



 **mind** Lancashire
INTERACTIVE **SESSIONS**



SESSION FOR SECONDARY PUPILS
World Mental Health Day 2023

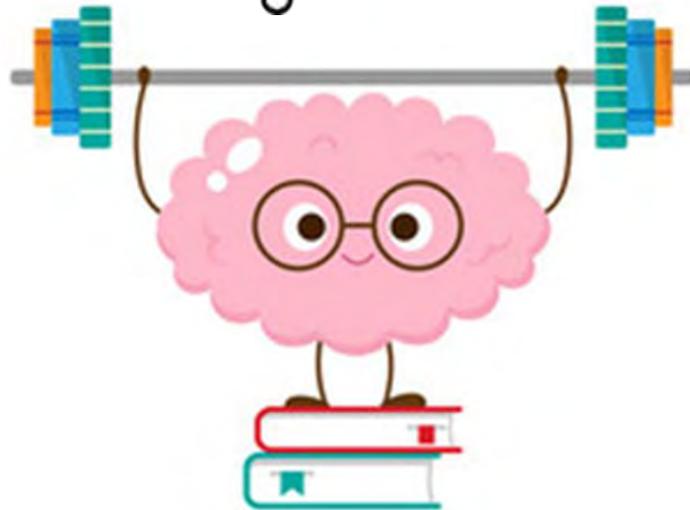
COMPANION RESOURCES



What do you do to keep your wellbeing good?

Hopes

Things I find challenging



Things I do that help me

Things others can do to help me



Goals-

1  DEFINITION OF A CHILD	2  NO DISCRIMINATION	3  BEST INTERESTS OF THE CHILD	4  MAKING RIGHTS REAL	5  FAMILY GUIDANCE AS CHILDREN DEVELOP	6  LIFE, SURVIVAL AND DEVELOPMENT	7  NAME AND NATIONALITY
8  IDENTITY	9  KEEPING FAMILIES TOGETHER	10  CONTACT WITH PARENTS ACROSS COUNTRIES	11  PROTECTION FROM KIDNAPPING	12  RESPECT FOR CHILDREN'S VIEWS	13  SHARING THOUGHTS FREELY	14  FREEDOM OF THOUGHT AND RELIGION
15  SETTING UP OR JOINING GROUPS	16  PROTECTION OF PRIVACY	17  ACCESS TO INFORMATION	18  RESPONSIBILITY OF PARENTS	19  PROTECTION FROM VIOLENCE	20  CHILDREN WITHOUT FAMILIES	21  CHILDREN WHO ARE ADOPTED
22  REFUGEE CHILDREN	23  CHILDREN WITH DISABILITIES	24  HEALTH, WATER, FOOD, ENVIRONMENT	25  REVIEW OF A CHILD'S PLACEMENT	26  SOCIAL AND ECONOMIC HELP	27  FOOD, CLOTHING, A SAFE HOME	28  ACCESS TO EDUCATION
29  AIMS OF EDUCATION	30  MINORITY CULTURE, LANGUAGE AND RELIGION	31  REST, PLAY, CULTURE, ARTS	32  PROTECTION FROM HARMFUL WORK	33  PROTECTION FROM HARMFUL DRUGS	34  PROTECTION FROM SEXUAL ABUSE	35  PREVENTION OF SALE AND TRAFFICKING
36  PROTECTION FROM EXPLOITATION	37  CHILDREN IN DETENTION	38  PROTECTION IN WAR	39  RECOVERY AND REINTEGRATION	40  CHILDREN WHO BREAK THE LAW	41  BEST LAW FOR CHILDREN APPLIES	42  EVERYONE MUST KNOW CHILDREN'S RIGHTS

43-54



HOW THE CONVENTION WORKS

CONVENTION ON THE RIGHTS OF THE CHILD



THE UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD – THE CHILDREN’S VERSION

The United Nations Convention on the Rights of the Child is an important agreement by countries who have promised to protect children’s rights.

The Convention on the Rights of the Child explains who children are, all their rights, and the responsibilities of governments. All the rights are connected, they are all equally important and they cannot be taken away from children.

This text is supported by the Committee on the Rights of the Child.





A child is any person under the age of 18.



