



Lost Voices

Change of Environment



Welcome

- Housekeeping
- Create a Group agreement
- Introduce the topic
- Create a signal



Contents

- Our hopes for this presentation
- Icebreaker Activity
- What could be a change of environment?
- Stigmas around this topic
- Statistics
- How can creating art help?
- Lost Voices Podcast
- Discussion
- Activity
- What can help yourself and others navigate the changes of life?
- AMBER Approach
- Questions
- Group Discussion



Our Hopes for This Presentation



- A clear understanding of what a Change of Environment could be or might look like
- Knowledge of stigmas and preconceptions
- Gain a small amount of statistical knowledge
- Understand how to keep ourselves safe and help ourselves to feel better



Icebreaker Activity



Share and discuss with the group



For each sheet you have think of one fact about yourself



Take as many sheets of the toilet paper as you like

What Could be a Change in Environment?

Moving house due to separation

Entering the care system

Death of a loved one

Moving schools



Stigmas Around This Topic

Feelings of sadness, anger,
guilt

Feelings of relief, peace



"There is no help"

"I am the only one who
has experienced this"

Statistics



- Children in foster care in 2017 – 3109 children vs 3624 in 2022
- 1 in 6 children between 5 and 16 years old are likely to struggle with mental health issues
 - Estimated around 400,000 children living in environments involving drug or alcohol misuse
- In 2022, 1 in 4 young people between 17 and 19 years old were likely to struggle with their mental health

How Can Creating Art help?



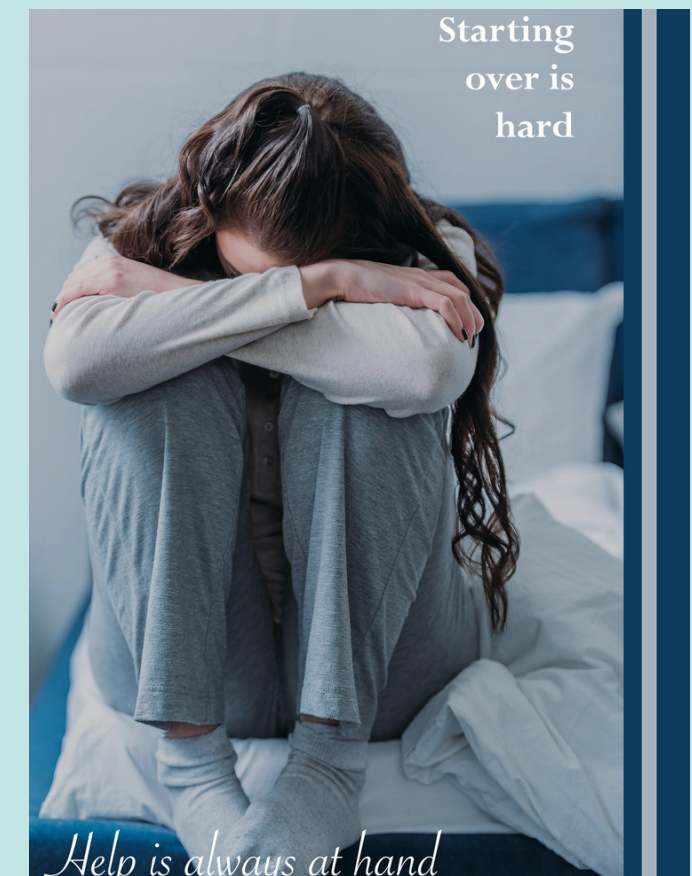
Moving schools
can be hard



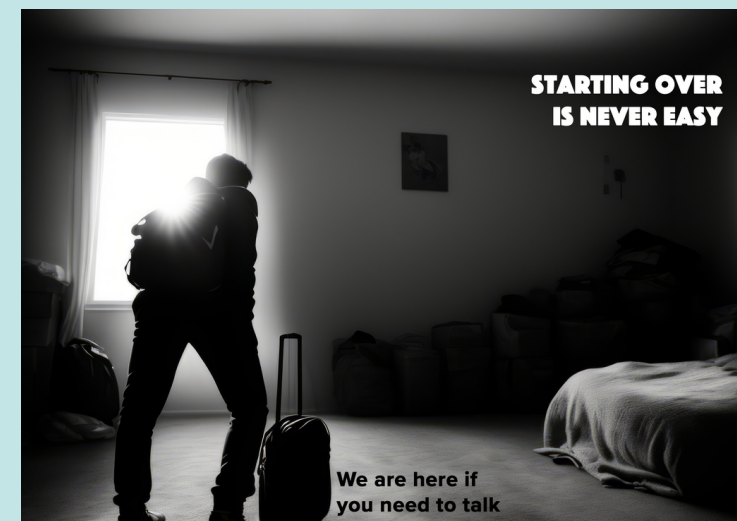
Change Can Be
Hard



A New Chapter begins



Starting Over is Hard



Starting Over Is Never Easy

- Images?
- Themes?
- Shapes?
- Colours?

