

Other Resources

Hampshire CAMHS are facilitating Everybody Campaign events for young people in October 2018. These events are for school ambassadors to attend to gain information, skills and resources to take back to each school. Inspiring guest speakers, inspiring, engaging

October 2nd 2018 Junior School Event

October 3rd Secondary School Event

To book places on these free events:

<https://hampshirecamhs.nhs.uk/campaigns/everybody-campaign/>

PLUS:

PROFESSIONAL CONFERENCE

Eating disorders in young people.

If you work with young people **BOOK NOW.**

Key notes speakers:

Caroline Price, CEO BEAT

Emma Woolf, TV journalistic

Harnaam Kaur, The Bearded Dame

Plus Hampshire Specialist Eating Disorder Team

Advice. Guidance. Recommendations.

Problem solving booths. Information stands. Personal testimony.

<https://www.eventbrite.co.uk/e/the-everybody-campaign-professionals-event-tickets-45448211825>

£75.00pp inc lunch and refreshments

ONE YEAR TO MAKE A DIFFERENCE PROJECT

TOPIC 4:

FRIENDSHIPS, KINDNESS AND COMPASSION

We all need friends; to feel as though we belong, we fit in and have people who will be there to support us.

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 particularly in relation to LGBTQ. Our fab colleagues at Breakout Youth have contributed to our newsletter this issue.

ADULTS; LEAD BY EXAMPLE

Young People learn from those around them.


Make your pledge to lead by example

I could:

- 1) Focus on the values that are important to you and your school ✓
- 2) Role model being kind, compassionate and caring towards yourself ✓
- 3) Come along to our CAMHS events (see pages 5 & 6!) ✓



THE EVERYBODY CAMPAIGN



**EVERYBODY HAS
A BODY AND EVERY
BODY IS BRILLIANT**

Breakout Youth

Breakout Youth is a local charity that supports young people up to 25 who identify as Lesbian, Gay, Bisexual, Transgender and are questioning their sexuality and/or gender identity. The service runs in Andover, Basingstoke, Brockenhurst, Eastleigh, Hart, Hythe, Isle of Wight, New Milton, Romsey, Rushmoor and Southampton.

The service delivers weekly LGBTQ+ youth groups, gender identity groups, music groups, parent support and family support for children between the ages of 7-11 all held in confidential locations. As well as the groups, we also offer initial 1-2-1 support sessions to be able to give the young people a chance to develop a positive relationship with the youth worker and build confidence before coming to the group setting.

Providing a range of support services including: activities to build confidence, informative talks relevant to LGBTQ+ young people, peer support, access to other services, support with telling people about their gender or sexual orientation and/or gender identity, sexual health advice, support to stay safe in relationships and the community.

With this month's theme being "friendships, kindness, compassion and acceptance", here is some advice and our top tips on how schools can integrate LGBTQ+ acceptance and resources into school life:

Resources:

CAMHS— <https://hampshirecamhs.nhs.uk/help/young-people/sexuality-and-gender-identity/>

Stonewall – www.stonewall.org.uk/get-involved/education/teacher-training

DID YOU KNOW?

August 6th is National Friendship Day

**Encourage, invite and come on down to
Abbey Gardens**

**On August 6th between 10am and 3pm
to the CAMHS SHACK**

We'll be running drop in sessions on; coping skills, mindfulness, talking about mental health, chatting and making friends with anyone who wants to drop by.

PLUS find more about CAMHS, what we do and how we help young people.

Free. Open to all.

Friendships: The key problem areas:

Young people worked with us (CAMHS) on identifying areas that impact on their self-esteem, confidence and emotional wellbeing. A big area of concern was friendships, relationships and peers. In particular were issues around...

- 1) **Managing conflict**
- 2) **Being worried about a friend**
- 3) **Loneliness**

There are top tips and guidance for young people on how to manage these issues via our website:

<https://hampshirecamhs.nhs.uk/help/young-people/friendships/>

Whilst friendship difficulties are common within school environments, social interaction and communication are skills which develop. Some young people can struggle to learn these skills and some young people may need additional help, guidance and support to develop these skills.

Those with additional needs may also need additional support to build, develop and maintain friendships. Check out these resources:

- <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/loneliness-isolation/>
- <https://www.autismhampshire.org.uk/>
- https://www.parentvoice.info/en/Home_Page

- Avoid grouping young people into gender-based groups (boy/girl). This will alleviate difficult situations for transgender and non-binary young people.
- Get active in things like Diversity Week (www.justlikeus.org/sdw) to spread acceptance and awareness.
- Promote all kinds of diversity whether it may be different cultures, sexual orientations, gender identities faiths or disabilities.
- Create an LGBT+ group at school that can meet and work on awareness within the school setting that also acts as a safe place for young people to find friends.
- Have a clear policy that can be referred to when supporting an LGBT+ (specifically transgender) young person so that other young people can follow by example and feel safe to come out.
- Tackling homophobic, biphobic and transphobic bullying – some students might think it's just "banter", but it can be extremely damaging for young people questioning their sexuality and/or gender identity- It may not only effect their emotional wellbeing could have an impact on their grades and attendance at school.
- Training – for teachers to be able to empower young LGBTQ+ young people, they must first have the confidence and knowledge to do this effectively.
- There are many different training programmes and resources for teachers to learn how to better support young people who identify as LGBTQ+.

Resources:

Breakout Youth – www.breakoutyouth.org.uk

Educate and Celebrate – www.educateandcelebrate.org