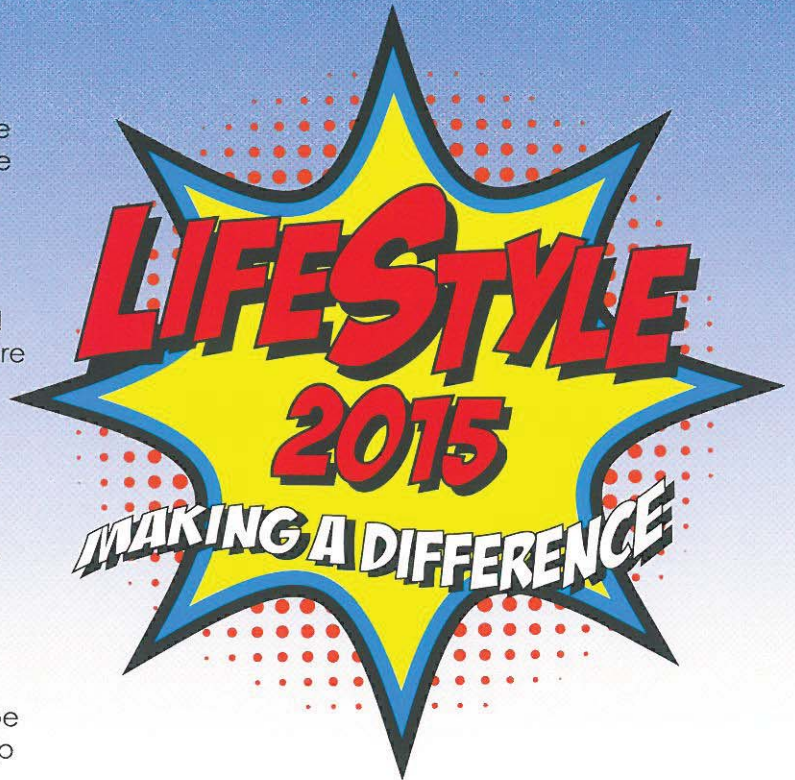


HEADSTART CHALLENGE

The Challenge

We want young people in Hull to be able to cope well with difficult situations and have the confidence and emotional resilience to tackle the pressures of modern life, such as bullying, peer pressure and exam stress. We know that unfortunately 1 in 10 young people aged 5 – 16 suffer from a diagnosable mental health issue. We want to prevent this happening and promote good mental health, and that's where we need your help!

We want you to take part in the HeadStart Hull Challenge and dream up your own ideas that can help young people to be confident and emotionally healthy. The HeadStart Hull Challenge is primarily aimed at schools, youth and community groups in Hull, although we know promoting good emotional health is important to young people across the whole LifeStyle area. Your idea can be around your school, a community setting or group. It can be an idea that could involve families or friendship groups or even be entirely online and digital.



Here are some ideas to get you started

- Think about your local community; how could you help? Are there groups needing volunteers or neighbours who need support?
- Exercise is often a good way to help us feel happier. Could you create tips for young people on different, local activities to get involved in?
- Could you create a campaign in your school or community which highlights the importance of being emotionally healthy? What does an emotionally healthy young person look like?
- Is there a peer support group in your school? Could you help other young people talk openly about everyday pressures like bullying?
- How about creating an online or digital resource where other young people can find information on social media safety and advice for online gaming?
- Why not work with parents and families to create a project which aims to reduce the stigma of mental health issues?
- You could develop tips on exam and school stress or a newsletter for people in your school about tackling stress.
- Why not film a video for the HeadStart YouTube channel to share your experiences of mental health issues with other young people; let them know that they aren't alone.
- You could help young people find the right place to go for help if they need it.

The possibilities are endless!

Remember to always put your own safety first and always tell an adult where you are going and what time you will be home.



Tweet us about your project

 @HPYET_Lifestyle

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