



Assembly Pack

Presentation Script

Youth Mental Health Day 2023
19th September

stem4
supporting teenage mental health
registered charity no. 1144506



Slide 1



youthmentalhealthday.co.uk

stem4
supporting teenage mental health
registered charity no. 1144506

@stem4org

Hello and welcome to our assembly on stem4's Youth Mental Health Day, and what it means to #BeBrave.

In today's assembly we will be speaking about mental ill health. If you feel worried listening to facts about mental health, please talk to a responsible adult.

Slide 2

What is Youth Mental Health Day?



Youth Mental Health Day (YMHD) 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.

youthmentalhealthday.co.uk



@stem4org

Mental Health concerns for young people have multiplied in recent times.

Youth Mental Health Day, an awareness day run by teenage mental health charity stem4, is here to provide hope and positivity.

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.

By getting young people engaged in discussions and activities about how to improve their mental health, Youth Mental Health Day goes beyond raising awareness and breaks the stigma surrounding mental health.

Slide 3



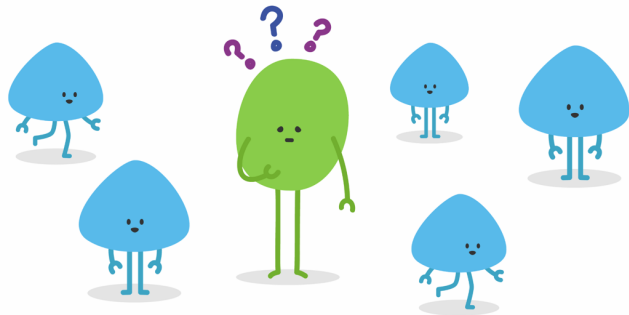
Youth Mental Health Day was founded in 2020 by stem4, a teenage mental health charity based in Wimbledon, South West London.

stem4 was founded in 2011 by Consultant Clinical Psychologist Dr Nihara Krause.

stem4 promotes positive mental health in teenagers and 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, ways to deal with life's challenges, and some early help.

Slide 4

1 in 6 young people have experienced mental ill health.



youthmentalhealthday.co.uk

stem4
supporting teenage mental health

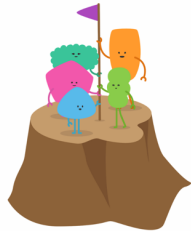
@stem4org

Today, 1 in 6 5-16-year-olds have a diagnosable mental health disorder, and 6 in 10 young people say they are experiencing mental health difficulties.

Yet only a third can access any effective treatment.

Slide 5

stem4's **mission** is to educate on the early signs and symptoms of mental ill health, so that they can enhance early detection and prevent mental illness.



youthmentalhealthday.co.uk

stem4
supporting teenage mental health

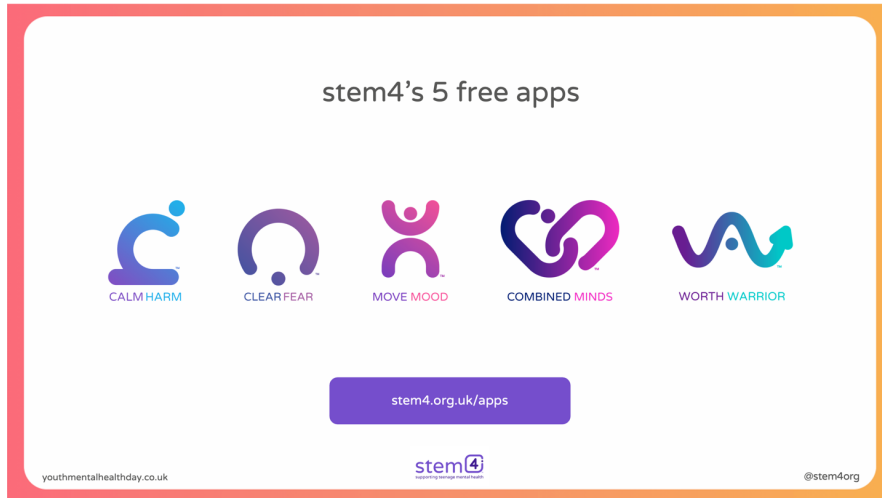
@stem4org

That's why stem4 is dedicated to providing education on the early signs and symptoms of mental ill health.

