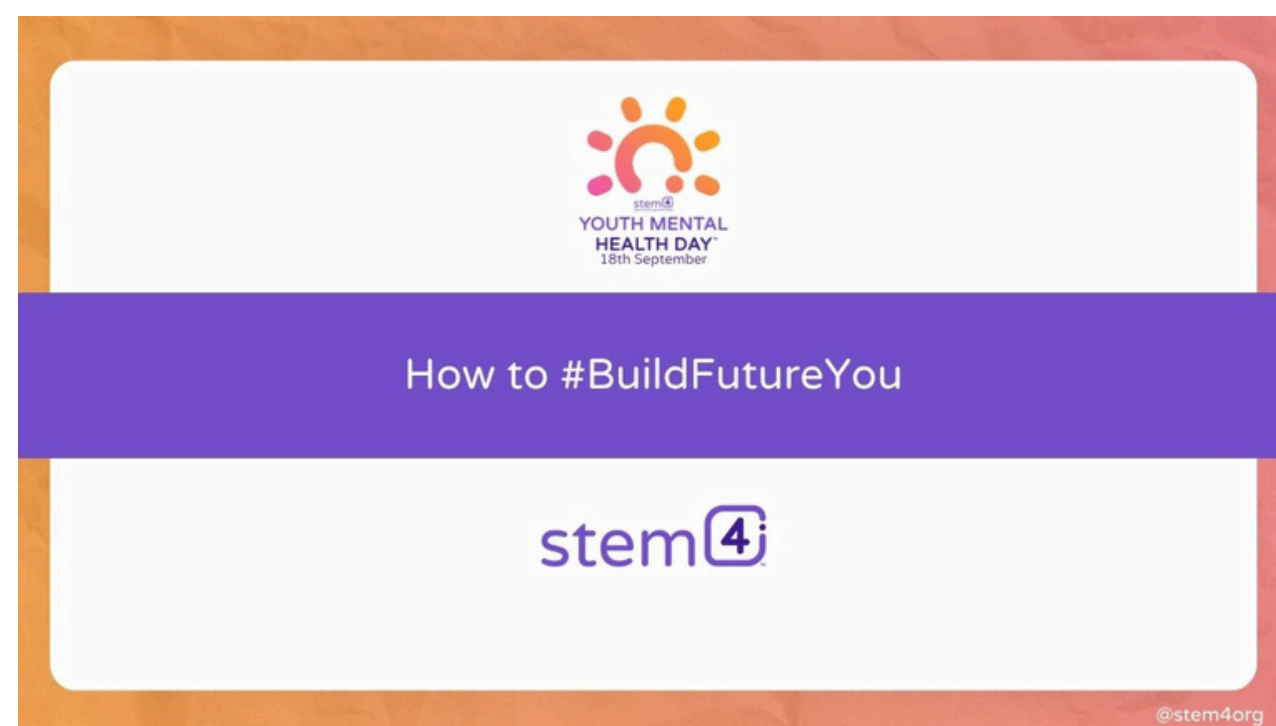




#BuildFutureYou- Assembly Script



Slide 1

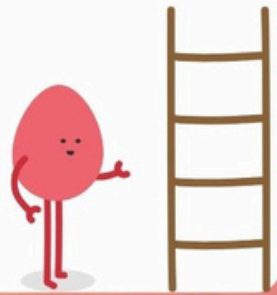


Hello and welcome to our assembly. This year's Youth Mental Health Day, created by the charity stem4, takes place on Friday 18th September. The theme is #BuildFutureYou, and in this assembly, we're going to explore what that means and how we can all be part of it.

Slide 2

What is Youth Mental Health Day?

- Created by stem4 to get young people talking about mental health
- A day to learn, reflect, and take action
- This year's theme is [#BuildFutureYou](#)



stem4.org.uk/youthmentalhealthday @stem4org

Youth Mental Health Day is an annual awareness day run by the charity stem4. Every September, thousands of schools, workplaces and young people get involved across the UK.

