



# Don't Do It Alone

Lesson plan notes for teachers

These notes accompany a .pptx and .pdf file within a zip folder. The full lesson plan pack can be downloaded from [explore.kooth.com/dontdoitalone](https://explore.kooth.com/dontdoitalone)

This lesson plan has been put together by Kooth's I&P team and should take no longer than 1 hour to go through. Please do however take your time with the questions. If some take longer to answer and lead to a bigger discussion then that's fine. If other questions do not, please feel free to move on.

This guide will take you through the session slide by slide.

### Slide 3

This slide contains the logo for the campaign and is the start of the presentation.

### Slide 4

This slide contains the Don't do it Alone video, please do let the video play and allow time for your pupils to watch.

### Slide 5

Allow for chat after the video. Especially around the video and the message carried out in the video. Allow time to discuss the celebrities in the video. Some pupils may know all of them, some young people may not know who they are. The celebrities are **Jax Jones** (A DJ and music producer), **Chunkz** (an online influencer who has a large following on Instagram and Youtube), **Amelia Dimoldenberg** (a Youtube star and a social media influencer), **Riyadh Khalaf** (a broadcaster, author, activist and Youtube personality), **Joy Crookes** (a singer, songwriter).

### Slide 6

This slide is to spark discussions. Some questions will spark more of a conversation than others but that is okay. Spend as much time necessary on each question

*We all need help sometimes, Do you agree? Why?* Some may say yes, others no, there is no right or wrong answers.

*What do you think of the video?* Allow for conversation for likes and dislikes of the video

*Do you recognise any of the celebrities in the video?* Some pupils may know all of them, some young people may not know who they are. The celebrities are **Jax Jones** (A DJ and music producer), **Chunkz** (an online influencer who has a large following on Instagram and Youtube), **Amelia Dimoldenberg** (a Youtube star and a social media influencer), **Riyadh Khalaf** (a broadcaster, author, activist and Youtube personality), **Joy Crookes** (a singer, songwriter).

*Have you heard of Kooth before?* Again, some may say they have used it, other's may not have. That is okay, allow young people to share their experiences of the site, if they have used it. The service being mentioned is Kooth. We will look more into this as the lesson goes on, but Kooth is a free, safe and anonymous online mental health platform. It's free to sign up to and you can speak to counsellors and emotional wellbeing practitioners via messaging, or use some of the other wellbeing tools on the site, such as browsing articles, forum boards, as well as using the mood journal.

*Do you think it could help you?* Allow for discussion on this.

*Do you agree that we all need help sometimes?* Let young people discuss this, some might say yes, some might say no that is okay. Ask young people to expand on what they say to explore their reasons why.

**Refer back to the FAQ in the Don't do it Alone pack for any questions you may not be able to answer.**

### Slide 7

This is Kooth. This screen demonstrates what Kooth looks like to users. Again, remind your pupils that they can access the service for free on any device that has internet connection. For example, they can use tablets, phones, laptops ect.

### Slide 8

*What is Kooth?-* Kooth is a free, online and anonymous wellbeing service, that has lots of different aspects that help young people explore their mental health and wellbeing and gain support.

*How do I access it?-* Signing up to Kooth is really easy and free. All you need is any device that can connect to the internet. It can be a phone, laptop, school computer for example.

*Who can access Kooth? We're available for young people in your local area. Kooth is available for a variety of ages.*

### Slide 9

*What can you do on Kooth?* Please do go into a little bit about each part of the site.

- Magazine- These are online articles written by our clinical team and created by young people. These articles can be on anything mental health or wellbeing related, or it could be about hobbies and things you are interested in. You can contribute to the site and other young people can browse through and explore the articles and leave comments and support for each article.
- Forum boards- These are discussion threads, written by young people for other young people to read through. Again, these could be about mental health, as well as experiences or interests.
- Live forums- Every week, Kooth hosts a live forum board. These happen from 7-9:30pm and are topical of things going on in the world right now. For example, previous live forums have been on alternative ways to celebrate Christmas, Support during Covid-19 Lockdown and a forum on the importance of the Black Lives Matter movement.
- Live counselling sessions- If you would like to speak anonymously to one of Kooth's trained counsellors and emotional wellbeing practioners, all you have to do is join the queue and you will be picked up once a team member is free. Our team are online 12-10pm on weekdays and 6-10pm on weekends. Once you join a chat, you

message back and forth with a counsellor via messaging, in a session lasting up to one hour.

- Message the team for support- If you would like support and do not want a live chat, or you need support in-between chats, you can send our team a message and they will get back to you within 24 hours.
- Mini activity hub- This hub contains 18 different activities that you can do in your own time that are really beneficial to your wellbeing. For example, you can create your own superhero, create a coping box or make a good mood playlist. Each activity is broken down step by step, so is really easy to do and after you have completed an activity, you can join the discussion board to talk to others about how they found it.
- Contribute to Kooth's Spotify playlist- Every week, Kooth release a new playlist. To create this playlist, Kooth ask young people to pick their favourite songs around a set theme, so you can contribute to this and see your favourite song put on a playlist for lots of people to hear! Not only this but Kooth's Spotify account releases podcasts, all about different mental health and wellbeing topics.

