

Children's Mental Health Week toolkit: Secondary and FE



Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

This theme is about empowering young people by equipping them with tools to express themselves and look after their mental health and wellbeing.

This toolkit contains resources to support schools and colleges during Children's Mental Health Week. The resources are divided into materials for students and staff.

Materials for students are designed to help them express their emotions and discuss their mental wellbeing. Materials for staff aim to help them gather pupil voice, discuss wellbeing with young people, and identify mental wellbeing needs.

Resources



Resources for use with students

[Children's Mental Health Week: secondary age activities](#) - Place2Be

A range of resources, including an assembly, classroom activities and tips for students and parents to use in Children's Mental Health Week.

[Let's talk about anxiety](#) - Anna Freud

A short animation and accompanying resources for teachers, exploring the topic of anxiety with secondary school students aged 11 to 13.

[Barriers to asking for help](#) - Samaritans

An activity getting students to recognise that there may be stigma and anxiety attached to asking for help, and how to overcome this.

[Wellbeing activities – being kind to yourself](#) - British Red Cross

A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.

Resources for staff

[Pupil voice: a school practice example](#) - Anna Freud

A video discussing how schools and colleges can put student voice at the heart of their approach to wellbeing, with practical tips and advice on how to do this.

[How to talk about and support young people with their wellbeing](#) - The Children's Society

A comprehensive, children and young person-led guide to supporting wellbeing and opening up about mental health.

[Gathering student voice on racism and mental health in schools](#) - Anna Freud

Guidance for schools and colleges on gathering student voice on racism and mental health in schools, including suggested questions to add to a student survey.

[Using measurement tools to understand pupils' mental health needs](#) - Anna Freud

Guidance on using tools and surveys to better understand students' wellbeing, so that staff can give them the support they need.



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Anna Freud
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