

Children's Mental Health Week

2020: Find Your Brave

From 3rd to 9th February 2020, it is Children's Mental Health Week in the UK. Each year there is a different theme and the theme for this year is 'Find Your Brave'. It is a week where schools can do activities that help children to try something new and to ask for help.

Who Organises It?

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK. Children's Mental Health Week started in 2015 and it has carried on helping many children feel happier ever since.

The Duchess of Cambridge is the Royal Patron of the Place2Be charity. This means that she supports them, helps them and talks about their work. She has supported the mental health of children for a long time. She would like children to be helped to have the chance to be the best they can be.

What Is the Problem?



The Duchess of Cambridge says in her message:

"Childhood is an incredibly important moment in our lives.

It is the time when we explore our personalities...

Our experience of the world at this early stage helps to shape who we become as adults..."

Children come across many difficulties in their everyday lives from families splitting up to bullying or feeling negatively about themselves.

Many of the children that work with Place2Be have low self-esteem, which can make them unhappy.

Children can find it hard to overcome challenges and do not always feel confident enough to ask for help. Things can then get worse and children's mental health begins to deteriorate as they see no way out of a difficult situation. The theme of 'Find Your Brave' tries to make children and young people see that it's OK to find things hard and that more importantly, it's OK to talk about things and to ask other people for help.

What Is the Answer?

Place2Be and Children's Mental Health Week cannot make all the problems go away but they can help people to be happier and help them be able to deal with the problems. This is done by helping people to understand and realise that everyone struggles at different times in life and that there are things they can do to help them face, then hopefully overcome, these difficulties.

Find Your Brave

The Theme of 'Find Your Brave' for 2020 looks at supporting people and giving them the confidence and tools to deal with problems and challenges in life. Place2Be want children and young people to recognise that being brave does not mean that you have to cope on your own or hold things in. Instead, bravery can be about sharing worries and asking for help. It can be trying something new or pushing yourself outside your comfort zone. Being brave means finding ways to overcome challenges.



Place2Be have suggested these tips for finding your brave:

- Think about something you've done where you felt brave and how it made you feel.
- Write down something brave that you could do at school. It could be speaking up in class or volunteering for something.
- Think of a new skill or activity that you could try that you've never done before.

Questions

1. What is this year's Children's Mental Health Week theme? Tick **one**.

- Find Your Confidence
- Find Your Power
- Find Your Brave
- Find Your Positivity

2. How many days does Children's Mental Health Week last for?

3. Explain what you think The Duchess of Cambridge means when she says:
"It [childhood] is the time when we explore our personalities..."

4. Tick **true** or **false** for these statements.

Statement	True	False
A patron can be someone who supports a charity.		
The first Children's Mental Health Week was in 2016.		
Place2Be work with children in schools.		

5. **Find** and **copy** a word which means **to get worse**.

6. Explain in your own words what 'Find Your Brave' means.

Questions

7. Explain what you think the possible benefits of Children's Mental Health Week are.

8. Give one tip that Place2Be have suggested for finding our brave.
