



Kooth Live Forum Topic Calendar

May 2021

Kooth plc

Kooth Live Forums: May 2021

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Wednesday 5th May – **Accepting Your Body**

Summer is nearly upon us, and here at Kooth we recognise that this can bring with it a number of complexities for young people around body image. With this month being Self Esteem month, tonight's live forum will be focusing on acceptance of bodies, including the different jobs they do and shapes they come in! We will be thinking about the impact of the media on how we might feel about our body and spend some time thinking of ways to make positive changes to ensure all body types are visible and accepted in the future!

Monday 10th May – **Safety on the Streets**

As part of our Crime Time series, this live forum will consider ways to be more aware and stay safe on the streets. Since street crime is often opportunistic, we will work together to think of practical ways of staying safe including who to contact if you don't feel safe when you're out and about!

Friday 21st May – **Making Friends & Connecting with Others**

In this Live Forum, we will be talking all about making friends and connecting with others! We are going to be sharing how we have made friends in the past, how we like to connect with friends, close family members and trusted adults. The benefits we feel from connecting with people and making friendships. Also, ideas and advice about how to make new friends, when we may wish to! Everyone is always welcome to join us and please do feel this is a safe space to form friendships and connect with the other fab users on Kooth who attend!"

Wednesday 26th May – **Building Self Esteem & Confidence**

Often confidence and self-esteem are thought of as the same thing, but are they? This live forum will explore the crucial differences, why it is important we work on our confidence and self-esteem and finally some useful strategies we can try to help boost ourselves!