

Kooth Program of Sessions 2021/2022

Please find below a list of current sessions available in Cwm Taf Morgannwg. Please note that certain sessions are available all year, and some are seasonal. If you have a session request that isn't detailed below, or you would like to get us involved in something you are planning in your school or organisation, please contact the email below.

*Until further notice please note that all sessions are currently being delivered **virtually** in response to Covid-19. I will be in touch when face to face delivery can resume in Cwm Taf Morgannwg.*

To book any sessions or to discuss any safeguarding questions that you may have, please email at emusgrave@kooth.com

Core Kooth offer- Available all year round

Session Title	Session Description	Who it is suitable for	Duration
<u>Kooth introductory Assembly</u>	A brief introduction to Kooth.com. Here, we show young people the range of resources available on the website, including how to access mentoring and counselling support.	This session can be delivered both in schools and local services, and can be adapted to suit all age groups (11-18).	15-20 mins
<u>Kooth YP sign up sessions</u>	An opportunity for students to experience the Kooth site with an engagement lead guiding them through the sign up process. This session is interactive and students will need access to computers or tablets.	Any age group, but particularly beneficial for years 7-9/ ages 11-14. This session is also suitable for peer support/youth groups.	50-60 mins. This session <u>cannot</u> be delivered in less than 45 minutes.
<u>Kooth Staff training sessions</u>	This staff directed session, aims to help staff understand the ins and outs of the Kooth service to more confidently sign-post young people to Kooth, this session includes a chance to see the live site. This session also provides additional safeguarding information and creates an opportunity to ask engagement lead any questions about the Kooth.com.	All school staff, or specific staff teams and any other professionals who engage directly with young people. This session is also suitable for parents.	30-60 mins depending on time available/ inclusion of site demonstration

Term 2 - January- April

Session Title	Session Description	Who it is suitable for	Duration
<u>Exam stress</u>	The session is designed to discuss stress in light of exams, and in particular the uncertainty for students at present. This session is very focused on discussion and interaction. We focus on ways to manage and invest in wellness during periods of heavy study.	Direct delivery to young people - this session is designed for years 10 - 13/ ages 15-18.	Approx. 60 mins to fit your school's standard lesson time. This session can be split into two 30 minute sessions i.e. form times.
<u>Emotional Resilience</u>	A brief interactive introduction to emotional resilience, this session includes a number of activities to support staff reinforcing emotional resilience in young people. This session introduces emotional regulation, building empathy, decision making and more	This session is for direct delivery to staff that work with year 6 young people	60 minutes. This session <u>cannot</u> be delivered in less than 45 minutes
<u>Wellbeing Session</u>	Designed to introduce focused work on Wellbeing for young people in years 7-13. This session highlights key wellbeing themes identified since March and looks at activities which support positive relationships with our personal mental well-being. Both adult and young people sessions are designed to incorporate wellbeing activities into young people's daily habits.	There are two sessions available for wellbeing; the first is for delivery to staff/professionals and parents, and the second is for direct delivery to young people. This session is also suitable for peer support/youth groups.	Staff delivery: 45-60 minutes. Young people delivery: 45 - 60 mins to fit your school's standard lesson time. These sessions <u>cannot</u> be delivered in less than 45 minutes