All children have all these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor, and no matter who their parents or families are or what their parents or families believe or do. No child should be treated unfairly for any reason.



When adults make decisions, they should think about how their decisions will affect children. All adults should do what is best for children. Governments should make sure children are protected and looked after by their parents, or by other people when this is needed. Governments should make sure that people and places responsible for looking after children are doing a good job.



Governments must do all they can to make sure that every child in their countries can enjoy all the rights in this Convention.



Governments should let families and communities guide their children so that, as they grow up, they learn to use their rights in the best way. The more children grow, the less guidance they will need.



Every child has the right to be alive. Governments must make sure that children survive and develop in the best possible way.



Children must be registered when they are born and given a name which is officially recognized by the government. Children must have a nationality (belong to a country). Whenever possible, children should know their parents and be looked after by them.



Children have the right to their own identity – an official record of who they are which includes their name, nationality and family relations. No one should take this away from them, but if this happens, governments must help children to quickly get their identity back.



Children should not be separated from their parents unless they are not being properly looked after – for example, if a parent hurts or does not take care of a child. Children whose parents don't live together should stay in contact with both parents unless this might harm the child.



If a child lives in a different country than their parents, governments must let the child and parents travel so that they can stay in contact and be together.



Governments must stop children being taken out of the country when this is against the law – for example, being kidnapped by someone or held abroad by a parent when the other parent does not agree.



Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.



Children have the right to share freely with others what they learn, think and feel, by talking, drawing, writing or in any other way unless it harms other people.



Children can choose their own thoughts, opinions and religion, but this should not stop other people from enjoying their rights. Parents can guide children so that as they grow up, they learn to properly use this right.



Children can join or set up groups or organisations, and they can meet with others, as long as this does not harm other people.



Every child has the right to privacy. The law must protect children's privacy, family, home, communications and reputation (or good name) from any attack.



Children have the right to get information from the Internet, radio, television, newspapers, books and other sources. Adults should make sure the information they are getting is not harmful. Governments should encourage the media to share information from lots of different sources, in languages that all children can understand.



Parents are the main people responsible for bringing up a child. When the child does not have any parents, another adult will have this responsibility and they are called a "guardian". Parents and guardians should always consider what is best for that child. Governments should help them. Where a child has both parents, both of them should be responsible for bringing up the child.



Governments must protect children from violence, abuse and being neglected by anyone who looks after them.



Every child who cannot be looked after by their own family has the right to be looked after properly by people who respect the child's religion, culture, language and other aspects of their life.



When children are adopted, the most important thing is to do what is best for them. If a child cannot be properly looked after in their own country – for example by living with another family – then they might be adopted in another country.



Children who move from their home country to another country as refugees (because it was not safe for them to stay there) should get help and protection and have the same rights as children born in that country.



Every child with a disability should enjoy the best possible life in society. Governments should remove all obstacles for children with disabilities to become independent and to participate actively in the community.



Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.



Every child who has been placed somewhere away from home - for their care, protection or health - should have their situation checked regularly to see if everything is going well and if this is still the best place for the child to be.



Governments should provide money or other support to help children from poor families.



Children have the right to food, clothing and a safe place to live so they can develop in the best possible way. The government should help families and children who cannot afford this.



Every child has the right to an education. Primary education should be free. Secondary and higher education should be available to every child. Children should be encouraged to go to school to the highest level possible. Discipline in schools should respect children's rights and never use violence.



Children's education should help them fully develop their personalities, talents and abilities. It should teach them to understand their own rights, and to respect other people's rights, cultures and differences. It should help them to live peacefully and protect the environment.



Children have the right to use their own language, culture and religion - even if these are not shared by most people in the country where they live.



Every child has the right to rest, relax, play and to take part in cultural and creative activities.



Children have the right to be protected from doing work that is dangerous or bad for their education, health or development. If children work, they have the right to be safe and paid fairly.



Governments must protect children from taking, making, carrying or selling harmful drugs.



The government should protect children from sexual exploitation (being taken advantage of) and sexual abuse, including by people forcing children to have sex for money, or making sexual pictures or films of them.



Governments must make sure that children are not kidnapped or sold, or taken to other countries or places to be exploited (taken advantage of).