### Slide 10

Time for another discussion. Allow pupils the time to think and discuss reasons *Why might you sign up to Kooth?* Things to mention could be speaking to a professional about what you are going through, support other young people by sharing experiences.

### Slide 11

This slide helps explain how easy it is to sign up to Kooth. Registration takes no longer than 2 minutes. All Kooth asks from young people is to provide:

- The general area where they live (E.G, Kent, Newham, Manchester)
- The place in which they live (more specifically like regions or towns. E.G Medway, Stratford)
- The year and month they were born
- The gender they best identify with
- The ethnicity they best identify with

### Slide 12

From this the young person will need to choose a username and password that is anonymous and random. For example, remind pupils not to use gaming tags, nicknames or social media handles. Also remind the pupils not to make it too complex, as because Kooth is not registered to an email or phone number, if the young person forgets these details, they will have to create a new account.

### Slide 13

Reminder for the class. Please do give time for pupils to understand this.

#### Slide 14

This slide allows for another class discussion. If you wanted to make this a bit different to previous discussion, you could split the class into groups to discuss these questions. Allow for feedback at the end.

*How do you think you would use Kooth?* Pupils may mention they would like to use the chats, some may say for looking at other features. Allow discussion on this.

*“How will you share the Kooth Don’t do it Alone message with people you know?”* Pupils might mention sharing the video, mentioning the service to friends and family directly.

*What are your thoughts about Kooth and the video now you have found out more about the service?* Please allow time to discuss this, some questions you could ask is does the video support the service?

*Was it a good choice of celebrities?* Allow time to discuss the choice of celebrities. Discussion could focus on celebrities they would have chosen for the campaign.

#### Slide 15

This slide is for re-watching the video. Please ask young people to think about the question *“Think about what ‘Don’t do it Alone’ means for you as you watch the video again”* whilst the video is play. Please discuss this after the video ends.

#### Slide 16

Contains the video link

#### Slide 17

This slide is a reminder on where to sign up. Depending on time and teacher’s thoughts on this, maybe allow time for pupils to sign up and explore the Kooth site in the lesson so they are familiar with where to get mental health support.

#### Slide 18

This slide recommends some activities that can be undertaken on Kooth to get them started.

#### 1. Take part in our Kooth activities

Our Kooth mini activities are the perfect way to put into practice some of the themes from the video.

**Don't do it alone activities:**

These activities will help you build up some skills to connect with others, with step-by-step instructions, and an opportunity to reflect on how you feel at the end.

Practice Asking for Help - do you struggle to ask for help? In this activity we guide you through the process so you can practise as much as you want.

Send a Letter to Someone you Love - there's nothing like sending or receiving a handwritten letter, so we're giving you some tips to help you get started.

**Express yourself activities:**

Let's get creative! There are loads of benefits to expressing yourself and these activities will help you get started.

Dance Like Nobody's Watching - get your body moving! Turn on some music and dance along with this activity.

Create a Positive Word Board - grab some pens and pencils and a dictionary and have a go at creating your very own positive word board.

**2. Read**

Teaser article - A sneak preview - clues and teasers

Don't do it alone article - Featuring quotes from the celebrities, links to the video and information around reaching out and getting support.

Express yourself hub article - Links to Kooth articles all about expressing yourself - to fit the CMHW theme. Links to celebrity video article - 'in case you missed it', link to podcast and list of 'express yourself' kooth activities to try

Follow up article - Asking users if they watched the video, listened to the podcast and tried activities. What did they learn? How did they help them? What did they enjoy? Encourage engagement in the comments

**3. Podcast**

10 minute podcast - Don't Do It Alone

Few little statistics, talk about the campaign and video, how important it is to acknowledge how hard it can be sometimes to open up.

Tips for how to talk to people (because it doesn't have to be sitting down and looking someone in the eye as that can be daunting) - go on a walk, go for a bike ride, doing an activity, talking "shoulder to shoulder" so it doesn't feel like all the attention is on what you're saying

### Final slide

Please thank the young people for taking part in this session. Do remind them that Kooth is completely anonymous and free for them to use. Please remind them that all they would have to do to access the service is to go on to [kooth.com](https://www.kooth.com) on any device that has internet connection.

### Follow up lesson idea

As we hope your pupils will have enjoyed this lesson and are keen to talk about the Don't do it alone message, if you would like to, you can carry on this topic to another lesson, to keep these ideas relevant and to continue to promote talking about mental health.

One great idea which you could do is create your own Kooth style video. With school equipment, teachers can put pupils into small groups where they can talk about things they do alone, just like the Kooth video. If equipment is not available, young people could create a play and showcase to each other what they would like to say.

**If you are struggling with any of these assets, then please contact [marketing@kooth.com](mailto:marketing@kooth.com) for support – if you'd like to share your feedback, any thoughts are welcome – we have a dedicated feedback function on the [explore.kooth.com/dontdoitalone](https://www.explore.kooth.com/dontdoitalone) landing page.**