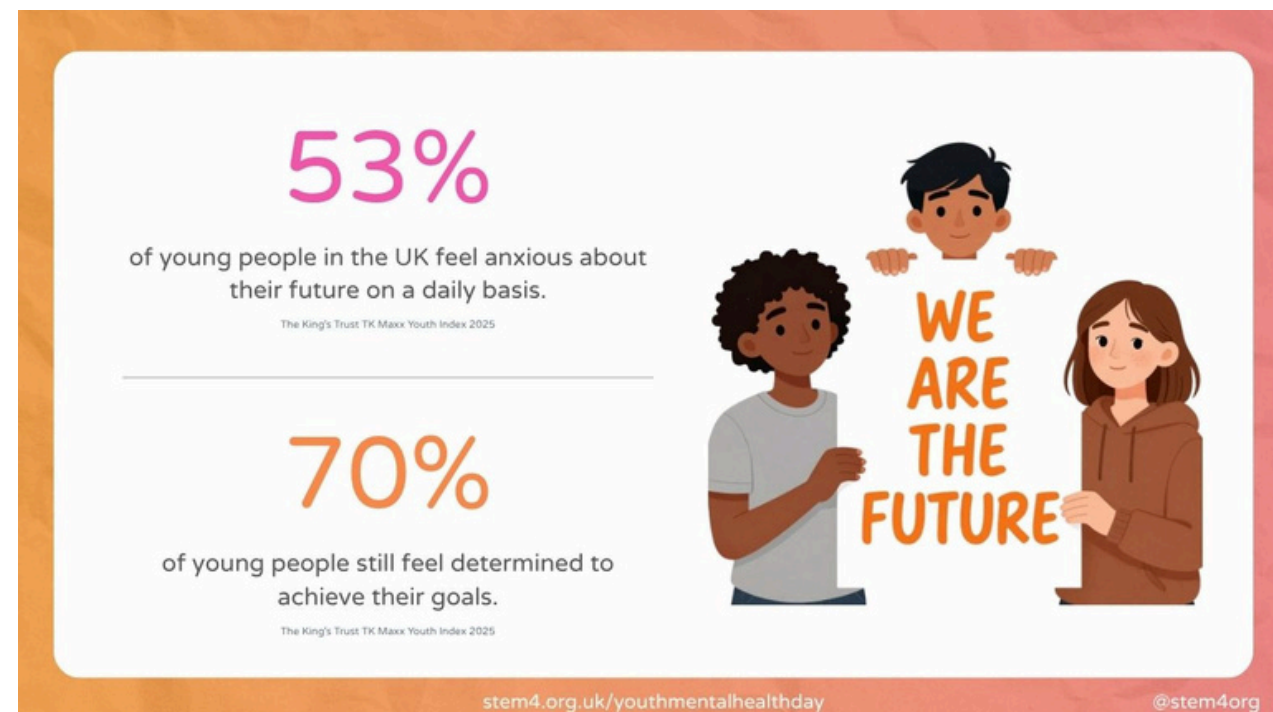
This year's theme is Build Future You. We're going to spend the next few minutes exploring what that actually means for YOU.

Slide 3

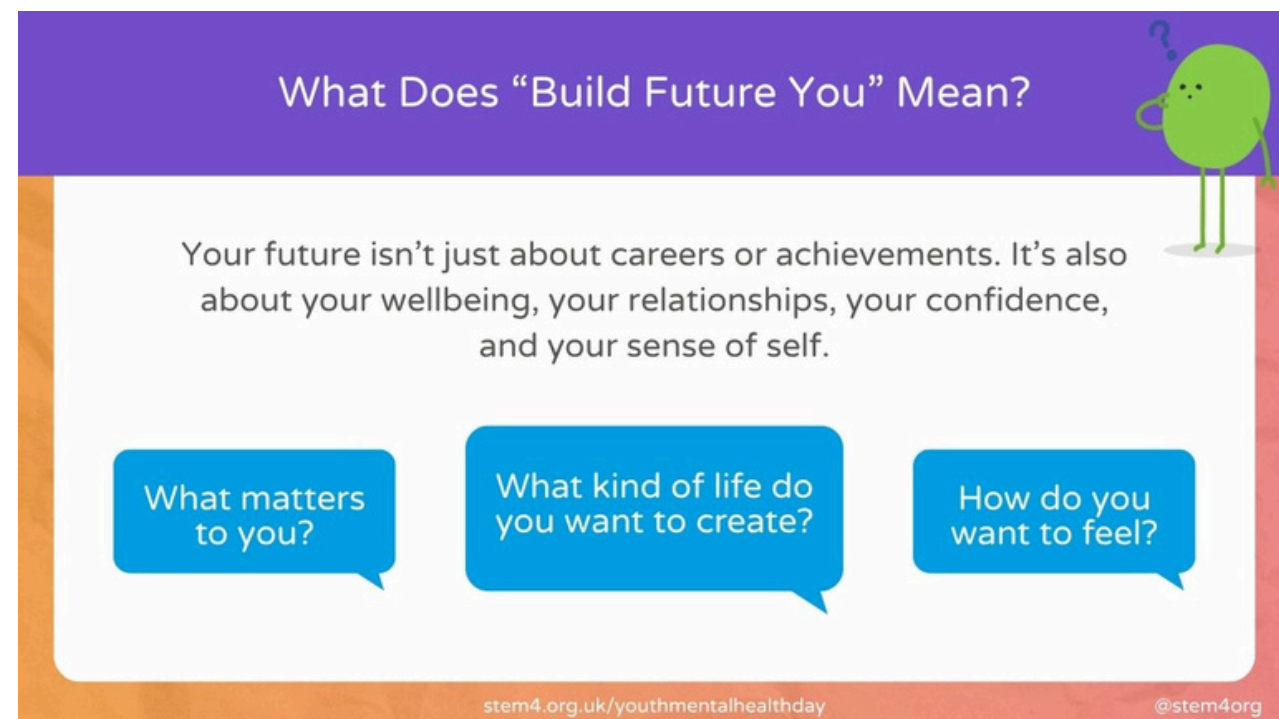
Let's start with two numbers.