Children have the right to be protected from all other kinds of exploitation (being taken advantage of), even if these are not specifically mentioned in this Convention.



Children who are accused of breaking the law should not be killed, tortured, treated cruelly, put in prison forever, or put in prison with adults. Prison should always be the last choice and only for the shortest possible time. Children in prison should have legal help and be able to stay in contact with their family.



Children have the right to be protected during war. No child under 15 can join the army or take part in war.



Children have the right to get help if they have been hurt, neglected, treated badly or affected by war, so they can get back their health and dignity.



Children accused of breaking the law have the right to legal help and fair treatment. There should be lots of solutions to help these children become good members of their communities. Prison should only be the last choice.



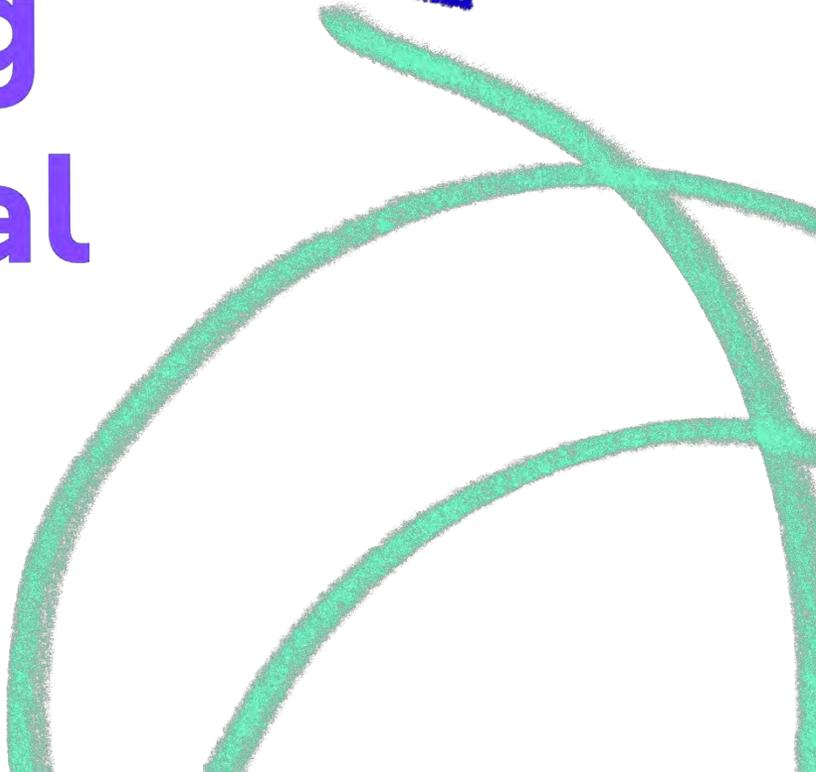
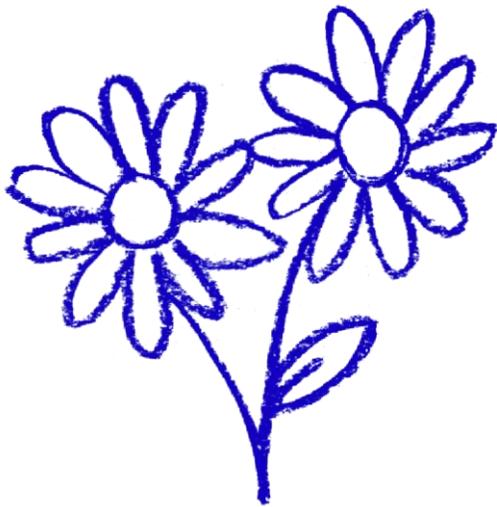
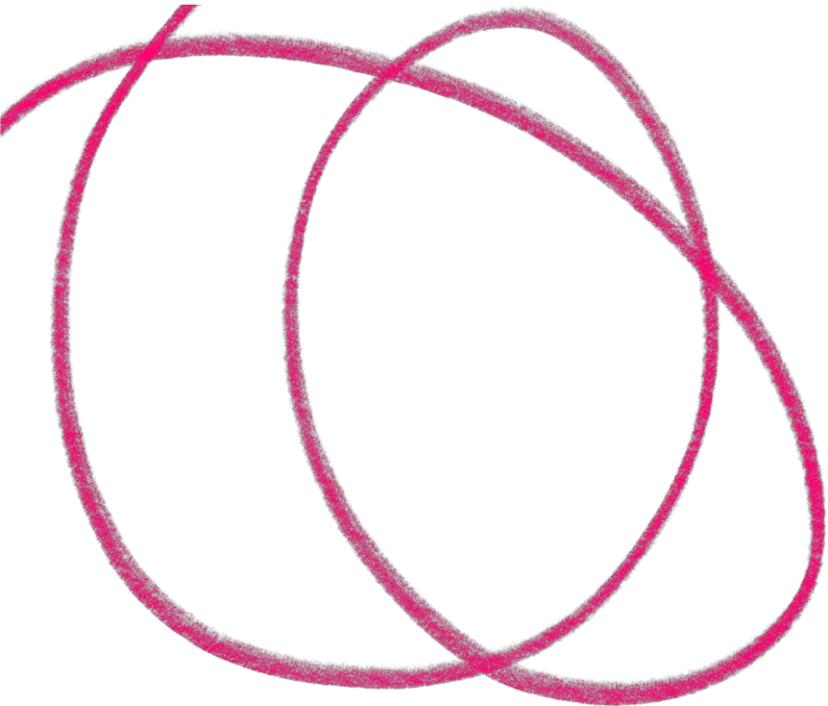
If the laws of a country protect children's rights better than this Convention, then those laws should be used.



