



# Kooth Live Forum Topic Calendar

*June 2020*

## Kooth Live Forums: June 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 1<sup>st</sup> June – Unique Hobbies**

Do you have a unique hobby? Or maybe you're in the market for a new pastime to get excited about? This Live forum might be just what you're after! We're going to be looking at what weird and wonderful hobbies exist in the world, talking about our personal faves, and exploring all the benefits hobbies can offer.

### **Wednesday 10<sup>th</sup> June – VOC: Myth Busting: “Respect”**

We all have people in our lives who we look up to, whether it's our teachers, parents, carers, or older family members. There are some people, however, who we are told we have to respect, even when the things we hear about them aren't always positive. In this live forum, we're going to be talking about people in positions of authority, what sorts of things we look for in these people, and what to do if we're ever worried about their behaviour.

### **Friday 19<sup>th</sup> June – Coping with Anxiety and Panic Attacks**

Anxiety is a common mental health topic, and something which impacts a large number of people in their day-to-day lives. It can range from feelings of worry or unease about something, to severe reactions such as panic attacks. For those who have severe anxiety, daily life can be a real struggle. We all experience feelings of anxiousness at some level, so at this live forum we'll be discussing ways to manage anxiety and panic attacks, including how to support others and where to reach out for support. Feel free to come along and share your experiences or advice or simply get some tips on coping.

### **Wednesday 24<sup>th</sup> June – LGBTQIA+: Celebrating Differences**

As we draw to the end of another fabulous (if somewhat unusual) Pride Month, we are coming together to celebrate diversity in the LGBTQIA+ community. We will be talking about what everyone has done during Pride Month as well as how we can keep the rainbow flag flying throughout the year!