



Headstrong

Week 10

Just Talk  
Week

<https://www.youtube.com/watch?v=gFd3WwD-F9g>



# HEALTHY SCHOOLS CHALLENGE:

1. Look at the Just Talk week website:  
<https://www.justtalkherts.org/news-and-campaigns/just-talk-week-2021.aspx#schedule>
2. There are some pre-recorded sessions and some other materials which you can look at about mental health and well-being.
3. You might choose to look at it this week during Just Talk week or in the future.
4. The campaign slogan this year is 'talking shows strength, not weakness' - how could you share this message and either speak out yourself or encourage others to this week?

<https://www.youtube.com/watch?v=z4LpW0P2ejY>