If we can detect mental health difficulties early, we can work to prevent mental illness.

We all need to take steps to look after our mental health. If we take these steps early, it will help to prevent mental ill health later.

Slide 6



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

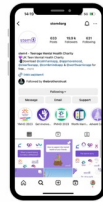
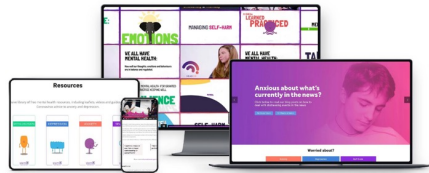
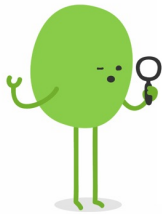
These apps—Calm Harm, Clear Fear, Move Mood, Combined Minds, and Worth Warrior—are all available to download for free from Google Play and the App Store.

Each of the apps is private, anonymous, and safe, and doesn't require mobile data.

You can find more information about these apps on stem4's website.

Slide 7

You may also know stem4 through their website, social media, free resources, school conferences, or Head Ed (stem4's mental health literacy resource).



Take a look at stem4's website: stem4.org.uk

youthmentalhealthday.co.uk

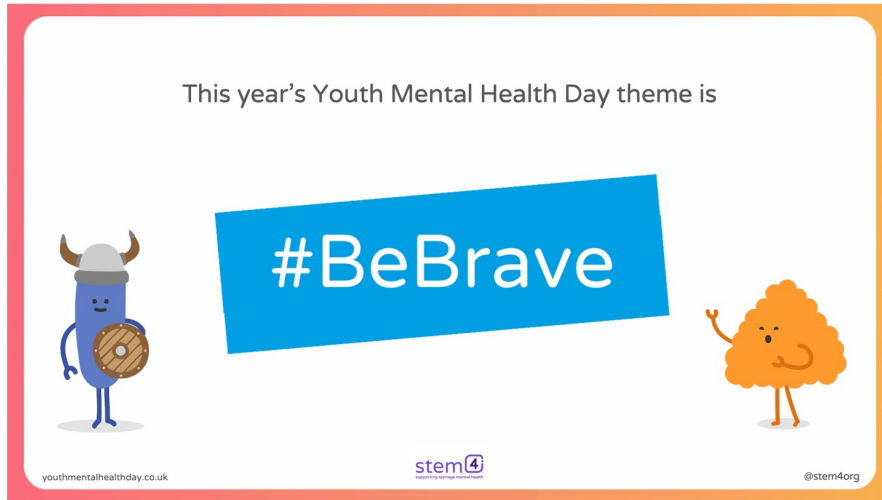
stem4
supporting teenage mental health

@stem4org

stem4 also has lots of free and downloadable digital resources on their website.

stem4 regularly posts information and tips on social media and holds conferences in schools. They have also created a resource for teachers called Head Ed. This has lots of interesting videos and ideas of how we can look after our mental health.

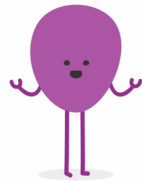
Slide 8



This year, the theme for stem4's Youth Mental Health Day is #BeBrave.

Slide 9

What is **bravery**?



Bravery has traditionally been defined as the way in which we defend ourselves from fear. It can emerge from instinct, training, or fear.

More recently, bravery has been defined as the quality or state of having or **showing mental or moral strength to face danger, fear, or difficulty.**

youthmentalhealthday.co.uk



@stem4org

So, what is bravery?

Bravery has traditionally been defined as the way in which we defend ourselves from fear. Bravery can emerge from instinct, from training, or from empathy.

