

What's on Kooth in July?



Kooth Live Forum: Online Gaming

DATE: July 2nd **TIME:** 7.30pm to 9pm

INFO: Online gaming can be great fun! It can be a brilliant way to hang out with friends, or even make new ones. However, there's some tips and tricks to ensure we stay safe. Join this live forum to learn more about them, and to also chat about your favourite games!

Kooth Live Forum: Summer Plans to Keep Connected

DATE: July 5th **TIME:** 7.30pm - 9pm

INFO: As the summer holidays approach it's common to have worries around missing out, feeling lonely, and managing friendships. Come along to this live forum where we will explore connecting with others, ourselves and nature this summer.

Kooth Discussion Forum: Plastic Free Plans

DATE: July 7th **TIME:** N/A

INFO: It's Plastic Free Month, so we thought we'd talk all about it. Whether this is your first year trying to cut down on plastic, or you've been doing it for a while - stop by and let us know any plans you might have!

Kooth Live Forum: Breaking Gender Stereotypes

DATE: July 14th **TIME:** 7.30pm - 9pm

INFO: Breaking gender stereotypes is something everyone should be allowed to do on their own terms. Join this live forum where we'll be celebrating gender identities of all kinds and thinking about ways that we can express who we are, challenging stereotypes, and discussing why this is so important!

Kooth Live Forum: Self Care: Tricks & Tips

DATE: July 19th **TIME:** 7.30pm - 9pm

INFO: What exactly is self compassion? Join this live forum where we will explore exactly what it is, and how you might practice it.

Kooth Discussion Board: Black Leaders Awareness Day

DATE: July 19th **TIME:** N/A

INFO: BLAD is a day for us to experience the wisdom of past, current, and next-generation black leaders. So join us to share who inspires you!

Kooth Discussion Board: Mindfulness Matters

DATE: July 28th **TIME:** N/A

INFO: This week on Kooth we're talking all about mindfulness! Why not stop by and talk about how you've found mindfulness, or any tips you might have?

Kooth Podcast: Celebrating Friendships

DATE: July 30th **TIME:** N/A

INFO: Join the Kooth team as they chat about some of the reasons they're celebrating their own friends, as well as some tips they've picked up about making new friendships! Find us on Apple podcasts, Spotify and Google podcasts.



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