

#ThisIsMeST

Young Peoples Mental Health Awareness Week 2019

- MHAW 2019 will run nationally from 13th-19th May 2019 as this coincides with SATS week- some schools have chosen to move this to the week after to ensure they can give it the most attention.
- The theme of this year's Mental Health Awareness Week is 'Body Image & Self-Esteem'
- Schools are encouraged to design their own campaigns but the below information/resources maybe helpful
- The best campaigns are those which include elements for staff, pupils, parent/carers and the wider community.

National Resources- Mental Health Foundation

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/resources>

Last year we found that **30%** of all adults have felt so stressed by body image and appearance that they felt **overwhelmed or unable to cope**. That's almost 1 in every 3 people.

Body image issues can affect all of us at any age and directly impact our mental health.

However there is still a lack of much-needed research and understanding around this.

As part of Mental Health Awareness Week:

- We will be publishing the results of a UK-wide survey on body image and mental health.
- We will look at body image issues across a lifetime – including how it affects children and young people, adults and people in later life.
- We will also highlight how people can experience body image issues differently, including people of different ages, genders, ethnicities and sexualities.

- We will use our research to continue campaigning for positive change and publish practical tools to help improve the nation's relationship with their bodies.

Local Theme

We have decided to go with a Greatest Showman Theme to introduce the topic of self-esteem and body image for the local campaign.

Logo

From our Two Fabulous Competition Winners at Monkton Junior School





Assemblies/Lesson/ Session Resources

Primary Activities

<https://www.twinkl.co.uk/resources/support-parents/parents-wellbeing-mental-health-and-wellbeing/building-resilience-and-self-esteem-mental-health-and-wellbeing-support-behaviour-health-and-wellbeing-parents>

<https://www.elsa-support.co.uk/category/free-resources/self-esteem-resources/>

<https://schoolsnet.derbyshire.gov.uk/special-educational-needs-and-disability/positive-play-resources/self-esteem-worksheets.aspx>

Primary Age Videos

https://www.youtube.com/watch?v=A2RIHM8xfmM&list=PL7V9UHYQx7omEq1uIVGXDj3D7TOUzE_9f (Story Book of Self Esteem)

https://www.youtube.com/watch?v=ySNrWiq9zk8&list=PL7V9UHYQx7omEq1uIVGXDj3D7TOUzE_9f&index=2 (I'm Great- Sing Along Song –very cheesy)

Primary Whole School Activities

THIS IS ME Singing - Lyrics- <http://www.themusicallyrics.com/g/445-the-greatest-showman-songs-lyrics/5561-this-is-me-lyrics.html>

https://www.youtube.com/watch?v=XLFEvHWD_NE

(Video explaining the singer of THIS IS ME lacked confidence before her performance- very moving live performance of the song- great discuss point)

I am special and different display – get very child to write /draw something that is 'Special and Different about them on a brick. You can build these bricks into a wall.

Secondary

Secondary Lesson /Activities

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mysenseofself-%E2%80%93-body-image-and-self-esteem-lesson>

Secondary Videos

Body Confidence Stimulus Videos (Dove Body Confidence Project)

<https://www.youtube.com/playlist?list=PLct19d3Dm92mmMNnQg1fWX7ctmwXCHQ-9>

'If you talked to a stranger the same way you talked to yourself' BBC

<https://www.youtube.com/watch?v=xBEpOOlhNVQ>

Social Media & Body Image (does contain very slide nudity in the context of a model- WARNING_ FEMALE ONLY)

<https://www.youtube.com/watch?v=84YaP87iQkA>

News Feature on Male Body Image

<https://www.youtube.com/watch?v=KF7OtgvlSv8>

(Video explaining the singer of THIS IS ME lacked confidence before her performance- very moving live performance of the song)

Our bodies are amazing...

start loving your body – Interesting facts about the human body

<https://guardianlv.com/2013/10/7-amazing-facts-about-the-human-body/>

Discuss Questions for Body Image

'Do we all 'read' images in the same way?'

'What is beauty?'

'Is it just girls who experience body image issues?'

'Is social media to blame?'

Secondary Whole School Activities

'What is your Mask' - ask teaching staff to identify what they find difficult and how they over come it.. 'I find assemblies hard but I practice a lot to gain confidence' . Display these for students to see.

Body Celebration Wall- Create a display celebrating the best part or function of a person body.. 'I love my brain because it is full of good memories... 'I love my legs because I love walking my dog'.

