

WANT TO GET INVOLVED WITH THE

**One Year to make a
difference Project**



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IT'S THAT SIMPLE!

One Year to Make a Difference Project

The Everybody Campaign is a new initiative by Hampshire CAMHS (Child and Adolescent Mental Health Service) for 2018 which aims to raise awareness and promote understanding of youth eating difficulties, body image and self-esteem issues. As part of the Everybody Campaign, The One Year To Make a Difference project is a year long challenge which aims to enhance young people's self-esteem and self-worth, body image and self-confidence. This project will focus on topics key to the health and wellbeing of young people including: Fitness, Activity and Exercise; Food and Nutrition; Personal Expression and Creativity; Values, Talents and Strengths; Kindness and Compassion; Internet Awareness and Digital Downtime; Friendship and Family; Communication and Connecting with each other.

GET INVOLVED

Schools

Colleges

Youth Organisations

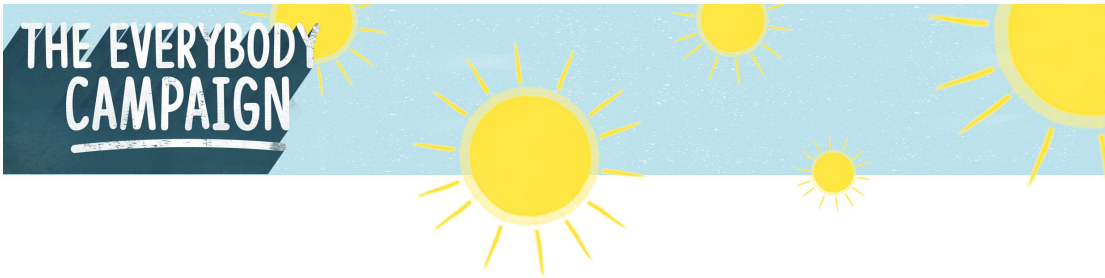
WHAT'S INVOLVED?

Every 2 months CAMHS will email a newsletter introducing the topic focus with ideas & resources to help young people of all ages and genders engage with and become enriched by the topic. The newsletter will be crammed full of ideas and suggestions for how the topic can be embedded into life and culture. From whole school assemblies, PHSE lessons plans, small focus group discussions and activities or even individual work with young people, there will be flexibility for any youth organisation to embrace the project in any or every way they can. There's no obligation, it's up to you how much you want to get involved.

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Topic 1, January: Talents, Strengths and Individuality

An exciting start to the project begins with a celebration of EVERYBODY. This topic encourages recognition of young people's unique talents, strengths and individuality. Everything including identity, personal characteristics, preferences and personal expression will be encouraged and celebrated with a range of creative and inspiring ideas and opportunities including a chance to help set a new Guinness World Record.

Topic 2, March: Healthy Lifestyle, Healthy Living

There is so much in the media about healthy living and healthy lifestyles but it can be a minefield for young people to identify appropriate trustworthy information. Conflicting messages can lead to insecurity and worries about body image.

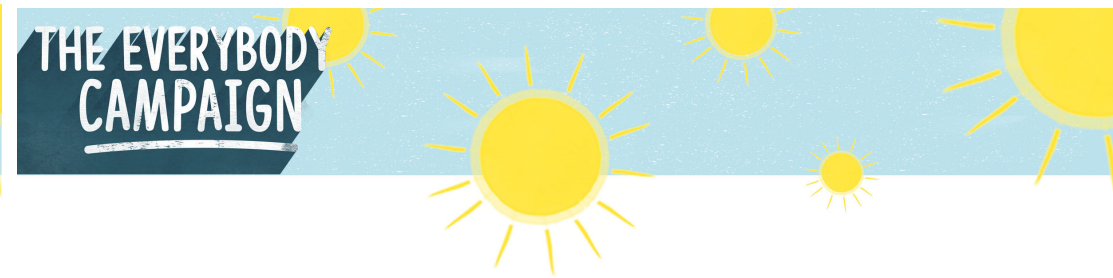
This topic focuses on sound guidance on everything from food and nutrition to exercise and activity. The importance of understanding the links between physical health and mental/ emotional health are emphasized along with top tips on when to be concerned— & what happens if you're struggling with over/ under eating.

Topic 3, May: Self-Compassion, Goals & Ambition; Coping & Resilience

For many young people this time of year is stressful due to exams, change and transition.

With issues such as perfectionism, worrying about not being good enough, and the associated worry about the future this topic focuses on self-compassion and building resilience to deal with tough times. The topic also focuses on encouraging young people to think about their goals, dreams, ambitions and future in a balanced way.

For those that are about to sit their exams, there will be exam anxiety management advice and resources and for those in Year 6 gearing up to leave primary school, advice and resources on how to manage change and transition.



Topic 4, July: Friendships, Kindness and Compassion

As well as self-compassion being important, compassion and kindness towards others is also important. For young people, validation and acceptance by their peer group is a key factor in their self-esteem and self-worth. This topic will focus on values around kindness, compassion and empathy for others.

This topic will also encourage thinking about relationships within and outside of school including social media platforms and online activity. As young people prepare for the summer holiday this topic aims to give a positive focus to spending appropriate quality time with their peers.

Topic 5, September: Communication and Connection

Linking to the previous topic, this topic focuses upon communication with others; asking for help when needed and how to get needs met in an appropriate way. This includes; exploring the importance of consent, how to be assertive and feeling confident and comfortable with communicating opinions and needs.

The focus in this topic will be on destigmatising the need to ask for help and provide information and resources on where and how to access help and support if needed.

Topic 6: Living a life of Value and Having Fun

Life for young people can be overwhelming; a complex juggling act of multiple demands. Good emotional and mental health benefits from being able to balance demands and responsibilities with living a meaningful life of value that is enjoyable.

The final topic links back to the first and encourages individuals to think about what is meaningful in their life and how to build a well rounded life and which highlights the importance and the role of having fun which in turn helps people to cope with the more difficult aspects of life.