



Introducing your new

wellbeing websites!

In the very early days of Headstart the young people's board, who were at the heart of the programme, made a significant difference that has lasted right up until the present day. Every one of the young people who were involved were humbling and inspiring.

One thing that really stands out was, whatever their own circumstances, they cared passionately about supporting other young people.

A lasting legacy is their Start Now website. The plan was simple – a website built around finding help and helping young people to feel confident about asking for help.

During Covid one of the YP involved experienced horrendous and terrifying online bullying and grooming. Living in fear for many months that if they didn't do what was suggested their family would be harmed.

From that experience the YP board created the **Connect Card**. They wanted something that YP could keep handy to give them even faster access to sources of support.

They also made this **powerful animation**.



Recently we have been working with young people / schools on a complete refresh of the whole site, and we are delighted to share **Phase One of the new site**. Or more accurately, the new sites. We now have two sites (with one portal). One is for 10 – 13 years old and the other is for 14 – 16. The sites are broadly similar, each with its own look and feel and some differentiated content.

Phase Two is young people's continuing involvement in helping to maintain and manage the site and create content. Whether that be sharing stories, artwork, poetry or helping to explore key issues for YP in Cornwall today and create a trusted resource YP come back to when needed.

The site is live and being tweaked and tested at the moment. After Christmas, we'll be launching some giveaways and competitions to promote the site.

Connect Cards can be ordered for free on our resources page.

You can also download a poster, link to a feedback form for YP (and you), discussion prompts (if exploring the website in lessons) and some information for parents and carers on the HSK website.

We welcome feedback and suggestions. We would also love to include content / information you would like to share with young people.

If you are aware of young people who would like to be involved with the website to learn to learn new skills or share content let them know. They can contact us via the site for more information.



The Five Ways to Wellbeing are a great way to remind yourself, every day, what you can do to look after your emotional wellbeing and mental health.

www.startnowcornwall.org.uk

Created by young people in Cornwall for young people in Cornwall