



RAISE  
**m** PRESENTS

# NOW 2021

YOUNG PEOPLES  
MENTAL HEALTH FESTIVAL



LISTENING TO THE VOICES OF CHILDREN  
AND YOUNG PEOPLE DURING COVID-19

Liverpool CAMHS  
mental health is everyone's business



I DON'T CARE WHAT YOU SAY?



# LAUNCH NIGHT 2021







**A PERFORMANCE FESTIVAL GIVING LOCAL CHILDREN AND YOUNG PEOPLE THE OPPORTUNITY TO SHOWCASE ORIGINAL CREATIVE PERFORMANCES DEVISED AROUND THE THEME OF MENTAL HEALTH.**

**THE 2021 THEME WILL BE...**

**LISTENING TO THE VOICES OF CHILDREN  
AND YOUNG PEOPLE DURING COVID 19**



# FESTIVAL AIMS



- TO PRESENT A VIRTUAL PERFORMANCE PIECE ONLINE**

- TO ENGAGE CHILDREN AND YOUNG PEOPLE IN CREATIVE DISCUSSION AROUND MENTAL HEALTH AND COVID 19**

- TO FACILITATE THE PRODUCTION OF HIGH-QUALITY PERFORMANCE PIECES CENTRED AROUND THE CHOSEN 'NOW' ISSUE — LISTENING TO THE VOICES OF CHILDREN AND YOUNG PEOPLE DURING COVID19**

- TO CELEBRATE THE CREATIVITY OF YOUNG PEOPLE IN A FUN AND INSPIRATIONAL ENVIRONMENT THAT WILL BE A CATALYST FOR POSITIVE CHANGE**



# PREVIOUS FESTIVALS

The NOW Festival is now in its 6<sup>th</sup> year, and to date over 1000 children and young people have taken part in the NOW Festival, using the festival as a platform to have their voices listened to around issues surrounding mental health. Previous themes have included:

2016: Mental health & technology

2017: Mental health & the rights of the child (UNCRC)

2018: My education & my mental health

2019: Rise Up: Adverse Childhood experiences & resilience

2020: My mental health & belonging

**2021: My mental health & COVID-19!!!**

The 2021 NOW Fest will be revisiting the past 5 years festival themes and looking at them through a COVID lens and asking the question,

**“What impact has COVID had on these?”**

**Lets explore this a bit more...**







# HOW COVID 19 HAS AFFECTED TECHNOLOGY



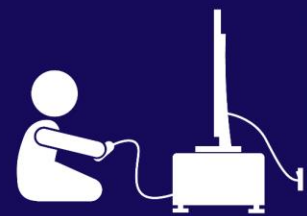
**Are we developing an over reliance on technology?**

**Social Media Friend or enemy during COVID?**



**Connect – one of the 5 ways to wellbeing.**

**Increase in game time?**



**More time online = more risk of cyber bullying?**

**Feeling isolated if you have no access to technology?**



**Positive influences talking openly about how they are finding COVID. Sharing stories of recovery.**

**Access to harmful content – self harm site, triggering content, pro eating disorder website, body image pressures etc.**



**Parent/carer working from home, able to oversee everything child is doing online?**

**Belonging, LGBT communities, neurodevelopmental conditions.**



**Stay connected with friends, family and school through zoom, teams etc.**

**Use of online platforms to connect such as zoom or teams.**







# HOW COVID 19 HAS AFFECTED MY RIGHTS AND MY MENTAL HEALTH



## Article 12 – The Right for Children and Young People to Have Their Voice Heard

Are their voices being heard during COVID? Young people have been blamed by the media for increase in COVID Cases, GCSE Results, youth sectors closing, where are young people's voices being represented in parliament during COVID?

## Article 17 – The Right to Honest Information From Newspaper and Media

Are young people given correct information around COVID to make decisions? Is the media damaging to their mental health?

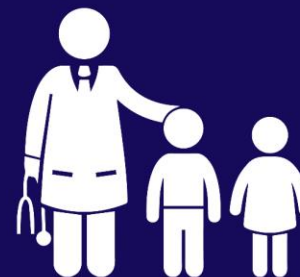


## Article 23 – Rights to Special Care and Support if you are Disabled

Is this support sufficient and does it meet the needs? Is everyone aware of services they can access during COVID?

## Article 24 – The Right to Good Food and Water and See a Doctor if you are Ill

Although the healthcare is there can children and young people access it when it's needed, UK still has very high infant mortality rate!



## Article 26 – The Right to Extra Money if your Family hasn't got enough to live on

This will affect children through parents and carers, but could still lead to child poverty which is on the rise due to COVID, the recent plan for government to stop free school meals, food banks are still being frequently used and depended on by so many families.



## Article 27 – The Right to a Good Standard of Living

during COVID is this adequate for the child's physical, mental, spiritual, moral and social development?

## Article 28/29 – The Right to Learn and go to School

Does education develop children and young people holistically? During COVID they are being asked to attend virtual schooling, was this of a high standard? What about year 11's who have not sat their GCSE's. P.E is currently being taken of a lot of school time stable due to covid – no outlet of positive activity for young people, all class room based which does not accommodate to everyone's needs.



## Article 31 – The Right to Rest and Play

children's play areas have been closed due to COVID – where can children have their play time which is vital for their

## Article 33 – The Right to Protection from Substance Use

County Lines, Child criminal exploitation is still happening with in Liverpool, Liverpool have the most young people to drug deal out of any city and have the biggest foot print outside of London for young people being made and forced via grooming to traffic drugs "out of town", to smaller cities, towns and rural places. Merseyside police "eyes open" campaign.



