



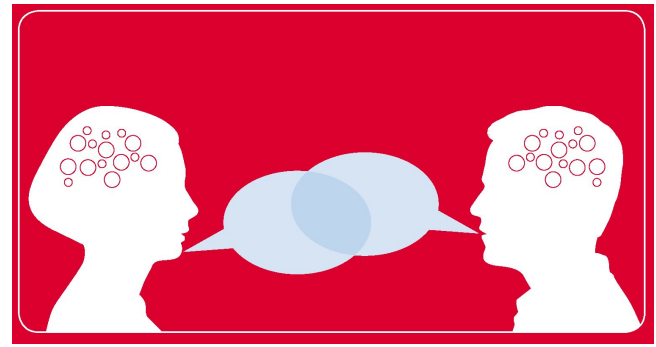
Session 10

RECAP

So far we have learnt...

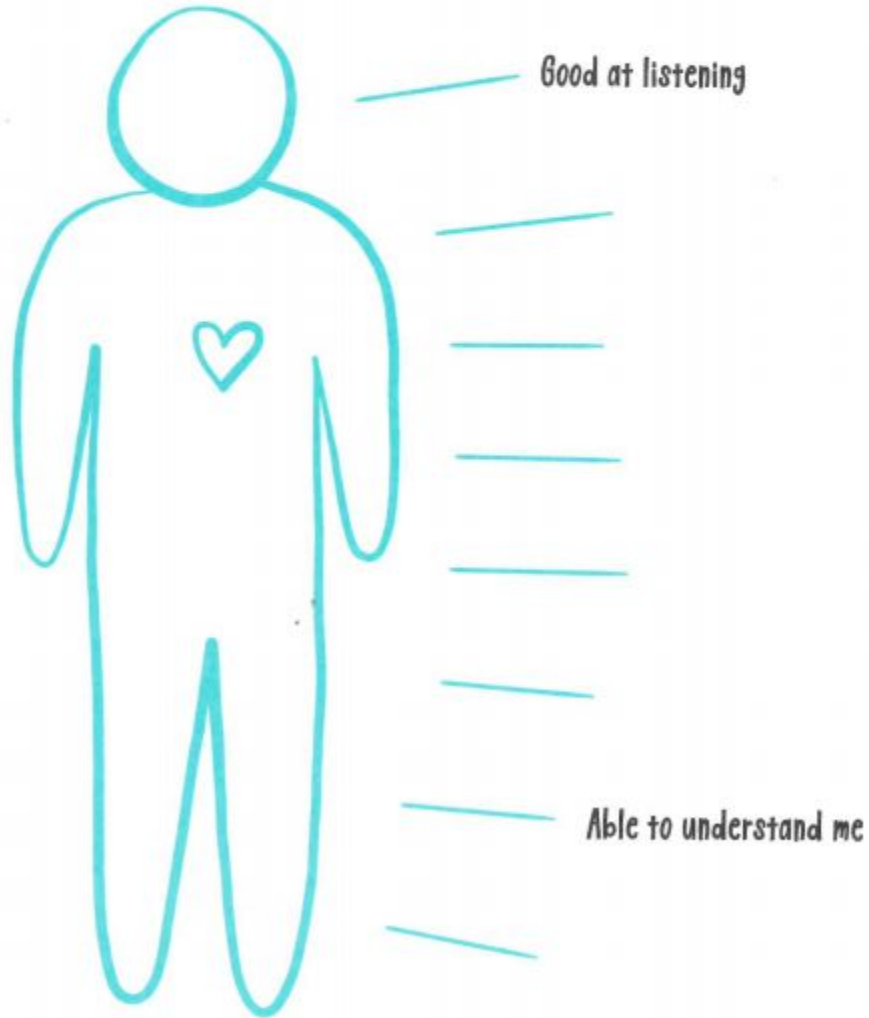
- ★ We have focused on thinking and changing mindsets
- ★ We have played some talking games to help us communicate in our form

What do we mean by talking?



Changing mindsets is important, but we also need to think about how we express our emotions and share our feelings. This is a sign of strength (although explaining how we feel might seem very tricky sometimes).

Talking about your feelings and sharing your problems with someone you trust can often make challenges seem more manageable.



Finding the words to express emotions might sometimes be hard, but if you find the right people to talk to and trust, it can become more straight forward.

Think about the characteristics you would like to see in someone you would find trustworthy - you can either talk this through with a partner or write your ideas down.

Being a good listener is often seen as an important part of being a trusted friend.

Whilst watching the next clip, think about how you can make sure you are being a good listener.



ACTIVE LISTENING
HOW TO BE A
GREAT LISTENER



ChatHealth

Watch the next clip to find out how to get anonymous support from a nurse if you need to chat but aren't ready to speak to someone you know yet.

Text: 07480 635050

hello



red nurs
alth me

Find someone you are happy to chat to in the form...

For the rest of the session today, have a chat - you can talk about anything you like apart from school work! Make sure you really listen to each other.



HEALTHY SCHOOLS

CHALLENGE:

1. Make sure you have the Chat Health number recorded somewhere, just in case you need it.
2. Make time to chat to a friend or someone you haven't spoken to for a while this week.

Hertfordshire Community 
NHS Trust

YOUR NEW TEXT NUMBER
07480 635050
FOR YOUR SCHOOL NURSE

WE HELP STUDENTS WITH ALL KINDS OF THINGS...
RELATIONSHIPS
MENTAL HEALTH
BULLYING ALCOHOL
SELF HARM
HEALTHY EATING
DRUGS SMOKING

For confidential advice & support

We do not inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety but we would usually text you first. Your messages are stored and can be seen by other healthcare staff that follow the same confidentiality rules. We aim to reply to you within one working day and you should call our immediate helpline back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of your school or a doctor. Our text number does not receive voice mail or picture messages. To prevent the school nurse from sending messages to you, text STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rates.