



Kooth Plymouth Schools Offer

Digital Health and Wellbeing Workshop

This session is for young people aged 11-19yrs around the use of social media and to support them around the use of digital media for positive health and wellbeing. This session will explore the positives and negatives of social media and the impacts this can have on our mental health and wellbeing. Young people will also be introduced to the Kooth service and how they can offer peer to peer support to other young people in the Kooth community.

Wellbeing Session

This session is designed for direct delivery to young people aged 11-19yrs. This session focuses on Kooth's 5 ways to wellbeing. It will include an introduction to well-being, helping YP's identify changes in their behaviour (in line with trends we have seen in Kooth data) and providing self-care tips. The end second half of the session focuses on ideas of activities to support each way to wellbeing.

Kooth Staff Training

The staff training is for pastoral teams, DSL, Tutors and can also be delivered to all schools staff where necessary. The training will cover the following;

- Brief history of Kooth
- How Young People Sign up
- How Kooth works (Counselling & Community Support)
- How we manage Safeguarding and Risk

There will be time for Q & A and following details around how to access a staff test login and access to all of our resources. Staff will feel confident coming away from the training about how Kooth works and the knowledge that it is a safe place for young people to receive anonymous advice and support around their mental health. There will be no further training requirements for staff beyond this session.

(This training can also be delivered bespoke to address a particular issue or theme around mental health and wellbeing)