



THE EMOJI JUKEBOX - POWERED BY SEE ME

HOW TO RUN A FEELS FM EVENT

AIM

To support young people aged 8-26 years to share their views on mental health through having conversations about mental health, and the stigma and discrimination surrounding it.

HOW DO WE DO THIS?

This pack is designed to support you to have a conversation using an online platform young people have co-produced. This will focus on how young people feel, using emoji's and music and leading them on a journey to discuss young people's mental health and the stigma and discrimination they think exists and how to challenge this.

You can run events of any size, just make sure you have enough facilitators to help the conversations. We recommend at least one facilitator to a **maximum group size of 16**.

YOU WILL NEED:

- See Me Feels FM emoji poster
- Question Sheet
- 60 minutes to run the session
- Computer/laptop/tablet which can access Feels FM (online)
- Speakers or a computer loud enough to play your Feels FM playlist
- Facilitators to help the conversation
- Markers/pens for everyone taking part

WHAT'S IN YOUR PACK?

- Facilitation notes
- Large Wall Poster with Emoji's (for voting)
- FeelsFM Question Sheet
- What's On Your Mind Card
- FeelsFM Tip card

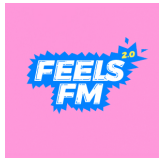
WHAT IS FEELS FM?

'Feels FM' is an online emoji powered jukebox, created to give young people a place where they can use music to express how they're feeling, encouraging them talk openly about mental health.

Young people from across Scotland have helped See Me co-produce the platform to help young people express how they feel. It promotes music as a positive coping strategy to deal with feelings and encourages young people to talk to others, and access help and support. They will also be encouraged to share their views on what would make a difference for young people in Scotland to be able to talk about their feelings and come up with ideas to tackle mental health stigma.

HOW DOES IT WORK?

- 1) Pick an emoji that represents how you currently feel
- 2) Feels FM will make a music playlist that reflects that feeling
- 3) Interact with the site:
 - Tell us your views on mental health
 - Take action by sharing your ideas for what would make a difference to young people's mental health in Scotland and we'll pick the best and make it happen!
 - Encourage others to join the conversation. Share Feels FM using #FeelsFM



STEPS TO RUN YOUR EVENT

SETTING UP



Load Feels FM on your device, put up your Emoji voting poster and question sheets.
Open Spotify, or register for a free account.
Select 4 questions from the question sheet which you want to discuss in the activity.

INTRODUCE ACTIVITY



5 mins

It is advisable to remind young people about your school or organisation's confidentiality policies before starting any work. Lots of discussion is generated from the activities and there may be some personal disclosures from young people. At this point, describe Feels FM to them and explain that they are going to be chatting about mental health.

GROUND RULES



5 mins

These ensure safe participation in the group discussion. Young people may want to add additional ground rules.

- **Inclusive:** To ensure that all contributions to the discussion are treated equally.
- **Safety:** To allow everyone to participate freely without retaliation.
- **Confidentiality:** To ensure the meetings maintain confidentiality in line with safeguarding procedures.
- **Encouragement:** To promote discussion of each point raised, by all members of the group.

Considering triggers

Triggers are external events or circumstances that may produce very uncomfortable emotional or psychiatric symptoms, such as anxiety, panic, discouragement, despair, or negative self-talk. Reacting to triggers is normal, but if we don't recognize them and respond to them appropriately, they may actually cause a downward spiral, making us feel worse and worse.

Young people can keep themselves safe by not discussing anything they feel uncomfortable with, not feeling pressure to participate if they are not feeling able, and being allowed to take some time out from the activity.

ACTIVITY



10 mins

Using the Feels FM site...

- Ask all the young people taking part to vote for an emoji that represents how they feel.
- Explain that while chatting they are going to be listening to a playlist based on the emoji they voted for.
- Enter the emoji with the most votes into FeelsFM and download the playlist to spotify.
- Play the playlist.

GROUP DISCUSSIONS



40 mins

- Spend around 10 minutes discussing each question you have picked
- Encourage the young people to write down what they think on the sheet, and ensure the facilitator is using the sheet to capture everything.

FEEDBACK



5 mins

Give everyone taking part the chance to speak about what they found during their discussions.

Note down on the side of the voting poster people's feedback.

SIGNPOSTING



5 mins

Introduce the What's on your mind? (WOYM) cards - hand these out to all young people, along with the stickers and tip cards.

Explain that the WOYM card contains signposting to access help and support.

Explain that the tip cards have a link to Feels FM so they can use it in their own time. The tip cards also have a couple of ideas on the back as to how they can start a conversation with someone if they think they might be going through a tough time.