**Content on Kooth**

This document has been prepared for you to help you understand the topics covered on Kooth, so that you can best support your students. We have loads of tools to help students who want advice or who simply aren’t feeling their best. All content on Kooth is pre-moderated, ensuring that all of your students are safe.

**Articles**

On Kooth, we have a ‘Magazine’ full of opinions, creative pieces and personal experiences. Our articles are written by both our Kooth team and by users on many different topics. Students can interact with other users in the comments and discussion sections on each article. All of these comments are pre-moderated to ensure safety of all students.

Topics on Kooth include:

* Bullying
* Drugs & Alcohol
* Education
* Family
* Friends
* Health & Well-being
* Hobbies & Interests
* Ideas & Opportunities
* Identity
* Independence
* Law & Crime
* Mental Health
* News & Politics
* Resources
* Sex & Relationships
* Work & Volunteering

**Activities**

There are also lots of activities available on the Kooth website, where students will be given instructions on how to complete the activity and things to think about while they do so. These activities will help the students with:

* Connecting with others
* Building helpful habits
* Managing emotions
* Expressing themselves

**Forums**

Students can access Kooth’s forum, where they can start or join a conversation on many different topics. These range on how to cope with anxiety to relaxing after a stressful day. Again, all posts on these forums are pre-moderated for safety.

We hope this helps with understanding the type of content we can provide and how this may be useful for students. Please reach out if you have any other questions.