Governments should actively tell children and adults about this Convention so that everyone knows about children's rights.



These articles explain how governments, the United Nations - including the Committee on the Rights of the Child and UNICEF - and other organisations work to make sure all children enjoy all their rights.

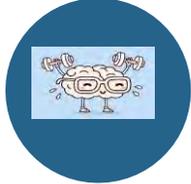


A self help guide to supporting your mental health

Strategies to manage

Music/dancing

Music and dancing are fantastic ways to get your body moving and release those feel-good hormones. Put on your favourite song, get up and dance! Be creative, be silly, let yourself be free!



Exercise

Get up and get moving— Challenge yourself to being more active. Can you try a new exercise that's out of your comfort zone. Can you build up how long you practise it for. Positive body = a positive mind.



Meditation

Meditation is a great way to relax your mind and body, it takes practice, time and determination. Take some time out and find a meditation on YouTube, Calm or Insight timer. We all have times where our mind feels super busy and taking some time out to let it feel calm is great for making you feel refreshed and ready to give things a go again. Start with a 5-minute meditation and then build yourself up, don't worry if your mind wanders that's perfectly normal— just stick with it!

Journaling

Write down your thoughts, feelings and goals. Journaling is great to get things off your mind, acknowledge how you are feeling and what goals you would like to put in place for the future. Take 5 minutes a day to write down or draw exactly what's going on in your mind and body. This can be a really productive exercise if you keep going with it.

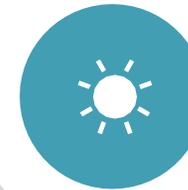


Gratitude Jar

Gratitude is pausing to notice and appreciate the things that we often take for granted. This jar is great if you want to start taking notice of what makes you feel good and things you enjoy. All you need is an empty jar or little box, decorate it if you wish and then add little pieces of paper with thoughts or activities on. Then once you feel your jar is full you can pick a note out each day and remind yourself what truly makes you happy and calm.

