



OUR VOICE MATTERS

Rotherham February 2024

Welcome to a special edition of the With Me In Mind newsletter!

This edition has been created by young people so that we can spread our thoughts, feelings and raise awareness about mental health in our own words.

We have worked together on everything in this newsletter, the stories, the layout, and the artwork so we can show you that 'Our Voice Matters'. This edition includes a report on Children's Mental Health week, some interviews, a personal story from a young person, some ambassador artwork and the results from the 'My Voice Matters' survey that lots of us completed in Children's Mental Health Week.

We are really proud of what we have produced together and we hope you enjoy reading things from our perspective and find it useful.



Place2Be's CHILDREN'S MENTAL HEALTH WEEK 5-11 FEB 2024

The With Me In Mind team went in to lots of schools in Rotherham during Children's Mental Health Week. They did activities and gave out information around the themes of 'My Voice Matters' and Celebrating your achievements.

❄️ **Even the snow could not stop us!** ❄️

We have had lots of fun promoting Children's Mental Health Week at Wickersley School & Sports College. We produced a PowerPoint Presentation around Children's Mental Health Week, that was shown during form time to all Students. We welcomed With Me In Mind to School on Monday to hold an Information Stand. We also held a bake sale, where we all baked something to sell, the students loved them all. We ran a competition for students to design a poster on what wellbeing means to them, all entries will be put on the wellbeing wall at school.

Wickersley Wellbeing Ambassadors



Handling Anxiety

'Anxiety is normal and everyone has feelings of anxiety at some point in their life. Some may struggle more and some may struggle less but the important thing is that you're not alone. You might get different effects of anxiety like a churning butterfly feeling in your stomach, feeling restless and sick or perhaps you have a fast racing heartbeat, the list unfortunately goes on and on! While reading this you may think 'how do you know', well my name is Amy and anxiety has played a big part in my life. Learning how to manage my anxiety when I start to worry has helped me to get where I am today. For me the key thing is to not struggle alone, and even if you feel like no one will want to listen and think you're being silly (which you're not), there is someone always there for you. One thing I have learnt is that most of my worries are what I call 'what ifs' - things that haven't even happened! To help me when I start worrying I do simple breathing techniques and entertain myself by doing something I love that will help me to distract my mind from worrying. Learning to work alongside your anxiety instead of against it is important. No matter how many times you tell it to go away you can't always escape it but allowing yourself to understand it really helped for me... and now I'm here as a mental health ambassador writing this to support and inspire people!

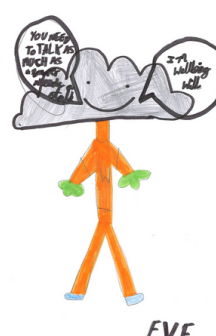
Amy, age 14



Wellbeing Will says...

'You need to talk like a flower needs a stalk'

(Drawings by students at Aston Hall)



EVE



Elina



beatrice

BOYS HAVE THEIR SAY

We asked some male students their opinions on mental health and why some boys might find it difficult to open up about their feelings.

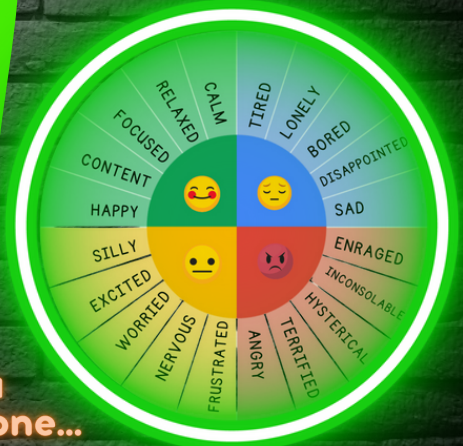
"Personally I believe that mental health isn't talked about enough. The stereotypical boy is said to be strong, physically and mentally - causing us young boys to feel pressured into being 'okay' or 'good'"
(Year 9 student)

"I think its good for people to talk about guys mental health more because I think most guys just sort of try to ignore it because they think it isn't happening when it is but it would happen less if it was spoken about and normalised. I can't say I've ever actually had a proper conversation about guys mental health but it needs to be spoken about more."