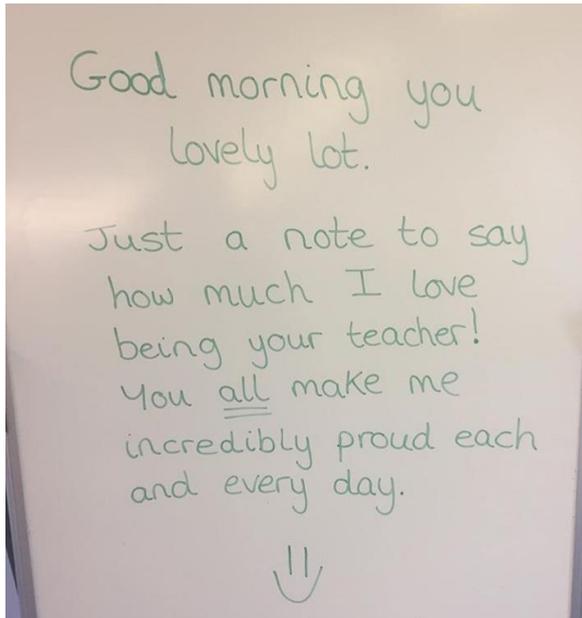
I HEART MY BODY Because ...

I am special and different display – get every child to write /draw something that is 'Special and Different about them on a brick. You can build these bricks into a wall.

Staff

Top Tips for Teachers

- Start with yourself- You are a role model think about how you speak to students about yourself. What comments do you make about yourself? Do you talk about your strengths? Celebrate your own successes?
- Make a culture of celebrating the skills and talents of ALL Students
- Handshakes/High fives- Use physical acts of congratulations or welcome to connect with students
- Use applause and celebrate as a group
- Challenge negative comments in class- School react to negative comments is key- you never know- you may prevent a student thinking about this comment years later
- Give all students the opportunity to display their work
- Use pickups- not put downs 'I really love it when you are all sitting quietly'
- Use Pupil Names – the most important word in the English language is YOUR name
- Tell students you like/love them/ love being their teacher



Resources for Parents

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/>

Top Tips for Parents

Here are some thing you can do that can really help:

1. Show your child lots of love and be positive about them as a person – tell them what makes them special to you.
2. Set an example of having a positive attitude when faced with challenges.
3. Let them know you value effort rather than perfection. Children can miss out on lots because they don't try, because they are too anxious about not 'succeeding'.
4. Encourage them to try new challenges, and celebrate them for it. Phrases like "Well done, that was hard, and you managed it," are good. Make the steps small at first, then increase the challenges.
5. Help them set goals and make plans for things they'd like to accomplish. Keeping track builds good feelings about each milestone achieved.
6. Let them know they should not to be afraid to voice their ideas and opinions. It's ok when people disagree, we all see things differently.
7. Give praise for their successes, and don't focus on areas where they have not done so well. Get into the habit of asking them about three good things that went well today.
8. Reassure them it's OK to make mistakes and that it's all part of life. Getting it wrong is not the end of the world and happens to everyone and it's how we learn.
9. If you are unhappy with their behaviour, tell them, but make clear that you still love them.

10. Acknowledge their feelings and help them express their feelings in words. For example, encourage them to say, "I'm upset because..." or "I feel happy when..."
11. Challenge them when they criticise themselves, so that they start saying things like, "yes I can do this," instead of "I can't do this".
12. Help children discover and develop their talents, through clubs, groups and activities. Finding something they are good at provides a huge boost to their feelings of self-worth. Encourage them to express themselves creatively, through art, drama or music.
13. Get them involved with voluntary or community projects that make a difference to someone else to develop a more positive opinion of themselves.
14. Allocate 20 minutes each day to chat, laugh, and do something together. Our [#Take20 Parents' Hub](#) as 20 activities you could do in 20 minutes.
15. Talk to your child's school to see if they offer any mentoring or buddying schemes that your child might find useful.
16. If you are worried your child's low self-esteem is affecting their day to day life, relationships or ability to learn and develop, it is worth seeking professional help. You can talk to your GP, and you can go without them if they would rather not come along with you. It can be helpful to write down what makes you think your child has low self-esteem, and anything you think might be causing it.

Social Media Post Ideas

Monday	This week is Mental Health Awareness Week in school. Keep an eye out for all of the exciting activities we have going on around the theme of Body Image/ Self Esteem #ThisIsMeST We are going to posting some self- esteem top tips for parents...
Tuesday	Reassure your child it is okay to make mistakes.. Children can learn a lot from their mistakes if they acknowledge and learn from them.
Wednesday	Be a good role model... Be mindful of the way you talk about yourself in front of your child. Use kind words about yourself and your children will copy you
Thursday	Children can gain confidence from new experiences we have a wide range of clubs and activities in school... to get involved (further details and contact)
Friday	If you are worried about your child's low self-esteem there are a number of things we can offer in school to support (Mentoring, Friends 4 Life, Buddies-Add Delete as appropriate) Speak to X for more information

Please use the Hashtag #THISISMEST

Onward Referral Information

If any child or parent wanted further support around their mental health they can be referred to Lifecycle on the link below

<https://www.southtynesidelifecyclementalhealth.nhs.uk/>

Feeding Back

Make sure you collect lots of evidence and take lots of pictures. Please send any activity back to Chrissy Hardy to collate into a borough wide activity report.