53%- more than half of young people in the UK say they feel anxious about their future every single day. That's from the King's Trust research published in 2025. If that's you then you are absolutely not alone.

But here's the other number. 70% of young people say they're still determined to achieve their goals. Despite everything, the cost of living, the news, the pressure, seven out of ten of you are still going for it.



Slide 4



So what does Build Future You actually mean? It does not mean having everything figured out. It does not mean knowing your career path.

It means starting to think about three things:

1. What matters to you? What do YOU actually care about?
2. What kind of life do you want to create? How do you want your days to feel?
3. How do you want to feel? Confident? Calm? Connected? Proud of yourself?

Your future is built from the inside out. That starts with knowing yourself.

Slide 5

Building your future is not a solo task

-  **Build your 'future you' wellbeing toolkit**
Improve your wellbeing, connect with mental health services, use effective mental health tools and resources.
-  **Speak out and reach out**
Ask for early help if you feel uncertain or if negotiating future steps feels difficult.
-  **Learn and grow with others**
Surround yourself with people who can help shape what you want and help you find out what's needed to help you grow.
-  **Connections matter**
Learn from others and don't be afraid to ask them to help you explore opportunities. Collaboration builds confidence and ideas.

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- The message here is simple: you do not have to build your future alone.
- There are four ways to make sure you don't.
- Build a wellbeing toolkit. Improve your wellbeing, connect with mental health services, and use effective tools and resources to support yourself.
- Speak out and reach out. Ask for early help if you feel uncertain or if negotiating your next steps feels difficult. Reaching out early makes a real difference.
- Learn and grow with others. Surround yourself with people who can help shape what you want and help you find what you need to grow.
- Connections matter. Don't be afraid to ask others to help you explore opportunities. Collaboration builds confidence and ideas.

Slide 6

1 minute task

"In the future, I want to feel..."



Tell the person next to you your answer- big dreams and small ones both count!

