



## Self-Injury Awareness Day

1st March



Visit [kooth.com](https://www.kooth.com)  
to find **free, safe** and  
**anonymous** mental  
wellbeing support.

## Kooth Schools Newsletter - March 2022

February flew by and March is another month full of important awareness days and support for your students, including:

**28th February - 6th March** - Eating Disorder Awareness Week

**1st March** - Self-injury Awareness Day

**8th March** - International Women's Day

**18th March** - World Sleep Day

**31st March** - Trans Visibility Day

Whatever the concern or discussion topic, Kooth is here to help. Our fully trained and qualified counsellors and practitioners are available **Monday - Friday 12 noon - 10pm and weekends 6pm - 10pm, 365 days a year.**

These short videos explain more about how your students can reach out to one of our team:

[Kooth Chat](#)

[Kooth Messaging](#)

Please reach out to your local Kooth Engagement Lead for further information, resources or with any questions:

Claire Parsons (Area Manager) - [cparsons@kooth.com](mailto:cparsons@kooth.com)

## Kooth National Webinars for Professionals: Supporting Young People with Eating Disorders



**Eating Disorders**  
**Awareness Week**  
28th February - 6th March

Visit **kooth.com**  
to find **free, safe** and  
**anonymous** emotional  
wellbeing support.

**kooth**

The banner features a dark teal background with a white ribbon graphic. The text is centered and uses a mix of bold and regular weights. The Kooth logo is at the bottom.

As part of Eating Disorders Awareness Week 2022, which starts on 28th February, Kooth's London and South East Team will be hosting a webinar on how Kooth works with and supports service users with Eating Disorders.

The webinar will be delivered by members of Kooth's Clinical and Engagement Teams and include:

- The difficulties young people with eating disorders face
- Why Kooth is helpful for young people with eating disorders
- Case studies
- User feedback and Data

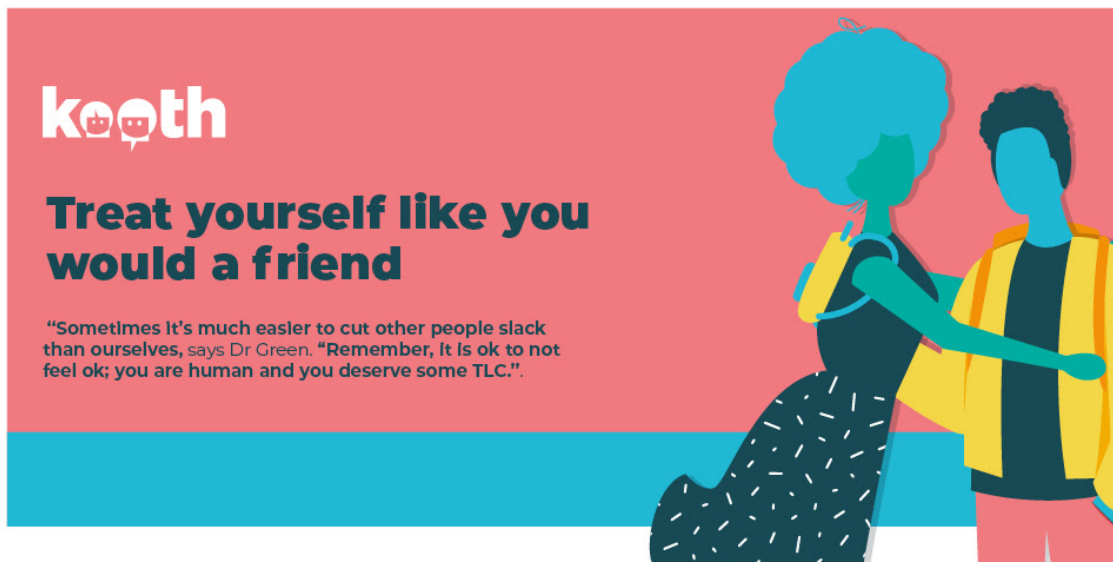
- Our supportive community and the range of content we have (articles + topics)

We will also cover our clinical and safeguarding procedures, along with highlighting ways healthcare and mental health professionals can utilise Kooth's support.

