



# Kooth Live Forum Topic Calendar

*August 2020*

## Kooth Live Forums: August 2020

*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.*

### Monday 3<sup>rd</sup> August – **Accepting Your Body**

Hello, and welcome to tonight's live forum! Tonight we are going to talk about body acceptance. Many of us struggle with our body image and have a hard time accepting the face we see peering back at us in the mirror. Let's brainstorm together tonight to try to feel more positively about ourselves!

### Friday 14<sup>th</sup> August – **Fears & Phobias**

Lots of us have fears about certain objects or situations, but if that specific fear stops you doing everyday things and has been going on for a long time then you might have a phobia. Phobias are a really common type of anxiety disorder and they are an extreme fear of something, even when there is no danger. Tonight we want to look at the difference between specific and complex phobias, what causes phobias in the first place, the types of support available, and some self-care. We hope you'll join us to share your thoughts, feelings and experiences of phobias, or maybe get some tips on coping with them.

### Wednesday 19<sup>th</sup> August – **VOC: Inclusivity and Diversity**

There have been a lot of very important conversations happening in the media lately around inclusivity and diversity, and for this week's live forum, we want you guys to join in. We'll be talking about why inclusivity and diversity are important, what we can all do to make sure we're as inclusive as possible, and hopefully think about some of the overall benefits that living in a diverse and inclusive society can bring.

### Friday 28<sup>th</sup> August – **Transitions in Education**

Tonight's highly-requested live forum will be all about transitions in education. We will be considering: why thinking about and preparing for transitions into school, college, and university is important, what a successful transition may look and feel like for a student, some barriers to feeling confident when transitioning, and how we can overcome these obstacles. We will also be considering some options and sharing tips for support if you're feeling vulnerable or worried about moving to a new school or year group.