

Parental Information Session (Mental Health Awareness Week)

Organised by

**Post Primary Schools
In the
Banbridge Area Learning Community**



**Venue: Belmont Hotel
Date: Thursday 4 April 2019
6.45 – 9.00pm**

6.45pm – 7.00pm Tea and Coffee

Local and National Support Displays

7.00pm – 7.50pm Social Media and Online Resilience

Damian Harvey

7.50pm – 9.00pm The Role of Resilience in Maintaining Emotional Health

Mary and Eddie Bannon (PIPs Programmes)

Resilience = the capacity to recover quickly from difficulties.
RESILIENCE SKILLS WORKSHOPS

Session 1 – Social Media & Online Resilience 7.00pm-7.50pm

Damian Harvey
Regional Support Manager C2k Southern

Damian has twenty-three years' experience built up working within the Northern Ireland education system. As ICT co-ordinator in Holy Cross Boys' Primary School in north Belfast he helped the school secure 'The Times Educational Technology School of the Year' award. Since 2004 Damian has been working within C2k as a Core and Curriculum Officer and more recently as Support Manager for the C2k Southern Team. He is the Lead Officer within C2k for Online Safety and sits on the Filtering and Security group. He also acts as C2k's representative on the National Education Network Safeguarding Group and the Safeguarding Board NI Online Safety Group.

Session 1 will focus on Social Media trends, extending our understanding of what types of social media young people are using, and what they themselves say about their use of it. There will be an opportunity to view some of the material that can be used to educate young people in the area of Online Resilience and a look at the topics covered by C2k when they train teaching staff.

Session 2 The role of resilience in maintaining emotional health 7.50-9pm

PIPs PROGRAMMES – Eddie and Mary Bannon

"Training that creates a more resilient and suicide safer environment."

PIPs Programmes CIC was established in 2009 as a non-profit social enterprise that develops and delivers training to improve emotional health and safety. Their training programmes range from an introduction to mental health for pupils entering post primary education to suicide prevention training for police officers. PIPs programmes have been awarded a National Award at the National Training Awards.

Session 2 will focus on:

- What is resilience?
- The two qualities of resilience
- Building blocks of resilience
- Protective and risk factors which determine your level of resilience
- Resilience as a defence against depression
- The role of optimism and pessimism in determining your reaction to adversity
- Changing your predisposition towards pessimism by using ABCD

Life skills of resilient people

- Active listening
- Using strategy maps to solve life problems
- Managing your emotions (Vicktor Frankl)
- Building open networks/working with people with different personalities
- Accessing help