stem4.org.uk/youthmentalhealthday

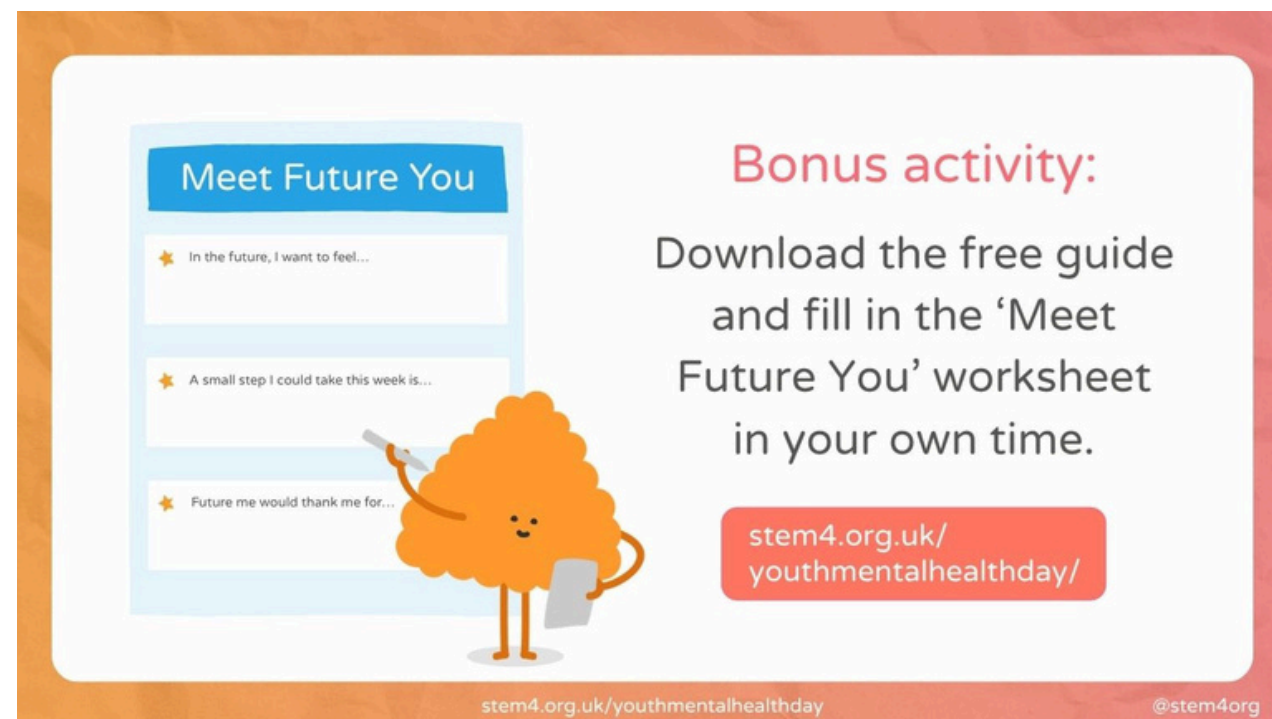
@stem4org

Right- one minute. Turn to the person next to you and complete this sentence out loud:

"In the future, I want to feel..."

It can be one word. It can be a sentence. 'Less anxious on Sunday evenings.' 'Proud of myself.' All valid. Ready? Go.

Slide 7




stem4 have a free guide you can download at stem4.org.uk/youthmentalhealthday called How to Build Future You, written by Dr. Nihara Krause MBE, a consultant clinical psychologist.

Inside it there's a short worksheet: Meet Future You. Three sentence starters. About five minutes to complete. "In the future I want to feel..." "A small step I could take this week is..." "Future me would thank me for..."

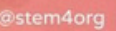
If you have printed copies of the guide, hand them out here. Alternatively write the URL on the board: stem4.org.uk/youthmentalhealthday

Slide 8

Take Action
#BuildFutureYou



- ★ **Share your future goals**
Post something about what "Future You" means to you and tag us at @stem4org using #BuildFutureYou and #stem4YMHD on 18th September.
- ★ **Fundraise for stem4**
Help stem4 support more young people to build positive futures through better mental health support. Whether it's a challenge, event, or fundraiser with friends, every action can make a difference.
- ★ **Try a stem4 app**
Tools like Clear Fear and Calm Harm can support your mental health.



Here are three things you can actually do, starting today.

One- share something. On 18 September, post what Future You means to you. Tag stem4 (@stem4org) along with the hashtag #BuildFutureYou.

Two- Get involved on Friday 18 September. You could fundraise to help more people access stem4's free tools.

Three- download a stem4 app and learn to manage your mental health.

Slide 9

stem4 have five mental health apps all built for teenagers.