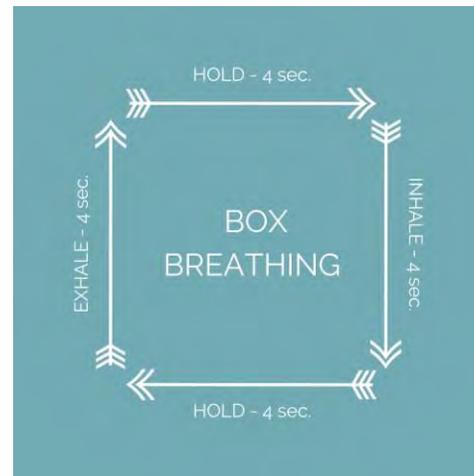
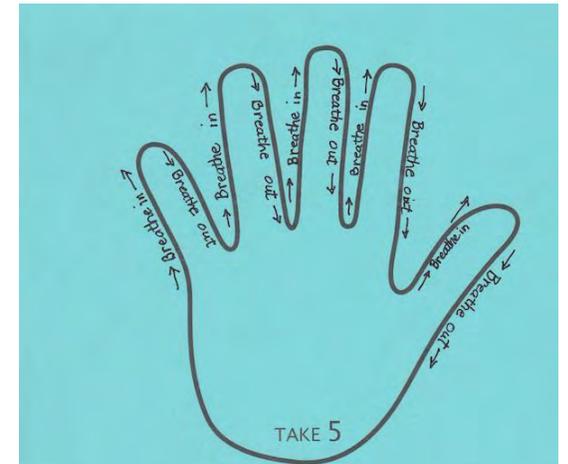
Reach out

Something as simple as a phone call, a text, a conversation can massively change your mind set. Why not get in contact with someone you're missing or haven't spoken to in a while. I'm sure it'll brighten up their day as much as yours.

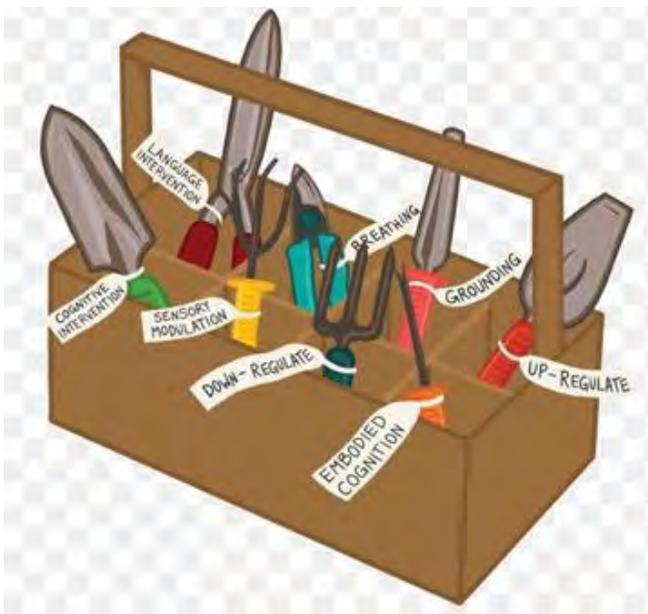
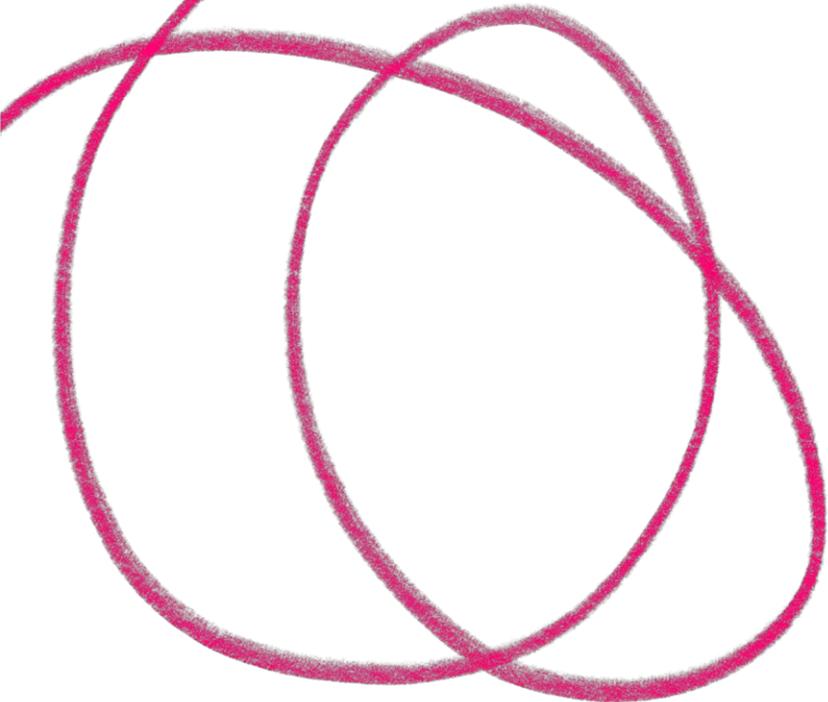


Breathing/grounding

Taking the time out of your day to just sit and breathe can do wonders for your mind and productivity. Try placing your hands on your tummy (you can do this sitting or lying down) and take a deep breath in through your nose and count to three seconds. Feel your tummy fill up with air and your hands rise, hold for three. Then let the breath out through your mouth but imagine you're are blowing up a balloon, so it is more controlled, do this for three. Then repeat. In for three, hold for three, out for three.



