

# OUTRIGHT

Speak out on children's rights

## SUPPORT WORKSHOP 2

20 October 2021

**Thank you to everyone for joining, it was great to see you! This was the second support workshop.**

Grace explained that OutRight is about mental health and children's rights this year, outlined which materials have been shared already, and what's to come in the coming weeks:

- Talking about and managing mental health
- Looking at the support we have around us
- Hearing from youth mental health advocates about the work they're doing

After the success we had last **World Children's Day**, we'll be having another event for children and young people, and we can't wait to see lots of you there. Keep reading to find out how to secure your place! We'll also be encouraging groups to share what they're doing online so we can amplify their efforts and their voices, and help you get a sense of what other groups taking part, have been doing too.

Huge thanks to everyone who shared what their groups got up to on **World Mental Health Day!** We've amplified these posts on the [UNICEF UK Campaigns twitter account](#).

## Q&A SESSION

### How to promote mental health within EYFS?

Place2Be's Parenting Smart resources could be useful: there are a wide range of articles and videos, on topics including healthy gaming habits, trouble sleeping, anxiety, bullying and more. <https://parentingsmart.place2be.org.uk/>

One school on the call said that they created a feeling chart using handprints, emoticons etc. to help children start expressing feelings in EYFS.

Adapt to your setting, scale down vocabulary, you know your children, think about using stories, songs and other creative activities to help children feel safe sharing feelings – use the strategies you would normally use: songs, stories, keeping it simple.

Don't be overwhelmed by the content – you don't have to use everything we provide: you can choose which activities to use!

There really are unlimited ways to take part – there's no right or wrong way to do it.

## What's the difference between campaigning and advocating?

Broadly, when we refer to campaigning, we mean specific actions to achieve a specific change. For instance, creating a petition or writing to your MP. A campaign or campaigning activity is aimed at a specific target. A target can take many forms, e.g., an organisation, a government, a sector, an individual. Whoever the target is, they are often chosen because of the influence or position they hold. For instance, an MP because of the decision-making power they hold in government, or a CEO because of the financial and sector wide influence they exert.

A piece of campaigning could be done to raise awareness, lead to a policy change, achieve a budget increase, put someone in/take someone out of a position of power.

Advocating can be seen as a more overarching term that covers a wider range of efforts which seek to create change, including policy development which sets out the changes we want to see, rather than the actions taken to get there.

## What do schools need to do in order to receive an OutRight certificate?

Certificates are usually sent out after Easter.

Martin reminded everyone doing RRSA that participation in OutRight will help with your next accreditation as it relates to several RRSA outcomes!

We don't expect you to do every activity in order to receive a certificate: it's a certificate of participation so we would like understand how OutRight worked in your setting – which activities you undertook, which worked well for you and your students etc.

You can do that as you go, letting us know by email, or tagging us in social media posts, or you can wait until the evaluation process, in early Spring.

## Could more be done to help looked-after children's mental health?

There's always more that can be done and our new [UNICEF report](#) talks about this issue in great detail. If groups would like to know more about our policy and programmatic work on children and young people's mental health, please let us know.

There's a [Place2Be training programme](#) for Senior Mental Health Leads, that state schools in England are eligible for (there's a DfE grant to cover full cost of training).

Mental Health First Aid training is one of the initiatives that's becoming commonplace in schools now given that we know this is a priority for children and young people and has been for some time.

## **Fitting in OutRight around the school curriculum.**

Timetabling is really hard sometimes, so one school has set up a weekly 'enrichment' club for RRSA and OutRight to make sure that they're making progress with their campaign.

Another has embedded OutRight within their PSHE curriculum (using Jigsaw) which in the Autumn is all about self-awareness, wellbeing and diversity so it works really well. They will be setting some of the OutRight activities as holiday projects for families to do together.

Using assemblies to talk about OutRight has worked really well in some settings.

Encourage your colleagues to see the connection between OutRight and other school priorities – it doesn't have to be seen as something 'new' or as additional work, especially with your wellbeing curriculum.

## **How can we involve the community and parents?**

One of the settings talked about 'recipe of me' poem writing activity, that can become a 'recipe of us', written with family members, then linked into other OutRight activities.

Using one of the Paddington activities could work nicely as a half term project to do as a whole family too.

Use your school communication channels to let parents/community members know about the work you're doing and why you think children's mental health is something to focus on. Encourage them to think about how they can get involved.

## How to embed the OutRight campaign easily within a junior school with many other projects being run

The most obvious link is with RRSA, but it works very well with any youth voice mechanisms in your setting, such as school councils.

We know that most schools and youth clubs will be doing lots on mental health already - look for the connections and how it can enhance what you're already doing. One school shared a great example of how they linked OutRight with a Young Minds initiative on World Mental Health Day.

Look at your school improvement plan set by your Leadership team – it's almost certain that student wellbeing will be a focus, which gives you a way to introduce OutRight to other colleagues.

One school noticed that there are links with Children in Need 'Do Good, Feel good' this year which ties into physical and mental health – and OutRight, perhaps you could make the whole day about wellbeing?

Not everyone in a setting needs to do OutRight – we know some settings have every child or young person take part, but plenty of others just have their School Council run the campaign. As a result, they sometimes find other classes want to join in afterwards: do what works for you and your setting.

## DON'T FORGET

- You know your settings, the children and young people – better than we ever will and we welcome your feedback, always!
- Do what works, when it works, for you and your setting
- Share what you're doing (if you're a member) on the RRSA Facebook group
- We are here to make suggestions and offer guidance so please [get in touch](#) with your queries

## WORLD CHILDREN'S DAY EVENT: SIGN UP NOW

**When: 10:30 - 11:30 am 19<sup>th</sup> November 2021**

**Where: Online with Microsoft Teams**

**Tickets available here: <https://www.eventbrite.co.uk/e/world-childrens-day-event-outright-2021-tickets-166077617625>**

Join us for an interactive workshop to hear from youth mental health advocates, UNICEF UK colleagues and OutRight champion Cel Spellman, as we focus on children's rights and mental health!

We hope children and young people all over the UK will be inspired to use their voices when they hear about the work some older young people are already doing on this really important issue!