



Vote Results:

This week's VoteTopic:

Following news that Facebook are in talks about a pre-teens social media platform, we wanted to ask the people it would affect most: you! Here's what you said:

From 10th-16th May, it's Mental Health Awareness Week. The theme this year is "nature", so this week you are exploring the link between the natural world and wellbeing by discussing:

Should there be an Instagram for under-13s?

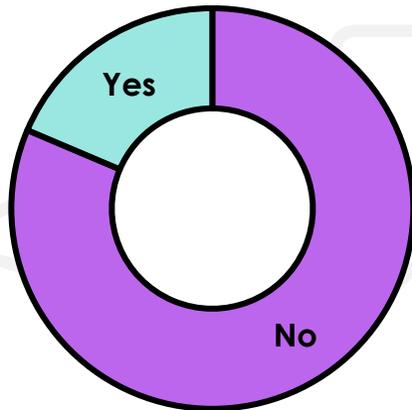
Do we take the benefits of nature for granted?

"I believe that young kids should not be on social media but if they are they may as well be on a platform made for children."

Discussion points:

- Do you agree that modern living is incompatible with nature? Why/why not?
- Are there some people that do not benefit from nature? Why/why not?
- Do you think that nature is as necessary for us as making connections with others or having shelter?

Yes
18.6%



No
81.4%

"They don't even need a phone. They need a childhood where they can build their social skills with other people in real life."

Student research points:

- Explore the National Trust's website to find the best places in your area for forest bathing!
- Find out more about outdoor activities and green spaces where you live. Why not share your findings with others too?
- Investigate studies about the link between nature documentaries and mental wellbeing.

Please Note:

If you or someone you know is struggling, see the next slide for more information.



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Need support or more information?

Please check out the websites & resources below for further advice on this topic. You can click the icons to visit them directly, or use the search terms.



The **Mental Health Foundation** has a range of resources around **COVID-19 & mental health**.

Search Term: Mental Health Foundation COVID

In addition to their **app** and **Netflix shows**, **Headspace** have lots of **tips** on their site.

Search Term: Headspace Articles



The NHS' **Every Mind Matters** page has a selection of **self-care videos** for young people.

Search Term: NHS Every Mind Matters Self-Care

Rethink Mental Illness offers a **variety** of **advice** and **support** on their website.

Search Term: Rethink Mental Illness A-Z



Shout have a **Crisis Messenger** for anyone struggling – text “**SHOUT**” to **85258** anytime.

Search Term: Shout 85258



Childline is available for under-19s to talk confidentially. Call **0800 1111**, **9AM-midnight**.

Search Term: Childline

If you are in **immediate danger**, please **call** the **Samaritans** for free on **116 123**. They are available **24/7**.
Or, if **someone you know is at risk**, please **call** an **ambulance on 999** or **go straight to A&E**.