Toolkit



Endorphins

The Pain Killer

Relieves stress & blocks discomfort

- Using essential oils
- Watching a funny movie
- Eating dark chocolate
- Exercising



Dopamine

The Reward Chemical

Motivation & concentration

- Completing a task
- Performing self-care activities
- Striving towards a goal
- Eating food



Oxytocin

The Love Chemical

Increases trust/relationships

- Playing with a dog/cat
- Playing with a baby
- Hugging a loved one
- Giving/receiving a compliment



Serotonin

The Mood Stabilizer

Well-being & happiness

- Improving social behavior
- Meditating
- Running
- Walks through nature
- Having Sun exposure



Self-care apps



Headspace offers guided meditations, courses, and mindfulness exercises on subjects like stress, general anxiety, worry, building resilience, and more topics for any moment.



Hub of Hope believes that no matter what you're going through, you shouldn't have to do it alone. Find services local to you.



The Gratitude app is a carefully-designed self-care tool to help you focus on your mental health.

With gratitude journal, affirmations, vision board, and daily motivation content, Gratitude provides you with all the tools and reminders you need to gain motivation and develop a healthy self-love routine in your life.



WorryTree helps you take control of your worries and anxiety, transform your thoughts and feel better. Our app uses proven techniques from Cognitive Behavioral Therapy (CBT), though diaries and gratitude journals into one simple yet profoundly helpful self-help app.

Self-care apps



Stay Alive is a pocket suicide prevention resource for the UK, packed full of useful information and tools to help people stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



Free meditation app. Guided meditations, sleep music tracks. Use InsightTimer to help calm the mind, reduce anxiety, manage stress, and sleep deeply.



The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it.

Join over 2 million users and learn to ride the wave with the free Calm Harm app by choosing activities from these categories: Comfort, Distract, Express Yourself, Release, and Random.



Calm is designed for sleep, meditation and relaxation. Manage stress, balance moods, sleep better and refocus your attention. Guided meditation, Sleep Stories, soundscapes, breathwork and stretching exercises fill our extensive library. Practice self-healing and discover a happier you through Calm.

Self-care apps

3 good things



Free gratitude based daily mental health journal designed to cultivate a simple habit of wellness journaling.

Breathe: relax & focus



Breathe has 3 default breathing exercises and allows you to create your own custom breathing patterns.

My diary



My diary is a free online diary journal with lock. You can use it to record daily diary, secret thoughts, journeys, moods, and any private moments.



STOP, BREATHE
& THINK

Want to meditate but aren't sure where to start? Our app is great for beginners and offers simple ways to begin your practice.

Signposting-further help



YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.



Our helpline and webchat are open 365 days a year, offering practical suggestions for all of life's problems - whether that's anxiety, relationship concerns, health worries, money worries or suicidal thoughts. Our staff answer a call every 59 seconds - they listen, talk and help people struggling with life to make a plan so they can begin to look to the future.



No Panic
Organisation which helps people who suffer from panic attacks, phobias, OCD, and other related anxiety disorders.
Youth helpline: 0330 606 1174 (Weekdays 3pm - 6pm)
Website: www.nopanic.org.uk

No Panic is a charity helping/supporting people who live with panic attacks, phobia's, OCD & other anxiety related disorders.



Mindsmatter are a well-being service offering a range of free psychological therapies to people aged 16 and over in Lancashire.