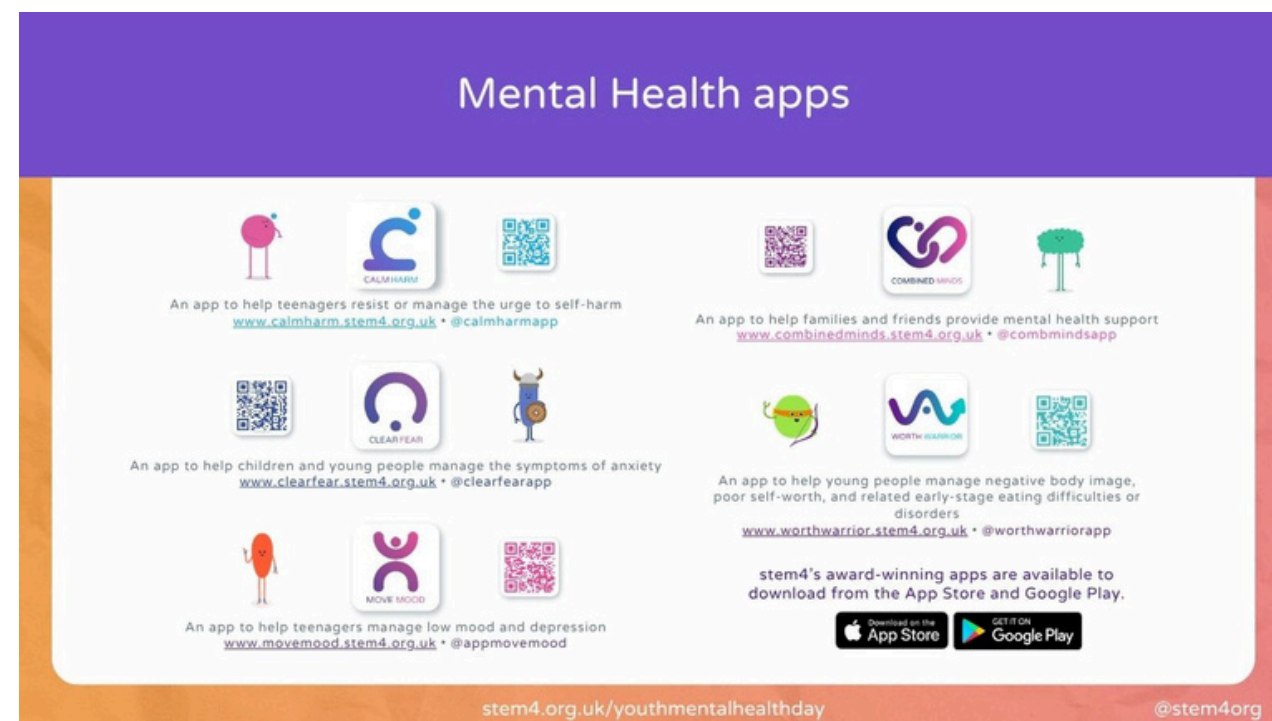
Calm Harm — to learn to be kind to yourself and manage harmful urges.

Clear Fear — to help get the best of yourself by managing stress and anxiety.

Move Mood — to improve motivation and build positive behaviours that may be affected by low mood.

Combined Minds — for parents and friends who want to support someone with their mental health.

Worth Warrior — to enhance self-worth and improve body image.



Slide 10

If You Need Further Support



Emergency Please call 999 or 111	HOPELINE247 (Papyrus): Call 0300 102 2470 Text 'HOPE' to 88247 Email pat@papyrus-uk.org
SHOUT Free, confidential, anonymous text support service. Text 'SHOUT' to 85258 (24/7) Website: www.giveusashout.org	Childline: Call 0800 1111
	Samaritans: Call 116 123

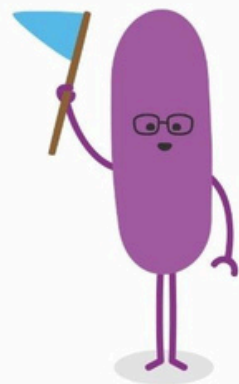
stem4.org.uk/youthmentalhealthday @stem4org

Before I finish, I want to leave this up for a moment.

(Mention any school specific support options)

Slide 11

Join us in sharing support and promoting positive mental health this **Youth Mental Health Day!**

