

Engagement Plan for the 2022 - 2023 School Year

Kooth.com is a free, safe, and anonymous sites that offer confidential support to young people via community spaces, self-help tools and access to online counselling.

Kooth is available throughout the UK the areas I am responsible for are Blackburn **with Darwen** age ranges **10-18 (extended to 25 for SEND and care leavers in. In Lancashire 10-18. Cumbria aged 11-18.**

Engagement Lead: Heather Hook

hhook@kooth.com

What we offer here is a suggested guideline for accessing Kooth over the school year. We urge you to book in early for any session you require, there is no such thing as booking too early.

All Year Round

- **Access to our monthly mailing list containing newly released resources and virtual event listings**
- **Promotional copy and social media templates for the school's website and social media accounts**
- **Information about our bi-monthly webinars for Education Professionals to be trained on Kooth service provision**
- **Physical materials available (posters, flyers, cards)**

September - October

- **Book in either introductory or refresher assemblies**
 - > **Purpose:** To either highlight from the beginning of the year or to remind students from the beginning of the year that if they should have a hard time at any point over their coming school year to check out Kooth. This can be booked around World Mental Health Day (10th October).
 - > **Offer:** 15-30 min length, can be booked for **virtual, f2f, or access to recording**
 - > **Audience:** Whole school
- **Book in Sign Up sessions**
 - > **Purpose:** As a direct follow up to assemblies, students are introduced to the website itself with an assisted facilitation through the website registration process and then navigating the various support features on the site. This can be booked around World Mental Health Day (10th October). This session is also useful all year round for smaller groups of



students experiencing social and emotional issues, a minimum of 12 students max of 20.

> **Offer:** 30-60 min length, can be booked for **virtual, f2f, or access to recording**

> **Audience:** Targeted year groups / classes

November

- **Book in male targeted mental health workshop with male students**

> **Purpose:** For November, highlight the importance to male students of being open with our mental health and ways Kooth can support them.

> **Offer:** 45-60 min length, can be booked for **virtual** or **f2f**

> **Audience:** Targeted year groups / classes / students (male students)

- **Book in Stress & Anxiety workshops**

> **Purpose:** With Stress Awareness Day happening on 2nd November, this workshop on stress and anxiety awareness and management can support student wellbeing.

> **Offer:** 45-60 min length, can be booked for **virtual** or **f2f**

> **Audience:** Targeted year groups / classes

December - January

- **Set up Kooth Champions scheme**

> **Purpose:** An opportunity to embed Kooth engagement in your school and to upskill selected students to be Kooth Champions.

> **Offer:** Bespoke. Includes Champions training, regular check-ins with the local Engagement Lead, and option to access Peer Support workshop for students. Can be booked for **virtual** or **f2f**

> **Audience:** Targeted students

- **Plan Mental Health talk and Kooth service overview**

> **Purpose:** To raise mental health awareness and provide resources to parents/carers of students. To deliver information on how Kooth can support their children

> **Offer:** 30-60 min length, can be booked for **virtual, f2f, or access to recording**

> **Audience:** Parents/carers

- **Book in Kindness workshop and Kooth service overview**

> **Purpose:** To raise mental health awareness and consider the positive impact we can have on others. Raising our own self – esteem and that of other's. (Can be used as an anti – bullying workshop)

> **Offer:** 60-90 min length, can be booked for **virtual, f2f,**

> **Audience:** From Y6 – Y9



February - May

- **Optional: Book in either introductory or refresher assemblies**
 - > **Purpose:** For Children's Mental Health Week (6-12th February), there's the option to either highlight or remind students that Kooth is available for the week's theme of mental health awareness.
 - > **Offer:** 15-30 min length, can be booked for **virtual, f2f, or access to recording**
 - > **Audience:** Whole school
- **Book in Exam focused Stress & Anxiety workshops**
 - > **Purpose:** In the approach to the GCSE exam period, this workshop on stress and anxiety awareness and management can support Y10 and Y11 student wellbeing.
 - > **Offer:** 45-60 min length, can be booked for **virtual or f2f**
 - > **Audience:** Targeted year groups / classes (Y10 students taking Mocks or Y11 students taking GCSEs)
- **Book in Young Carers writing workshop**
 - > **Purpose:** For Young Carers Action Day (16th March), a writing workshop around the theme of self-care is tailored for young carer students to access.
 - > **Offer:** 45-60 min length, can be booked for **virtual or f2f**
 - > **Audience:** Targeted students (young carers)

June

- **Book in LGBTQ+ Wellbeing workshop**
 - > **Purpose:** For Pride Month, this workshop focusing on LGBTQ wellbeing and ways to support this community's wellbeing can be part of a school's celebrations of all things Pride.
 - > **Offer:** 45-60 min length, can be booked for **virtual or f2f**
 - > **Audience:** Targeted year groups / classes / students (LGBTQ+ student group)

July

- **Book in End of year refresher assemblies**
 - > **Purpose:** To remind students at the end of the year as they're about to break up for summer that if they're looking for any support during the holidays to check out Kooth.



> **Offer:** 15-30 min length, can be booked for **virtual, f2f,** or **access to recording**

> **Audience:** Whole school