## Article 39 – The Right to Special Help if you have been Abused

State obligations to promote physical and psychological recovery of child victims of torture, degrading treatment or armed conflict – think of ACES is there enough trauma informed provision?



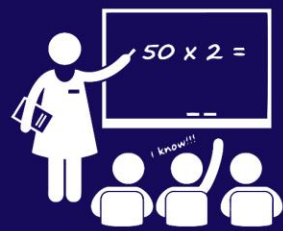


# HOW COVID 19 HAS AFFECTED EDUCATION



**Distractions at home.**

**Staying in same classroom all day.**



**Adapting to change.**

**Not being able to see friends.**



**Removal of exam pressure, anxiety decreased?**

**Using predicted grades, anxiety increased, is it a true reflection?**



**Decrease of face to face bullying, increase in cyber bullying?**

**Year 6, 11 and 13 not being able to say goodbye. Dealing with transitions.**



**Virtual learning environment – good or bad? Access to IT?**

**Lack of structure if needing to isolate and the inconsistency of it. Impact on CYP with neurodevelopmental conditions.**



**Chaotic homelife and not being able to concentrate. Education setting may be their safe space.**

**Feeling like you are behind with studies and worrying for upcoming exams.**







# HOW COVID 19 HAS AFFECTED ADVERSE CHILDHOOD EXPERIENCES



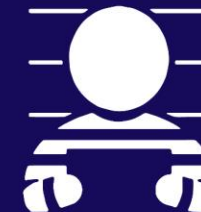
**Young carer responsibilities are more intense as at home more.**

**Parental drug and alcohol use.**



**Grief possibly caused by COVID or COVID related illness.**

**Nationally, child abuse up by 69% since last year - Kooth**



**Children with parents in prison, can they visit them during COVID?**



**Toxic stress – household under a lot more pressure and stress than 'normal times'.**

**More exposure to domestic violence and other forms of abuse if not able to leave the house due to lockdowns.**



**Adequate levels of support for children experiencing trauma during COVID.**

**Mental health issues increasing or intensifying – parent/carers feeling more stress, young people feeling this strain.**



**Parental separation during COVID. Worrying about being able to see parents with isolation and distancing rules.**





# HOW COVID 19 HAS AFFECTED BELONGING



**Not being able to hug anyone.**

**Zoom quizzes and catch ups.**



**zoom**



**Stronger sense of community online?**

**Developed a new hobby or skill.**



**Sense of togetherness – all in this together.**



**Not being able to see friends face to face.**



**LGBTQ+ young people staying at home, does home accept them? Can they truly express themselves?**

**BAME Communities and increased anxiety around COVID due to risk factors.**



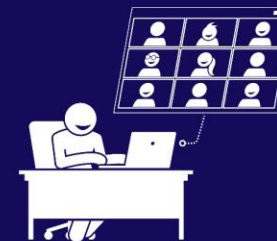
**Possible coping strategies taken away during COVID for example seeing friends and socialising.**

**Not being to attend hobbies such as dance, acting or swimming clubs.**



**Lack of being able to express faith during lockdown, i.e. no Ramadan, no church services.**

**Youth clubs going virtual if possible so minimal face to face work.**



# WHAT CAN THE PIECE INCLUDE...

**DRAMA**

**FILM**

**DANCE**

**SPOKEN WORD**

**COMEDY**

**MUSIC**

**ANIMATION**

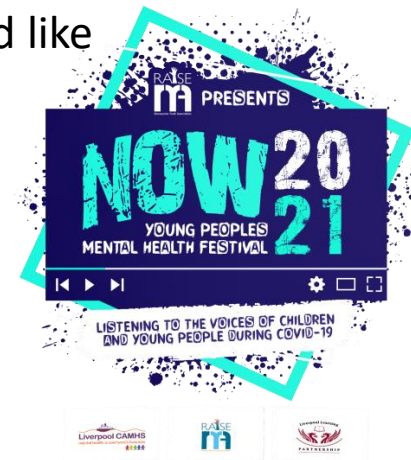
**POETRY**





# CRITERIA OF PIECES

- 1) A clear mental health message about the impact COVID has had on children and young people's mental health
- 2) A clear focus on either one, or some of the previous NOW Fest themes, and how COVID has impacted upon this, i.e. COVID and the effect on my right to good education
- 3) Everyone in the group is involved in the piece – it's not just about the performance, it's also about technical roles – can some young people film the piece for you? Script, lighting, costume...
- 4) A key learning point for us to take away after watching the piece
- 5) A focus on hope, resilience and positivity – we want this to be a festival of hope!
- 6) ***Your COVID Call for change*** – a powerful statement made by your group of what change you would like to see in relation to the messages explored in your piece.



**November 10<sup>th</sup> 2020:** NOW Fest Zoom Launch Night.



**1<sup>st</sup> – 5<sup>th</sup> February–** Children's mental health week:  
Theme is "Express Yourself". BIG social media push this week about the upcoming festival. Check in to see how everyone is doing!



**March 2021 – THE ACTUAL NOW FEST RUNS IN MARCH!**



**April/May– NOW FEST in schools!** Each school to showcase their piece in their schools / groups (Covid Dependant).





# NEXT STEPS FOR YOU

- Identify a group of young people to work with
- Fill out the Now Festival registration form for participants
  - And let's start the process!!!



# NEXT STEPS FOR US

- Agree a date for to meet with your group
- Introduce you to your RAISE Team mentor
  - Give continued support to you!!!



# ANY QUESTIONS...