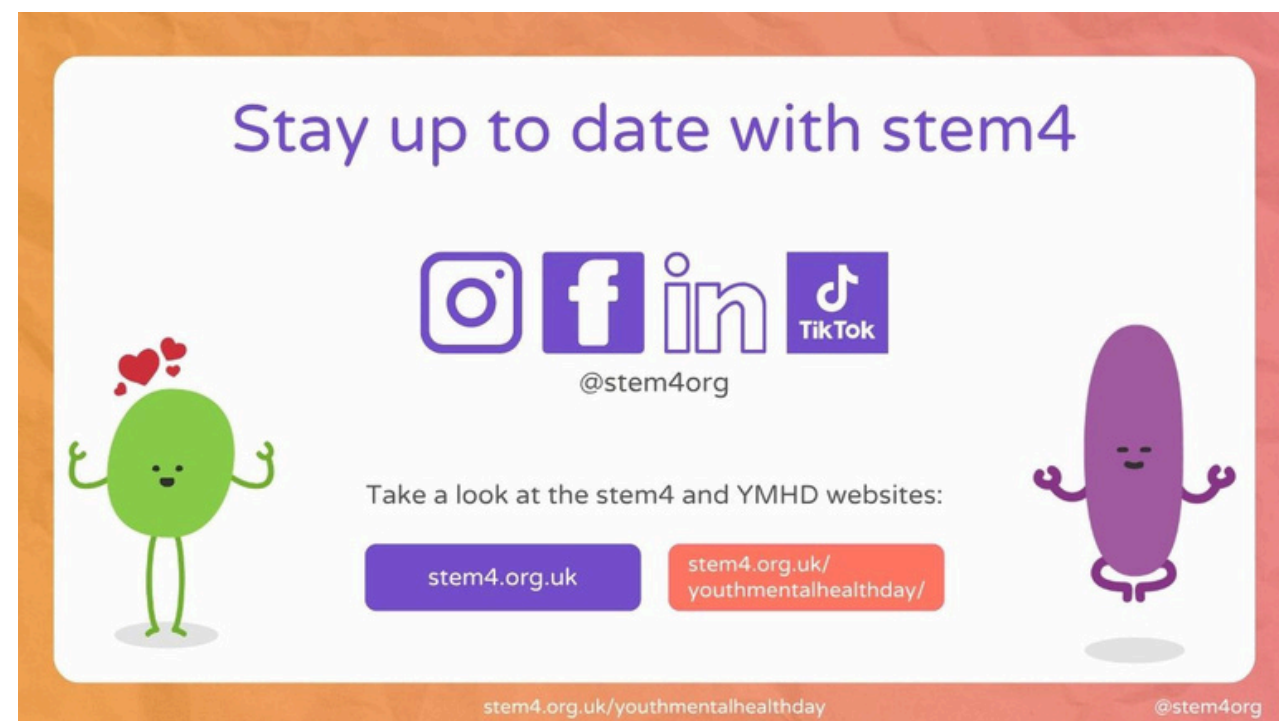


stem4.org.uk/youthmentalhealthday

@stem4org

Join us in sharing support and promoting positive mental health this Youth Mental Health Day!

Slide 12



To find out more, visit stem4.org.uk/youthmentalhealthday.

Thank you for listening!

Slide 13

Thank you for listening!



**YOUTH MENTAL
HEALTH DAY**

18 September

stem4.org.uk/youthmentalhealthday

@stem4org

Thank you for being part of this important day.

Whether it's by talking, listening, or sharing something helpful, your actions matter.

Let's all be part of building a culture of care and connection, not just today, but every day.



Clear Fear for Schools: an extra resource for schools

An evidence-based digital wellbeing programme providing early anxiety support for your whole school. Developed by Consultant Clinical Psychologist Dr. Nihara Krause MBE, and backed by peer-reviewed research.

8 in 10

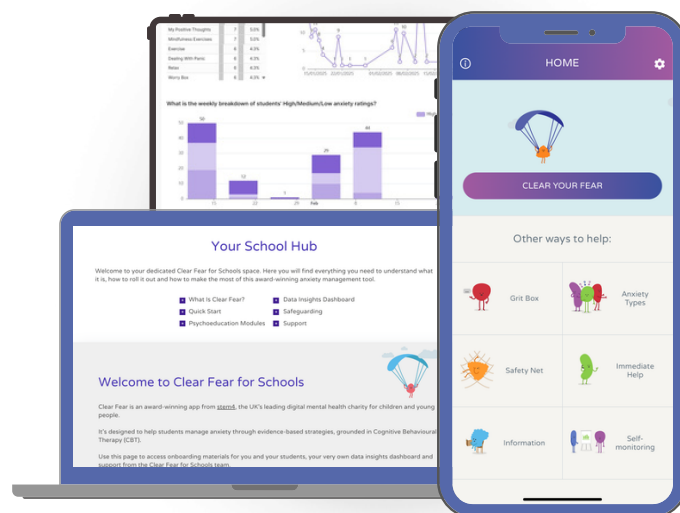
students report reduced anxiety and less need for professional support by peer-reviewed research.

24/7

always-on support, because anxiety doesn't keep school hours

"I can't recommend it highly enough. Being able to provide everyone with a trusted resource that genuinely works has been a real game-changer."

Amanda Collyer, Student Support and Wellbeing Manager, Howard of Effingham School



Want to learn more about this programme?
Visit our website: education.stem4.org.uk/anxiety/