



Workshops for Parents, Leaders & Children/Youth Volunteers

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Children, Young People & Anxiety 1 Hour Workshop (Delivered in-person or online)

Aim:

To help parents, leaders and volunteers understand the causes, affects and impact of anxiety & to learn some skills and coping tools to help young people cope in seasons of anxiety.

Breakdown:

- Introduction to why mental health & wellbeing matters
- Understanding what anxiety is, where it comes from (understanding simple brain make-up) and what happens in our bodies in anxiety.
- Identifying the signs of anxiety in children & young people.
- Understanding the difference between appropriate & chronic/debilitating anxiety.
- Understanding how seasons of prolonged or untended to anxiety can affect children & young people. What can be the long term impact?
- Interventions for children and young people who are struggling with anxiety. What can we do?
 - Importance of listening and ensuring they feel heard.
 - Explaining anxiety to children.
 - Ideas to intervene (simple mindfulness exercise, “worry box”, “worry time”)
- How to know when to seek further or professional help for children and young people, and signposting to places they can get it.
- Time for questions.



Helping Children & Young People Navigate Technology & the Online World

1 Hour Workshop (Delivered in-person or online)

Aim:

To help parents, leaders and volunteers understand the benefits and dangers of online activity, Encourage them to develop healthy boundaries and habits around young people's internet use & increase communication on these matters.

Section 1

Why is this conversation about internet awareness important? Highlight the positive & negative aspects of the online world.

Introduction to the big topics of the workshop. Boundaries. Habits. Communication.

Physical concerns of children & youth online

- Exposure to inappropriate material
- Online bullying
- Image & character protection (future career) - Safety from predators
- Credit card connected to apps

- **Highlight warning signs to look out for for physical concerns.**

Recommendations on ways to combat these:

- What are the boundaries you as a parent/guardian are going to set in place?
- Location of computer & wifi access.
- Educating **yourself** on new technology & communicating findings to them
- Introduction to filtering software & safe-search options (walk through different methods)
- Foster open communication (both as a parent/guardian and denoting a "safe-adult")

Section 2

Mental health & the online world

- Increase of anxiety & depression
 - Why the increase?
- Sleep & the importance of downtime
 - Melatonin & screen time
 - Limiting amount of time on devices. Alarm clocks.
- Links to suicide, eating disorders, self-harm

Recommendations on ways to combat these

- Boundaries. Habits. Communication.
- What are **your** habits? You will see these repeating in your house.
 - Family rules around screen time.
 - Set these boundaries now. Easier to chip away at them than add them on.
 - This may feel counter-cultural, may be fought against. But your job is to protect & prepare your children. Don't look at "the Joneses" or allow yourself to match their family rules.

Communication

- When to communicate? In person. Start early & follow up regularly.
- What to communicate & how.



First Aid for Mental Health

1 Hour Workshop (Delivered in-person or online)

Aim:

Identify the symptoms of mental health needs in children & young people. Learn the basic tools and interventions we can use to help. Understand what we are responsible for and signposting to places or people we can refer on to if further help is required.

Breakdown:

- Introduction to why mental health matters & reasons we may struggle to interact with concerns we have around children/young people's mental health.
- Understanding the basic core needs of children & young people.
- Introduction to the importance of listening skills & tools to ensure we are making children & young people feel heard & valued.
- Brief introduction to the importance of self care if we are going to engage with the needs of others.
- What our role in first aid for mental health ISN'T
 - To diagnose
 - To hold sole responsibility for the child/young person
 - To fix
- What our role in first aid for mental health IS - (A-I-D - Assess, intervene, debrief)
 - To assess (ask ourselves what we are seeing, exploration of the symptoms we may see)
 - To intervene (how can I sensitively approach and raise these topics? Tools to discuss and engage around these conversations. Direction of where to signpost to)
 - To debrief (do other children or young people need to be spoken to about the situation/events, do you as the caregiver need extra support?)

