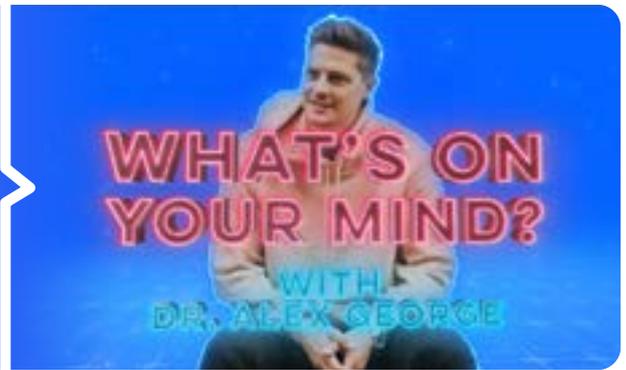


# WHAT'S ON YOUR MIND? WITH DR ALEX: FOLLOW UP DISCUSSION POINTS & ACTIVITIES



## SPEAKING UP

### Discussion: What self-care techniques help you?

- In pairs, discuss what self-care techniques involving other people you find helpful when you are feeling a bit low. Are they the same self-care techniques Dr Alex and Frankie use?

### Activity: Starting conversations to support friends and yourself

**Part 1.** In groups – think of conversation starters you might use to support a friend who you think is worrying about something. How do you show a friend you are there for them and can listen?

#### Key things to remember:

- *When listening to a friend, it is not your job to try to make everything ok. Just listening is often enough.*
- *If you think your friend needs some help, ask which trusted adult they would like to tell – perhaps you could volunteer to go with them.*
- *Remember that you might have to tell a trusted adult if you worry that your friend could be in danger. So do not promise your friend that you won't tell a parent or a teacher.*
- *If you are worried about your own or a friend's wellbeing then it is always best to tell a trusted adult, so that they can help. This could be a parent, carer, teacher, football coach etc.*
- *Safe sources of support also include **Childline** ([childline.org.uk](http://childline.org.uk)) and **Shout 85258** ([giveusashout.org](http://giveusashout.org))*

**Part 2.** Then, think of something that has been on your mind – **you will not have to share this with anyone in the room.**

- Think about who knows about this. For example, you might have told a friend, parent, boy/girlfriend, cousin etc.
- Then ask yourself – who do you know who is good to talk to?
- Are there any of the same people in both groups?
- It is common to be able to identify people who are good to talk to, yet they are sometimes not the ones you always approach.

**It might be worth repeating this exercise if you need to share something on your mind.**