**The webinar will take place on Zoom on Thursday 03/03/2022 from 12.30pm-1.30pm.**

To sign up, please register through the Eventbrite link [HERE](#).

## Support for Young People



For any young people you work with who are interested in finding out more about Kooth, we host regular information, Q&A and sign up support sessions for young people living in London and the South East. Please share the link below so that young people can access this and find out more about the support Kooth can provide.

Our next session is on:

**Thursday 10 March 2022, 6pm - 7pm**

Register here:

<https://www.eventbrite.co.uk/e/discover-kooth-young-peoples-information-session-tickets-225781246787?aff=ebsoporgprofile>

## Information for parents / carers

**kooth**

### Kooth information session for Parents and Carers

Find out how Kooth can help your child  
with their Mental Health and Wellbeing.



Kooth's monthly information sessions for parents & carers offer information about the service and a chance to ask any questions. Please provide the link below to parents/carers. Kooth can also provide letters that you can share to support parents in knowing that you are offering Kooth to their child. Please contact your Kooth Engagement Lead to request these and other support resources.

The link for parents/carers to book the free webinar can be found here:

**Tuesday 22 March 2022, 6pm-7pm**

<https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357>

## Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your child about their feelings.

### Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

### Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?



### Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

### Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

### Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

### Practice asking open questions (rather than closed ones)

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

### Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwell.io](#)

### Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.

### Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

### Listen carefully

This sounds pretty straightforward, but sometimes when we care, we may jump to problem-solving mode a little hastily. And while it might come from a really good place, it's always helpful.



These helpful tips from Kooth's clinical team can help parents and carers start to talk to their young people about their feelings.

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

If this feels familiar for you, you are definitely not alone!

If you want to read more about Kooth and the support we offer for your child or young person, you can download our Parent and Carer brochure [here](#).

# National Development Team for Inclusion: Time to Talk Next Steps -

Virtual support for young people aged 16-25 years with additional needs in England



**“they now feel more confident in making friends, going out and even recognising their own skills”**

**Jackie Claxton-Ruddock**  
Blog: **Changing approaches to rebuild our connections**



The National Development Team for Inclusion (NDTi) is an independent, not-for-profit organisation seeking to enable people at risk of exclusion, due to age or disability, to live the life they choose.

In July 2021, the NDTi launched [Time to Talk Next Steps](#), a **three-year programme to support young people with additional needs aged 16-25 years across England with confidence building and motivation for the future.**

**This free virtual service is funded by the National Lottery Community Fund.** It is available throughout the year and is designed for young people who are experiencing anxiety, isolation and who have limited or no plans for the future post COVID-19. Young people, family members or professionals can make a Request for Support on the NDTi webpage [here](#). The NDTi is particularly keen to reach young people from ethnic minority backgrounds with this offer.

The project is being delivered in partnership with national disability charity, [Contact](#), who provide support, information and workshops for parents and carers of young people receiving support on transition to adulthood through workshops and individual [“listening ear”](#) support.

In a recent blog, Jackie Claxton Ruddock one of our Time to Talk Next Steps Supporters explains how the project aims to change approaches and to enable young people and their parents and carers to rebuild connections <https://www.ndti.org.uk/news/changing-approaches-to-rebuild-our-connections>

To find out more visit [Time to Talk Next Steps](#).

# What's on Kooth - March 2022



## What's on Kooth in March

Find all of this & much more on [Kooth.com](https://www.kooth.com)



