



Kooth Live Forum Topic Calendar

May 2020

Kooth Live Forums: May 2020

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Wednesday 6th May – **Putting the ‘fun’ into Fundraising**

This week is Red Cross Week and to show our support, in tonight’s live forum we will be putting the ‘fun’ into fundraising! We will be thinking about what fundraising is and how you can get involved, different causes you might want to support, what benefits can come from fundraising for a cause you care about, and more!

Friday 15th May – **What is Family?**

Today is the International Day of Families, a great day to stop and ask ourselves: What Is Family? Some of us come from small, close-knit family units, and others have large families spread out all over the place. Still, others of us have families who might not be related to us by blood, but are definitely related to us by heart. So tonight we are going to talk about our own ideas around family. Who do you consider family? What does family mean to you?

Monday 18th May – **Sleep: What are the benefits?**

This live forum is going to be all about sleep! We’re going to be: chatting about how we currently feel about our sleep schedules and what sleep hygiene is, brainstorming some ideas for better sleep, and will be finishing off with a nice chilled wind down so you’re all ready to catch some zzz’s afterwards!

Wednesday 27th May – **VOC: Staying at Home**

As part of our Victims of Crime (VOC) series, we’re looking at Staying Safe at Home. Given the current circumstances it feels like a really good time to talk about how we can keep ourselves and our friends safe and seek help should we need to.