all your different connections (e.g., new university friends, lecturers, family).

stem4's Classroom Activities: How Do You Connect with People?



1. Encourage students to think about novel and dynamic connections. How many different ways can students think of to connect to each other? Use this as a springboard for discussing the difference between superficial and meaningful connections.
- Think beyond talking and texting. Give examples such as 'using a piece of string' or 'by going to a concert'.
 - Get physical. For example, set up a 'spider web' in the playground and try to get every student to get through without letting go. Or why not try something like a human pyramid?

2. Have a 'speed chats' session. Put students into pairs and give them 5–10 minutes to talk to their partner and get to know them before switching partners.
- If possible, allocate some time to think of conversation starters. What sorts of questions will elicit the most meaningful responses?
 - Students can also think of questions someone could ask them to get to know them better (i.e., specific to their hobbies and interests).
 - Create a display of everyone's conversation starters. Perhaps differentiate between general (e.g., do you have any pets?) and more meaningful ones (e.g., what is your happiest memory?)

3. Have a debate session. Consider one of the following points and encourage students to prepare and take part in meaningful discussions.
- Connecting with someone on social media is always worse than connecting with someone in person.
 - It is always harder to connect meaningfully with teachers when learning virtually.
 - Going forward, virtual learning should be avoided at all costs.

stem4's Classroom Activities: Get Creative

Get Creative and let your students express themselves with one of these activities to cement the #ConnectMeaningfully message in your classroom.

1. Encourage students to depict all the connections they have in their life / on a daily basis. Whether it's a painting, poem, papier mache creation, play, rap, short story, drawing, song, dance, or anything else which helps your students express themselves. Use the Discussion Points to prompt ideas. Other prompts include:
- How far reaching is your network? Can you convey the different connections you have?
 - How do you feel when you are with your closest friends / family?
 - How do you feel when you meet someone new?

2. Create a 'Tips to #ConnectMeaningfully Directory'. Collate ideas on how to connect meaningfully in person versus online and create a top tips book that each student can access whenever they need to. Focus on this being a student-led activity so that students can refer to it as a resource created for young people, by young people.

3. Help students to create a #ConnectMeaningfully roadmap to help them have a clear idea of what they can do to create new connections and foster existing ones. Encourage students to write out their goals for connecting meaningfully and, where applicable, explain how they are going to achieve that goal. For example:
- I am going to #ConnectMeaningfully with those around me by talking to a new person each week. I will do this by finding someone new to eat lunch with.
 - I will #ConnectMeaningfully with my family by making an effort to speak to them more. I will do this by not using my phone at the dinner table.

#GoPurple and Fundraise for stem4

For those of you that want to go the extra mile for the [#ConnectMeaningfully](#) campaign, stem4's Youth Mental Health Day presents a valuable opportunity to engage whole schools/colleges/universities, year groups, or individual classes in a fundraising activity.

Join stem4's #GoPurple theme and encourage students and staff to bake purple cakes, hold a purple mufti day, or get students to create purple YMHD artwork to decorate your school, make Youth Mental Health Day your own with our Go Purple prompt.

For more fundraising suggestions, head to stem4's www.youthmentalhealthday.co.uk.

Interested in holding your own event? Email YMHD@stem4.org.uk to see how our Fundraising Team can support you.

8

stem4's Free Mental Health Resources for UK Schools & Colleges

For Teachers

Head Ed: Discover an engaging way to teach your KS3 & KS4 students about mental health with Head Ed

Covering topics such as **stress**, **anxiety**, **depression** and **resilience**, Head Ed features authentic videos of young people discussing their real lived experiences and opinions of mental health together with expert created animated content on different topics. By combining core knowledge such as how to spot the early signs and symptoms of mental ill-health, with the topics that matter to young people, Head Ed allows students to relate, engage and learn in a meaningful way.

Head Ed is also designed with teachers in mind, allowing for effective lessons that are easy to bring from computer to classroom. Every module/topic includes a Teacher Pack, learning objectives, powerpoints, student tasks, class discussion points, and assessment opportunities.

<http://head-ed.co.uk/>



HEAD ED

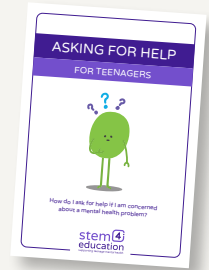
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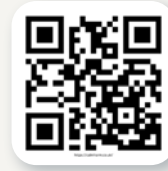
For Students:

'Asking for Help' Booklet: a handy guide for young people that provides tips on ways to develop positive mental health, and practical advice on how to reach out for help.

<https://stem4.org.uk/go/asking-for-help-leaflet/>



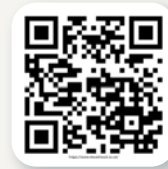
stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • @calmharmapp



A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • @clearfearapp



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • @appmovemood



A free app to help families and friends provide mental health support
www.combinedminds.co.uk • @combmindapp

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

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www.stem4.org.uk • @stem4org

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