Dorset Mental Health Support Team in Schools

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NEW PODCAST!

TEA TALK + TEENS podcast

Understanding Boys Beyond the Stereotypes

Kathryn and Lizzy explore what it means to be a boy in today's rapidly changing world.

Drawing on insights from the Being a Boy project and the voices of young people themselves, they look beyond common stereotypes to better understand boys' experiences.

Together, they discuss belonging, masculinity, connection and wellbeing, highlighting what helps boys feel heard, valued and understood.

Whether you're a parent, teacher, professional or someone who cares about young people, this episode offers thoughtful reflections on how we can support boys to thrive today and promote positive mental health for the men of tomorrow.

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