

Practical Testing of a Digital Mental Health Platform (Kooth)

Objectives	1. explain how digital/AI-based tools can support youth mental health in youth work contexts 2. critically assess a digital mental health platform (relevance, usability, inclusion/accessibility, safeguarding, ethics) 3. identify opportunities and limitations of online mental health support 4. define at least one concrete way to transfer learning into their daily youth work practice 5. create a realistic 7-day self-care plan, structured day-by-day, and aligned with their personal routine and capacity
Duration (in minutes)	90 minutes
Number of participants	10–20 (pairs + small groups)
Resources/materials/equipment needed	- 1 smartphone/laptop per participant (or per pair) + stable internet - Projector/screen (for guided walkthrough) - Flipchart / whiteboard + markers - Timer - Pairing chocolates: 2–3 wrapper colours (same number of each colour)
Rules and description step-by-step (content elements, methods)	0–5 min Welcome + safety rules • “Today is about tools and self-care habits — no one has to share personal stories.” • Rules: respect, no judging, no sharing others’ info, you can pass/step out, ask for help anytime. • Quick note: “If you feel bad or unsafe, talk to a trusted adult/professional or a support service.” 5–15 min Pairing icebreaker (Chocolate pairs) + double introduction • Everyone picks one chocolate from a basket. • Task: find the person with the same wrapper colour → form a pair. • Pair talk (4–5 min) prompts on a slide: 1. Name + one thing you enjoy doing to relax 2. What drains your energy most during the week (school, social media, pressure, sleep...) 3. One app/tool you use daily (good or bad) • Plenary (5–6 min): ○ Step 1: each person says their name (10 seconds). ○ Step 2: each person then introduces their partner. 15–25 min Guided demo: “How to explore a wellbeing platform safely” • Facilitator shows Kooth platform: ○ where to find self-help content (breathing, stress, sleep) ○ where to check safety info (“What to do in crisis”, reporting, moderation)

	○ how to notice credibility (who made it? what is the goal?) ○ privacy basics: what info you should/shouldn't share online 25–45 min Mission mode: platform scavenger hunt (in small groups) Participants complete 4 concrete missions (write answers in notes): 1. Find one exercise for stress/anxiety and describe it in 1 sentence. 2. Find one resource about sleep or focus and write one tip you like. 3. Find where the platform talks about privacy/safety and write one rule you'll follow online. 4. Write 2 green flags + 2 red flags you noticed (examples: clear safety guidance vs “miracle cure”, pressure to share personal data, shaming language, etc.). 45–60 min Small group: Green vs Red flags (real-life scenarios) Groups of 3–5 get 3 quick scenarios on paper (or slide), e.g.: • “An influencer says: ‘This supplement cures anxiety in 3 days.’” • “An app asks for lots of personal info before showing content.” • “A platform has clear crisis info and encourages reaching out.” Task: sort each scenario into Green / Yellow / Red, and write why in 1–2 bullets. 60–75 min Plenary: What's useful, what's risky, what's realistic Each group shares: • 1 useful feature/tool for young people • 1 risk/red flag • 1 rule for “healthy use” (boundaries, time, privacy, who to talk to) 75–90 min Final task: My structured 7-Day Self-Care Plan (Mon–Sun) • Individual work (8–10 min): participants structure the whole week and fill in small actions. They must include: 1. Daily basics: sleep window + one movement option (10–20 min walk/stretch) 2. 1 mental reset per day (breathing, journaling, music, short nature time, gratitude) 3. 1 social/support moment in the week (friend check-in, family talk, coach/mentor) 4. 1 digital boundary per day (no phone in bed, screen-free 30 min, app limit, notifications off) 5. “If I feel overwhelmed” mini-plan (5 minutes): 3 steps I will do + who I can contact • Pair share (same chocolate pairs, 2 min): give one “make it more realistic” suggestion. • Closing (1 min): “Small steps beat perfect plans.”
Questions for Debriefing	1. What felt genuinely helpful (not “perfect”, but doable) for your week?

	2. What red flag surprised you most? 3. What is one rule you will follow for safer/healthier digital use? 4. If a friend is struggling, what would you do first (safe support + reaching out)?
<i>Tips for trainers/facilitators (if any)</i>	- Keep examples age-appropriate and avoid forcing personal disclosure. - Have a clear support/signposting plan (trusted adults, local youth worker, helplines). - Use “doable language”: “1 small action per day” instead of “change your life.” - If Kooth isn’t accessible locally, use screenshots or any youth-friendly wellbeing platform as a demo.