For example, imagine a soldier charging into battle, willing to do whatever needs to be done to defend their king and country.

More recently, bravery has been defined as the quality or state of having or showing mental or moral strength to face danger, fear, or difficulty.

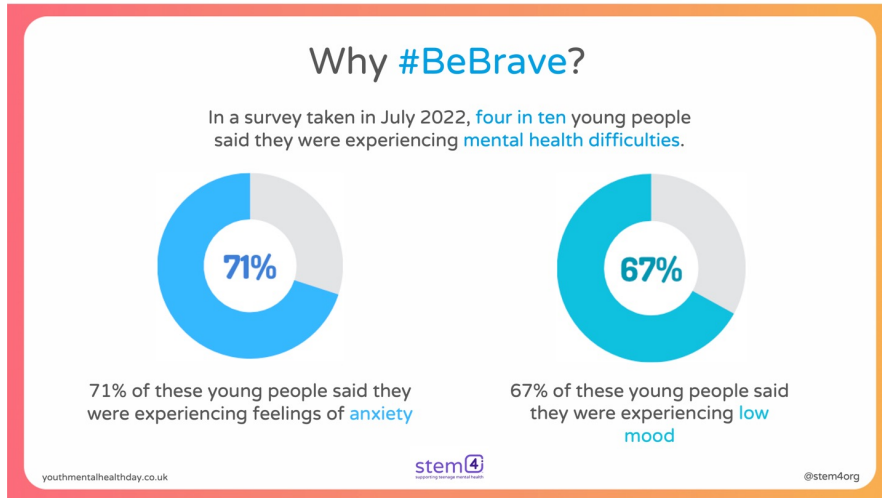
Slide 10

Why is this year's Youth Mental Health Day theme #BeBrave?

Over the last few years, young people have experienced multiple crises—from the pandemic and global warming, to political conflict and the cost of living crisis.

In a survey taken in July 2022, 4 in 10 young people said they were experiencing mental health difficulties, of which 71% said they were experiencing feelings of anxiety, and 67% said they were experiencing low mood.

And over the past year, nearly half of young people have reported feelings of loneliness, isolation, and feeling left out either all, or most of the time.



Slide 11



That's why this year's Youth Mental Health Day theme is #BeBrave.

Whether it's building confidence in facing difficult situations, building social confidence by making new friends, or learning to have the courage to fail by doing something new no matter the outcome, being brave means something different to everyone.

By focusing on what it takes to #BeBrave, Youth Mental Health Day hopes to give young people the courage and the confidence they need to achieve their goals and ambitions, and to be the best version of themselves.

Slide 12



Do you have any fears or worries that you would like to build the strength to face?

Is there a new hobby, sport, or activity that you have been wanting to try, but you have been held back by the worry that you might fail?

Are you wanting to reach out to somebody, but you're too worried about what they may say?

Take a minute to reflect on what being brave means to you.

[Pause]

Slide 13



Bravery looks different to everyone. What one person may find very difficult, another person may not, but it's important to remember that everyone has fears and worries and will practise bravery when they face them.

Here are some ways you can challenge yourself to #BeBrave today.

- Decide to tell someone how you feel and ask for help.
- Introduce yourself to someone new.
- Open up to a friend if they have hurt your feelings or left you out.
- Get back to a sport after recovering from an injury even though you're worried you might hurt yourself again.
- Tell your parents or carers about something you've done wrong.

Slide 14

Being brave and reaching out to others

It's brave to reach out to family and friends if you're struggling. Although it's not always easy, everybody needs to reach out to others sometimes.



1. Decide what you want to talk about.
2. Decide who you feel comfortable talking to.
3. Make notes to help you remember important facts.
4. Try and deal with disappointment.

Remember: It's brave to ask for help, and even braver to ask again if the first person you choose is unable to help.

youthmentalhealthday.co.uk  @stem4org

Being Brave sometimes means having the courage to reach out to others when you're struggling. It's not easy to talk about mental health, and it is important to remember that it's okay to need help.

