



Online Resources

Friends are Heroes kit

This resource is available to download for free with a link to a YouTube video raising awareness of selfharm. It is often the case that self-harmers will tell their friends before teachers or parents. This video can be used in a variety of youth group, school or sixth form settings to open up discussion on this difficult topic

The Self Harm UK charity regularly produce new resources, so do look at their website; the 'Head Strong' journal is especially good.

selfharm^{UK}



www.childrenssociety.org.uk



This website contains many free reports and resources to help address issues facing young people today.

www.childrenssociety.org.uk/what-we-do/resources/back-to-school

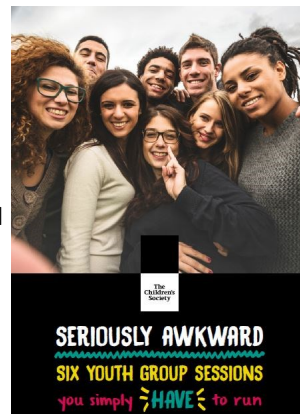
The school resources section covers mental health and wellbeing / CSE / Poverty / supporting young carers and more.

Seriously Awkward – 6 sessions for youth groups

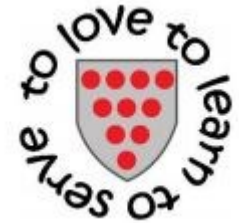
These brilliant, interactive sessions cover: Identity / Mind Matters / Healthy Relationships / Life Online / Seriously Awkward / Make a Difference.

They are full of real life stories and practical advice and have a biblical basis too. Download the pack for free from:

<https://www.childrenssociety.org.uk/seriously-awkward-youth-group-resources>



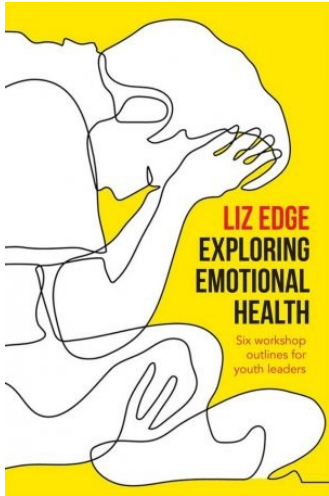
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Resources to help support your school or youth group in exploring and talking about emotional literacy and well-being.

For more information on any information in this leaflet or to borrow resources please contact Simon Hill:
shill@cofe-worcester.org.uk | 01905 732824

"So don't worry, because I am with you. Don't be afraid, because I am your God. I will make you strong and will help you; I will support you with my right hand that saves you." Isaiah 41:10



Books / Games available to borrow

Exploring Emotional Health | Liz Edge

This book provides six ready-to-go workshops covering: self-esteem, anxiety, depression, self-harm, identifying emotions and coping with emotions. Each workshop is designed to generate lots of discussion through games, practical tasks and discussion of scenarios. They're very accessible, free from jargon and ideal for 11-14 year olds to help them build resilience.



#WhatIf? is designed to help young people develop a greater understanding of the inevitable worries they will experience in their own lives. By contextualising anxiety, young people are empowered to find practical coping strategies, leaving them better prepared to take control of their emotions and challenges they face.

#WhatIf? is an interactive tool containing four interactive games to help teenagers identify and cope with their own anxious thoughts and feelings. Conversation is facilitated with light-hearted question and answer cards which open up the floor for deeper discussion, before a 'know', 'play', 'explore' game structure allows greater understanding of how we can identify these feelings and cope with the physical symptoms and thought processes anxiety brings.

Everybody experiences anxiety in their lives, and therefore **#WhatIf?** is a valuable resource for young people to address their own experiences of anxiety early on. It has been designed for use in churches, in schools, with your own children or in any pastoral setting with 11-15 year olds.

Youthscape Dice

This set includes six dice, each with a different emoticon on every face (36 in total). Included are five different game suggestions that can be used as ice-breakers or discussion starters on the topic of emotions.



This card-based resource helps 14-19 year olds explore the difficult subject of sexting. Using carefully-designed images and messages it encourages young people to ask is it ok to create, send or receive content like this? The box contains:

12 image cards / 12 text message cards / a 12 sided dice / info on sexting, the law and safeguarding young people / instructions / discussion starters and topics.

Talking about emotions playing cards

For small groups or one-to-one settings and ideal for 13-18 year olds, these cards help young people engage in a conversation about emotions.

Each suit features a different theme facilitating discussions around: Understanding Emotions, Coping with Emotions, Expressing Emotions and Emotional Perspectives. The pack also features 4 emotion cards enabling discussion around the areas of joy / excitement, sadness / disappointment, anger / frustration and fear / anxiety.