"To me mental health is our wellbeing and how it affects us. This could be socially, mentally or emotionally which is why we need to ensure that we surround ourselves with the things that we love and care for that boost our wellbeing and give us a good, healthy, mentality"
(Year 10 student)

"I feel that our mental health is good or bad depending on the people you are around. So if you're around positive and nice people your mental health will be good but if you are around negative and mean people your mental health is affected badly. I also think that as boys we feel pressured to keep what we feel to ourselves."
(Year 9 student)

"From my experience, boys tell others to talk yet we don't talk ourselves a lot. It is because in past times we've been hurt by a comment about our feelings or by being told to shut up. We might look like we're fine but some of us have just got really good at hiding it, mainly because we don't want to be seen as a nuisance or because we don't want to worry other people."



Try this emotions wheel to help you express your feelings and talk to someone...

MENTAL health MATTERS

it's OK not to be OK and get the support they need and they are valid for doing that" - Mabrookah

'Mental Health is important to me because it affects how people act, think and feel. If looking after mental health wasn't important there would be more people developing mental health disorders, this can cause lower grades and less opportunities' - Esme

'Mental Health is important to me as it affects every day of your life, whether you have anxiety or feel overwhelmed it has a strong impact even if you don't realise. It's normal to feel like this sometimes but if you often feel like this then I would suggest trying to improve your mental health. This could be by following the 5 ways to wellbeing (connecting, learning, being active, giving and mindfulness) or finding other ways to manage emotions. A lot of young people mix mental health for mental illness. Everyone has mental health but not everyone has a diagnosed illness. Whether you have a mental illness or not it's important to speak about your feelings as they are valued and important' - Claudia

"As my confidence has grown with being a With Me In Mind ambassador I have learnt how to say things in front of people, talk to new people, make new friends and stand up for myself. Anything is possible if you believe in yourself and be confident. I feel proud to be a With Me In Mind Ambassador"

written by Mia

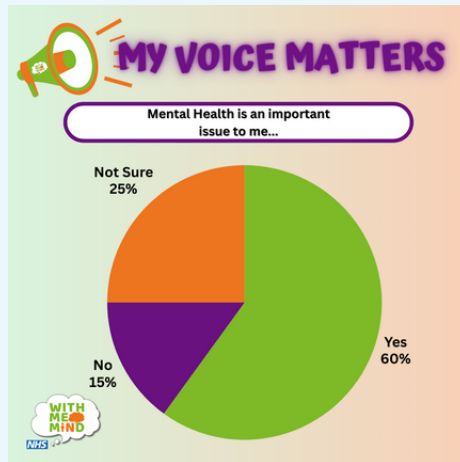
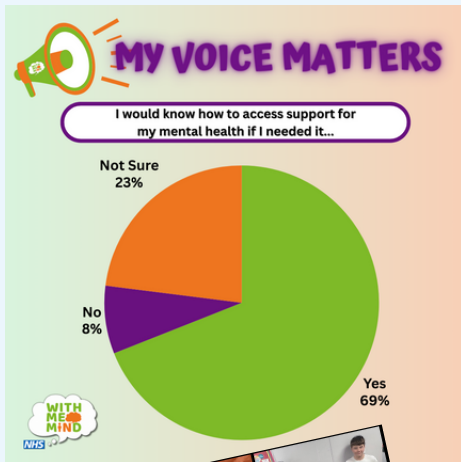
BELIEVE in YOURSELF

self care

"My role as a With Me In Mind Ambassador has boosted my confidence in many different ways such as being able to speak in front of large groups of people. I have had many opportunities to learn new skills and help people with their mental health. I am proud of my role."

written by Bella

Here's a look at some of the results from the 'My Voice Matters' survey that With Me In Mind asked us to fill in during Children's Mental Health Week...



They will be sharing more results from the survey and also some of the actions they are taking from the ideas and opinions we shared. Keep an eye out around school, in the next newsletter and on With Me In Mind social media for more information



Grab a pen and have a go at our Self Care Wordsearch!

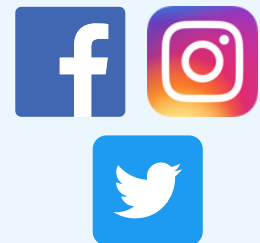


Find the following words in the puzzle. Words are hidden → ↓ and ↘ .

AFFIRMATIONS
ART
EXERCISE
FAMILY
FRIENDS
JOURNAL

MINDFULNESS
MUSIC
NATURE
POSITIVITY
QUIETTIME
READ

RELAX
SELFCARE
SOCIALISE
TALK



Follow us on social media:
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THANK
☺ you

A massive thank you to every young person who has contributed to this special edition newsletter and all the hard work you have done to make it happen!