Art Activity



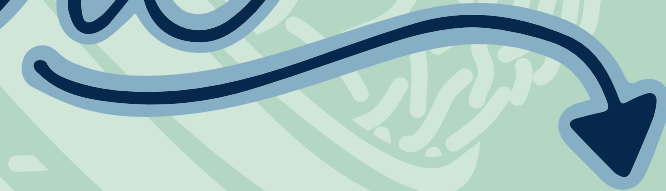
- **Group A**
- You will be gathering and choosing images that speaks to you, this might be 1 or many images collated together to make one poster with a cohesive message. You will be thinking about:
 - Colours
 - Shapes
 - Shadows
 - Styles
 - Tone
 - Location
 - Theme
 - If a person(s) in images:
 - Age
 - Gender
 - Ethnicity etc.

- Group B:**
- You will be choosing slogans, or text that you would like to see on a poster. These should have a clear and concise message, with the hopes to resonate with young people. They should reflect the theme, and offer direction to support (Resources) like the Lost Voices Support Page
- You will be thinking about:

- Colours
- Shapes
- Shadows
- Tone
- Font
- Size
- Rhyme
- Sentence structure
- Storytelling
- Impact
- Flow

Let's Listen To What The Lost Voices Team Have To Say On The Topic

*Click
Here*



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EDUCATION
HEALING HEARTS & HELPING HANDS



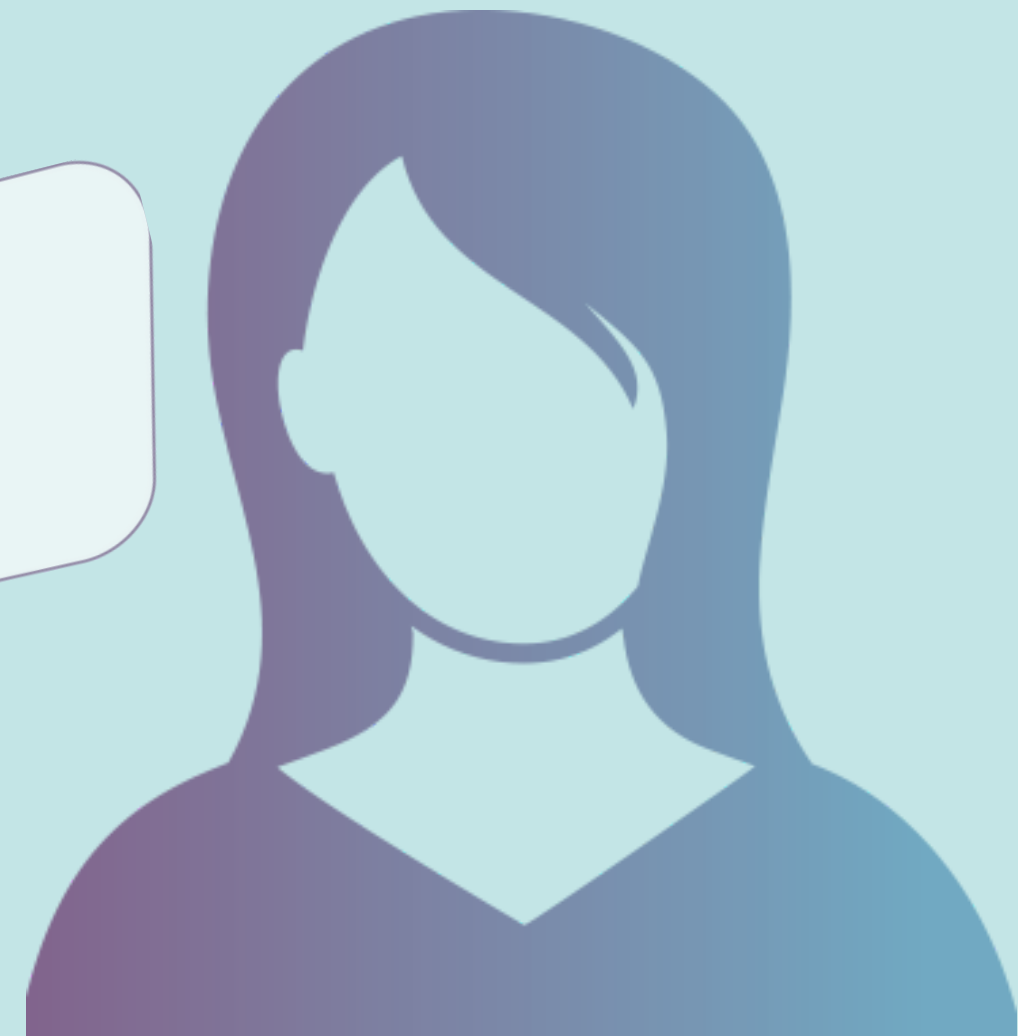
Let's Discuss!!

What coping methods/ measures have you picked up from the podcast?

Do you feel more encouraged and equipped to connect with other people around this topic?

What have you taken away from the podcast?

Why is it relevant to us?



Activity Calm Scribes

Writing a letter to
someone who may
be dealing with a
big change in their
life

Place letter in
the envelope
and keep for a
time where you
or someone you
know may need
it

Words of
Support?

Words of
advice?

What might
they need to
hear?



What Can Help Yourself and Others Navigate the Changes of Life?

Take up a hobby



Partake in a healthy habit
e.g., healthy diet

Spend time with people
you trust

Look for support in someone
you trust

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The Amber Approach

- How does this relate to this topic?
- How would you use it?
- How would you use it to help our peers?



QUESTIONS



Group Discussion

How did the presentation make you feel?

Did you learn anything new?

What areas did you find most interesting?

Did anything about the presentation surprise you?





Thank You!

