

# SPEAK UP! Stay ChatTY Schools Package

## GritFit

**GritFit** is an interactive, free 1.5 hr presentation for DECYP schools. It includes mental health myth busters, ways to build grit + resilience, and the importance of developing a kindness culture. For Catholic and Independent schools, there is a fee-for-service structure.

## GritFit+

**GritFit+** is our staff session.

Designed for staff, this 1 hr workshop focuses on mental health in young people, referral pathways and identification of self-regulation complexities.

## MHFA

Stay ChatTY offers 2 day **Mental Health First Aid** Training to school staff at a discounted rate.

Click **through** to find out how you can equip your staff with these fantastic skills.

## Keep it Kind

**Kindness** is contagious!

We have put together some ideas for your staff and students to help cultivate kindness right throughout the school year.

Find out more **here**.

## ChatTY Leavers

Want to ensure a lasting reminder of the importance of checking in with yourself and others?

Get our Stay ChatTY logo on your **leavers** tops!

## Dates to Know

We've put together a **list of mental health awareness dates** across the year—check out our Mental Health Week tips and ideas for making sure mental health is front of mind throughout the year.

## Shorts Day

Brave the cold—Brave the conversation, and take part in our annual **Shorts Day!** Wear your shorts, fundraise, host a staff/student match and discover ways to promote mental health awareness on the shortest day of the year.

## Lived Experience

**Mitch McPherson**, founder of SPEAK UP! Stay ChatTY, can visit your school assembly for a Q&A session or to share Stay ChatTY's key messages.

# GritFit



## Why?

**GritFit busts myths associated with mental health and provides tips on mental wellness.**

- Strategies for building resilience and grit
- How to foster a kindness culture in your school and beyond



## What?

**1.5 hr interactive session delivered in the classroom.**

- 30 students max
- 2 facilitators
- Gifts, merch and resources included



## How?

- Click the **link** to register your interest
- Secure support from your principal and support staff (psychologist/social worker/nurse)
- Submit an EOI for approval with the DECYP
- Choose your dates



# GritFit +



## Why?

**GritFit+ is a presentation for staff with a person-centred approach to supporting teenagers.**

- Acknowledges the complexities of student wellbeing and the possible impacts on the care giver
- Methodology grounded in empathy and an understanding of individual needs



## What?

**1hr session for teachers and support staff.**

- Held prior to student sessions
- Unlimited numbers



## How?

- Register your interest for a session **here**
- Choose your dates
- Lock the session in for your staff and parents



# MHFA



## Why?

**Standard Mental Health First Aid Training is world class education equipping participants with skills to provide initial support to someone developing a mental health issue or experiencing a mental health crisis.**

- MHFA training improves knowledge, reduces stigmatising attitudes, and increases first aid actions towards people experiencing mental ill-health



## What?

**2 day course delivered in your area.**

- MHFA manual and gifts
- Accreditation for 3 years



## How?

- Click the **link** to find out more
- Apply promo code (if applicable)

# Keep it Kind



## Why?

**Studies show that kind people have 23% less cortisol (the stress hormone) and age slower.**

- Kindness stimulates the production of serotonin, dopamine, oxytocin, endorphines and serotonin. These hormones are known for producing positive feelings.
- Kindness is contagious – if we can focus people's attention on being kind, we can cultivate less stress, less bullying and increased self-esteem.



## What?

- Kindness cards
- Keep it Kind campaign



## How?

- Kindness cards are supplied during our GritFit and GritFit+ sessions to all attendees. Participants are encouraged to gift the card to someone in their world. They may wish to give it to a friend, leave it as a surprise for a loved one or pass it on to a stranger.
- The Keep it Kind campaign is designed for schools to continue kind acts throughout the year. It can be adopted by a whole school, grade or an individual class.
- Schools can register **here** to be part of the campaign and go in the running to win prizes and a visit from the Stay ChatTY team at the end of the year.



# 20 ChatTY ways to be KIND:

## Teachers

- Encourage students to do random acts of kindness and get them to report back.
- Encourage and organise a class or school fundraiser for a charity of choice.
- Challenge students to send one kind message via socials every day.
- Introduce a reward system or board that allows students to recognise and share when random acts of kindness are spotted.
- Allow students to visit and support younger grades to help them out.
- Host a white elephant gift drive – everyone brings in something they are happy to pass onto someone else.
- Start each school day in a circle with everyone saying something kind to the person next to them – all the way around.
- Compliment a co-worker and let them know they are doing a good job.
- Designate a wall or board to kindness that people can add to throughout the year.
- Develop a check-in system for students each day, where they can mark on a board (visuals usually works well) how they are feeling that day.