Signposting continued



Email:

admin@lancashiremind.org.uk
www.lancashiremind.org.uk

Lancashire Mind supports everyone's mental wellbeing with the aid of wellbeing coaching, support and advice on where to find help.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

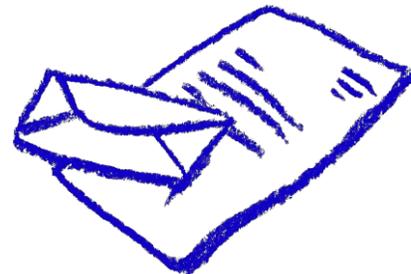
Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.

Lancashire
lgbot

We are the charity that supports LGBTQ+ people across Lancashire. We also work with professionals and organisations seeking support and guidance on LGBTQ+

mind Lancashire

Registered charity number 1081427



Signposting continued



Feeling stressed, anxious, low or struggling to sleep? Every Mind Matters can help with expert advice, practical tips and personalised actions to help stay well.



Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide throughout the United Kingdom.

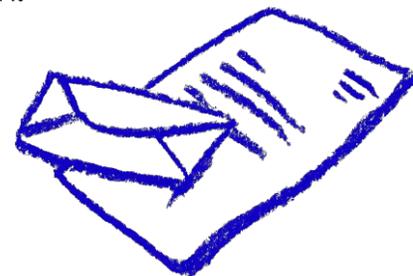


Our Wellbeing Helpline and Texting Service a listening service for the residents of Lancashire and South Cumbria. It is a Freephone out of hours, person centered listening environment for people requiring emotional support in relation to their own wellbeing and mental health or that of someone they know.

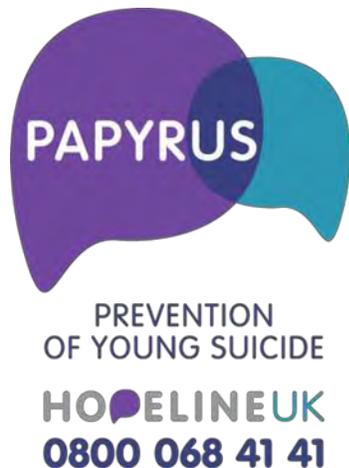


Anxiety UK
Help for those suffering with anxiety disorders.
Telephone: 08444 775 775 (weekdays 9am – 5.30pm)
Text service: 07537 416 905
Website: www.anxietyuk.org.uk

Anxiety UK is a national registered charity for those affected by anxiety, stress and anxiety-based depression.



Signposting continued



PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK



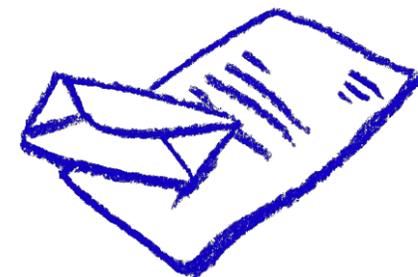
Harmless is a passionate organisation who works to address and overcome issues related to self-harm and suicide.



The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.



Beat is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf.



Signposting continued



Shout 85258 is the UK's first 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere. Text 'SHOUT' to 85258.

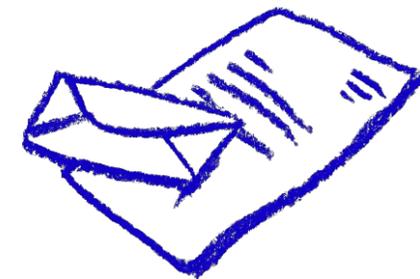


Kooth is your online mental wellbeing community. Access free, safe and anonymous. For young people aged 11-18 in Lancashire.



Mental health urgent response line
For Lancashire and South Cumbria
Available 24 hours a day, 7 days a week by calling 0800 953 0110

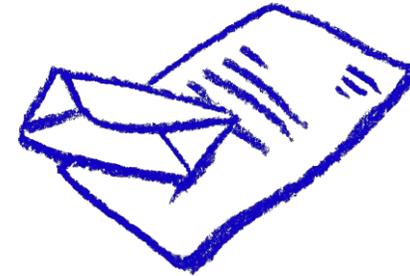
If you prefer to communicate via text,
a texting service by Lancashire
listening service.
Text Hello to
07850022846



How can I find Lancashire Mind ?

80-82 Devonshire Road
Chorley, PR7 2DR

01257 231660



Email: admin@lancashiremind.org.uk
www.lancashiremind.org.uk

 mind Lancashire

Registered charity number 1081427