Some tips to help you when reaching out to others include:

- decide what you want to talk about.
- decide who you feel comfortable talking to.
- tell them you would like some time to talk to them about something important, and that you would like some privacy and time to do so.
- make notes if they help you to remember what you want to say.
- if the conversation doesn't go how you planned, try and manage your disappointment. Try talking it over again with someone else.

Remember: It's brave to ask for help, and even braver to ask again if the person you first choose is unable to help.

Slide 15

1 minute task

Ask a friend how they are going to #BeBrave this YMHD.



Then swap and tell them how you will #BeBrave.

youthmentalhealthday.co.uk

stem4
supporting teenage mental health

@stem4org

Ask the person next to you how they are going to challenge themselves to Be Brave this Youth Mental Health Day.

You have 1 minute!

[Pause]

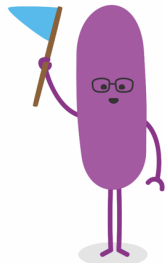
Now swap around and tell the person next to you how you are going to BeBrave this Youth Mental Health Day.

You have 1 more minute!

[Pause]

Slide 16

Keep up with these discussions, and help us
promote positive mental health this
Youth Mental Health Day!



youthmentalhealthday.co.uk

stem4
supporting teenage mental health

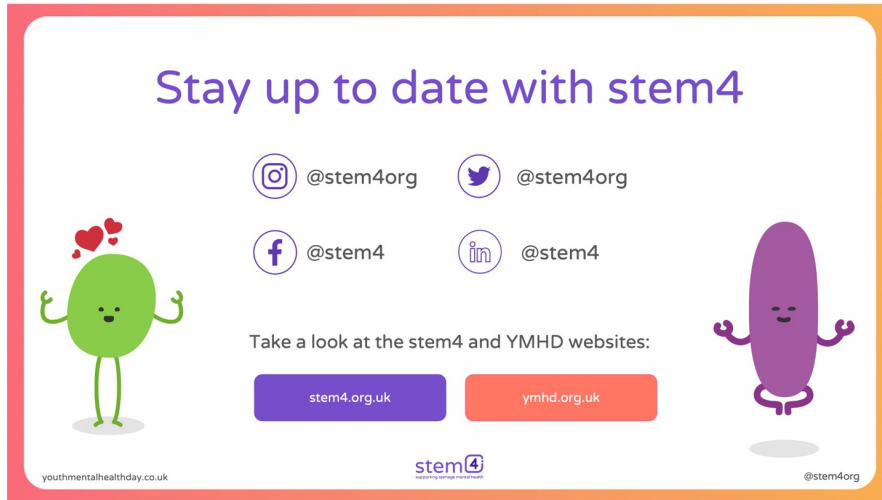
@stem4org

We would love you to join in with stem4's Youth Mental Health Day 2023 by taking note of some of the things we've talked about in this assembly.

Our challenge is for you to think of ways that you can #BeBrave today, as well as reflect on the many things you already do that require bravery.

Keep these conversations going at home, with your family and with your friends, and help stem4 promote positive mental health in young people!

Slide 17



You can follow stem4 on social media at @stem4org for regular tips and advice on how to support and manage your mental health. Or visit the stem4 website stem4.org.uk to find out more about the charity and access stem4's free resources.

Plus, you can visit youthmentalhealthday.co.uk to learn more about Youth Mental Health Day itself, for all of stem4's #BeBrave guides and resources, plus lots more information on how you can get involved!

Slide 18

Thank you for listening!



**YOUTH MENTAL
HEALTH DAY**
19th September

youthmentalhealthday.co.uk



@stem4org

Thank you for listening to our assembly.

If anyone would like further help, please talk to a responsible adult such as a teacher, parent, or older sibling, or speak to a friend.

There are also helplines available, such as Childline or text SHOUT.