## Students

- Volunteer in the local community.
- Pass on your kindness card given out at a Stay ChatTY session.
- Use sticky notes to send positive messages to others at school (teachers and support staff included).
- Use whiteboard markers (with permission) to write kind messages on the bathroom mirror.
- Choose a charity or fundraiser to support.
- Create positive bookmarks and pop them in books at your school library (with permission).
- Build a routine of complimenting 2 people a day, just because.
- Check in on someone who is struggling and give them the time and space to chat through how they are feeling.
- Smile at someone new in the hallway.
- Pick up rubbish that you see around the school.

# ChatTY Leavers



## Why?

**Leavers tops are a reminder to staff and students of their years in school. Including the Stay ChatTY logo on the top will be a lasting reminder to students and staff of the messages they learnt about mental health during their schooling.**

- Leavers tops are seen by many in the community and are a great mental health conversation starter



## What?

- Stay ChatTY logo incorporated somewhere onto leavers tops
- Students can opt out of having the logo



## How?

- Click the **link** to express your interest
- Send us a picture of your leavers tops!



# Dates to Know



## Why?

**There is so much value in mental health conversations continuing throughout the whole year.**

**Use these dates to activate events within your school and community.**

SPEAK UP! Stay ChatTY  
Relationships Australia  
Headspace  
Head to Health  
RAW  
City Mission  
Smith Family  
PCYC  
Sporting clubs  
Launceston City Council  
Food vans  
Coles/Woolworths  
Bunnings  
Migrant Resource Centre  
Red Cross  
Drug + Alcohol Network  
White Ribbon  
Teen Challenge  
Local businesses



## What?

**17 February** – National Acts of Kindness Day

**20 March** – International Day of Happiness

**26 March** – Neighbour Day

**22 June** – Shorts Day (2023)

**12 August** – International Youth Day

**14 September** – RUOK? Day

**10 September** – World Suicide Prevention Day

**September** – Liptember

**1-7 October** – BPD Awareness Week

**10 October** – World Mental Health Day

**9-17 October** – World Mental Health Week

**November** – Movember

**13 November** – International World Kindness Day



## How?

**Tips for celebrating Mental Health Week (MHW) in your school:**

Apply for a grant through the **Mental Health Council of Tasmania** applications are easy and can provide funding for various events/ideas during MHW.

- Showcase teacher talent – ask staff to teach a hidden talent (painting/music/beauty/face painting)
- Have a colour run
- Provide a BBQ for staff and students
- Host outside organisations in an expo – most will not charge to attend and can provide valuable information on their services (see opposite)
- Hold staff vs student sport match-ups
- Host a free dress day and fundraise for a mental health charity
- Promote awareness days and events on school social media and newsletters
- Invite parents into the school to share in activities





# Shorts Day



## Why?

**We understand talking about mental health can sometimes be uncomfortable. So, on the shortest day of the year, we come together to brave the cold... and brave the conversation for SPEAK UP! Stay ChatTY's annual Shorts Day!**



## What?

- Shortest day of the year (22 June 2023)
- Wear shorts, hold a fundraiser, host a morning tea, play a staff v student sport match, host an assembly
- Have ShortTY and the Stay ChatTY team visit your school



## How?

- Click the **link** to find out more details about Shorts Day and register!
- Check out our other resources available to support your Shorts Day events **here**

# Lived Experience



## Why?

**Mitch McPherson founded SPEAK UP! Stay ChatTY in 2013 when he lost his younger brother Ty to suicide.**

**Mitch's story is impactful and can provide an opportunity for others to learn about mental health via his lived experience.**



## What?

- Q & A – Mitch can attend your school assembly for a Q & A event\*
- Key Messages – a short presentation delivered in an assembly setting detailing ways to check in on those around you and tips on taking care of yourself\*

*\* can be tailored to suit specific requirements*

*\* these sessions are delivered with sensitivity, age appropriate content and in alignment with practice guidelines for safe language*



## How?

- Click the **link** to find out more details about how to get Mitch to visit your school