<p><b>March 2</b></p> <p><b>Discussion Board</b></p> <p><b>Team Sports to Lift Your Spirits</b></p> <p>Moving our bodies and being part of a team both bring a wealth of benefits to our physical and mental health - come and share your positive experiences of team sports, whether that's playing, supporting, or watching!</p>	<p><b>March 4</b></p> <p><b>Podcast</b></p> <p><b>Showing Racism the Red Card</b></p> <p>Racism in football has been at the forefront of sporting news over the last couple of years - and much is being done behind the scenes to tackle it. Join us for an interview with Seth from Show Racism the Red Card, who talks to us about his experiences, what the charity does, and what young people can do to get help.</p>	<p><b>March 4</b></p> <p><b>Live Forum</b></p> <p><b>Emotions - Alternative ways to explore and manage</b></p> <p>Stop by our Live Forum to talk about emotions! We'll be talking about how our changing feelings and different ways to express our emotions.</p> <p><b>7.30pm to 9pm</b></p>
<p><b>March 8</b></p> <p><b>Discussion Board</b></p> <p><b>Let's Hear it for the Girls!</b></p> <p>International Women's Day 2022 is all about breaking down bias and stereotypes and building a more equal world. Stop by and tell us about the women that inspire you, whether they're family, friends or someone famous.</p>	<p><b>March 9</b></p> <p><b>Live Forum</b></p> <p><b>Speaking Up about Crime</b></p> <p>Drop in to this week's Live Forum as we discuss different ways to talk about and report a crime.</p> <p><b>7.30pm to 9pm</b></p>	<p><b>March 14</b></p> <p><b>Live Forum</b></p> <p><b>Neurodiversity Celebration We All kinds of different minds</b></p> <p>This week's Live Forum is a celebration of neurodiversity and all the marvellously different ways our minds work!</p> <p><b>7.30pm to 9pm</b></p>
<p><b>March 25</b></p> <p><b>Live Forum</b></p> <p><b>Live Forum: LGBTQIA+: We Belong</b></p> <p>Join us to chat about all things community. Explore connecting with others while we celebrate what brings us together and what makes us unique!</p> <p><b>7.30pm to 9pm</b></p>	<p><b>March 30</b></p> <p><b>Live Forum</b></p> <p><b>Social Takeover: What makes you, you?</b></p> <p>This Social Takeover is all about you! Join us to talk about identity, culture, family, history, and all the things that make us who we are.</p> <p><b>7.30pm to 9pm</b></p>	

Each month, [Kooth.com](https://www.kooth.com) has a range of events and discussions that young people can take part in. It's a safe space to voice their opinion and hear the opinions of others. They might give or receive advice from peers. Some of these topics might also be things to have a discussion about as part of tutor time, PSHE, etc.

## Kooth's Mini-Activity Hub



### COME AND TRY OUR MINI-ACTIVITY HUB

- Connect with others
- Build helpful habits
- Manage your emotions
- Express yourself

Sign up for free at [kooth.com](https://www.kooth.com)



In support of World Sleep Day on 18th March 2022, this month's activity is **Improve your bedtime routine** - Turn off your screens and relax without technology for a better night's sleep. Practice these steps at least half an hour before you go to bed to help you feel ready for sleep.

**Step 1:** Put your phone on silent and put it somewhere you can't easily reach or notice it.

**Step 2:** Turn off any other technology (e.g. laptop or TV). This is because the lights on screens such as phones can activate the brain, which isn't helpful when you're trying to switch off before bed time.

**Step 3:** Spend at least half an hour doing something relaxing that is screen-free. For example - reading a book, doing some light stretches or having a warm bath.

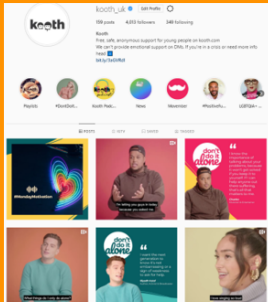
**Step 4:** Notice how you feel as you get into bed. Are there any changes to your thoughts, feelings or the way you feel in your body?

---

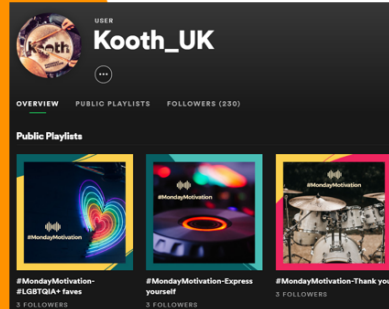
**Some little Kooth extras.....**



## Kooth beyond Kooth.com



Instagram:  
[@kooth\\_uk](https://www.instagram.com/kooth_uk)



Spotify Playlists:  
Kooth\_UK



"Kooth Podcasts" on  
Spotify & Apple

You can find Kooth on **Instagram**, as well as on **Spotify & Apple**

Kooth has a range of playlists, from Motivational Mondays to Pride Anthems, which you access on Spotify by searching Kooth\_UK

Also, make sure to check out our latest **Kooth podcasts**.

Click the links to listen on [Spotify](#) or [Apple Podcasts](#)

