

## Kooth Program of Sessions 2020/2021

Please find below a list of current sessions available in Lancashire. If you have a session request that isn't detailed below, or you would like to get us involved in something you are planning in your school or organisation, please contact the email below.

*Until further notice please note that all sessions are currently being delivered **virtually** in response to Covid-19. I will be in touch when face to face delivery can resume in Lancashire.*

To book any sessions or to discuss any safeguarding questions that you may have, please email at [omurphy@kooth.com](mailto:omurphy@kooth.com) or [hhook@kooth.com](mailto:hhook@kooth.com).

Standard I+P Kooth offer- Available year round

Session Title	Session Description	Who it is suitable for	Duration
<b><u>Kooth introductory Assembly</u></b>	A brief introduction to Kooth.com. Here, we show young people the range of resources available on the website, including how to access mentoring and counselling support.	Can be adapted to suit all year groups (10-16).	15-20 mins
<b><u>Kooth YP sign up sessions</u></b>	An opportunity for students to experience the Kooth site with an IPW guiding them through the sign up process. This session is interactive and students will need access to computers or tablets.	Any year group, but particularly beneficial for years 7-9. This session is also suitable for peer support/youth groups.	50-60 mins to fit your school's standard lesson time
<b><u>Kooth Staff training sessions</u></b>	This staff directed session, aims to help staff understand the ins and outs of the Kooth service to more confidently sign-post young people to Kooth, this session includes a chance to see the live site. This session also provides additional safeguarding information and creates an opportunity to ask IPW any questions about the Kooth.com.	All school staff, or specific staff teams and any other professionals who engage directly with young people.	30-60 mins depending on time available/ inclusion of site demonstration

Our new session offer

Session Title	Session Description	Who it is suitable for	Duration
<b><u>Anxiety and Stress</u></b>	The session is designed to introduce the concepts of general stress and anxiety to young people. It encourages discussion around these points and offers support and resources on how to identify and manage both stress and anxiety.	Direct delivery to young people - this session can be adapted for delivery to young people in years 7 - 13. This session is also suitable for peer support/youth groups.	45 - 60 mins to fit your school's standard lesson time.
<b><u>Wellbeing Session</u></b>	Designed to introduce focused work on Wellbeing for young people in years 7-13. This session highlights key wellbeing themes identified since March and looks at activities which support positive relationships with our personal mental well-being.	There are two sessions available for wellbeing; the first is for delivery to staff and the second is for direct delivery to young people. This session is also suitable for peer support/youth groups.	Staff delivery: 45-60 minutes. Young people delivery: 45 - 60 mins to fit your school's standard lesson time.
<b><u>LGBTQ+ and Wellbeing session</u></b>	This session covers what different terms mean under the LGBTQ+ umbrella, how coming out and positive representation impact wellbeing, and ways to better support the welfare of young LGBTQ+ young people.	Direct delivery to young people - this session can be adapted for delivery to young people in years 7 - 13. This session is also suitable for peer support/youth groups.	45 - 60 minutes.
<b><u>Self Care Session</u></b>	This is an interactive session involving group discussions on the relationships between wellbeing and self care, offering self care tips, followed by a creative writing activity on different self care related themes.	This session can be catered to any age range. As it requires a high level of interaction, small group sizes are most suitable	45 - 60 minutes.