



Provoking Thought

Provoking Thought is a programme for young people aged 11-25 years old, which positively promotes mental health and social and emotional wellbeing in young people and has a strong focus on prevention and self- help.

Young people will:

- ✓ Explore 5 ways to a healthy you
- ✓ Identify adults they can talk to
- ✓ Identify & discuss different emotions
- ✓ Understand thoughts feelings & behaviour
- ✓ Discuss helpful & unhelpful behaviours



PEACEPLUS
Northern Ireland - Ireland

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UK Government



Rialtas
na hÉireann
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of Ireland



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Executive
www.northernireland.gov.uk



Provoking Thought is delivered as a
6 week programme.

Programme structure:

1. Mental Health Awareness
2. Managing feelings & emotions
3. Bespoke session (choose from list below)
4. Bespoke session (choose from list below)
5. Why do we think the way we do?
(Perceptions & stereotypes/communication)
6. Inter-group workshop

Each session
lasts 1hr
30mins.

Bespoke sessions

- Confidence & Self-esteem
- Positive body image
- Positive Masculinity
- Managing Exam Stress
- Social Media & its influences
- Friendships & Bullying Awareness
- Mental Health & Sport
- Managing Change (transitions) Y8
- Managing Change (transitions) Y12
- Managing Change(transitions) Y14



To find out more, contact:

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