**Internet Research**

What are the **key messages, facts and figures** you want to share with your audience?

Here are some websites you might like to use to start off your research. Don’t feel you need to be restricted to using just these. However- do ensure anything you include is correct (so use official sites rather than Wikipedia where anyone can add their bit!)

You have a while to complete this task so there is no need to rush with the first things you see or read about…

**Websites with general resources and information around sport and/or mental health**

[www.sportengland.org](http://www.sportengland.org)

<https://www.sportengland.org/campaigns-and-our-work/mental-health>

<https://www.mentalhealth.org.uk/>

<https://www.mentalhealth.org.uk/a-to-z/p/physical-activity-and-mental-health>

https://www.themix.org.uk/

[www.youngminds.org.uk](http://www.youngminds.org.uk)

<https://www.time-to-change.org.uk/>

<https://www.time-to-change.org.uk/take-action/resources-schools> (ideas of resources other people have made, facts and figures (check they’re not out of date) and young people’s films at bottom of page)

<https://www.rethink.org/>

<https://www.mind.org.uk/>

**Food & Mental Health**

<https://www.nutrition.org.uk/life-stages/teenagers/faqs-on-common-concerns-for-teenagers/>

<https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health>

<https://www.themix.org.uk/your-body/fitness-and-diet>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

<https://www.youtube.com/watch?v=e5HNG3YK1S8&list=PLnwoPgo24bhlBb9LCZkCYOQuiMHVKRezY&index=7> (Produced during lockdown - Our diets)

<https://www.youtube.com/watch?v=iAJ3Gv8xHlA&list=PLnwoPgo24bhlBb9LCZkCYOQuiMHVKRezY&index=10> (Produced during lockdown - hydration)

**Body Image**

<https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>

<https://www.themix.org.uk/>

<https://www.facebook.com/rezefit/> - if you have Facebook this personal trainer has some great posts about what being ‘fit’ really means

<https://www.thisgirlcan.co.uk/> Sport England’s campaign to get girls active.

<https://www.youtube.com/watch?v=9hFWc2Y63Sw> FA Campaign for girls football – ‘Let Us Play’.

<https://www.englandfootball.com/play/in-education/letgirlsplay>

**Physical health**

<https://www.reze.fit/our-mission> – the promo video. How does this video challenge our view of what ‘fit’ means?

<https://www.sportengland.org/campaigns-and-our-work/mental-health>

<https://www.mentalhealth.org.uk/a-to-z/p/physical-activity-and-mental-health>

<https://www.youtube.com/watch?v=AJdIMwnLcfk&list=PLnwoPgo24bhlBb9LCZkCYOQuiMHVKRezY&index=10> (Produced during lockdown - sleep)

<https://www.youtube.com/watch?v=hNMyma74jSY&list=PLnwoPgo24bhlBb9LCZkCYOQuiMHVKRezY&index=5> (Produced during lockdown - exercise)

<https://www.youtube.com/watch?v=9ZD5Gdot08A&list=PLnwoPgo24bhlBb9LCZkCYOQuiMHVKRezY&index=6> (Produced during lockdown - exercise)

**Health Gadgets and Apps**

[https://www.cbc.ca/news/canada/newfoundland-labrador/fitness-trackers-children-at-risk-psychologist-1.3430536#](%20%20https%3A/www.cbc.ca/news/canada/newfoundland-labrador/fitness-trackers-children-at-risk-psychologist-1.3430536%23%3A~%3Atext%3D%22Some%20of%20the%20FitBits%20actually%2Cthat%20option%20on%20the%20device.%22)

<https://www.bbc.co.uk/news/uk-england-somerset-53420168>

<https://www.bbc.co.uk/news/health-37417018>

<https://www.runnersworld.com/uk/news/a35264352/fitness-tracker-mental-health/>

[https://inspirationfeed.com/how-smart-watches-can-damage-your-mental-health/](https://inspirationfeed.com/how-smart-watches-can-damage-your-mental-health/%20)

[https://fherehab.com/learning/pitfalls-of-fitbits/](https://fherehab.com/learning/pitfalls-of-fitbits/%20)

**Elite athletes**

<https://www.youtube.com/watch?v=T0oBQPSicEM&t=23s> (especially first 6 minutes - elite athletes and loneliness)

<https://www.theguardian.com/sport/2021/jul/27/simone-biles-withdraws-tokyo-2020-olympics-gymnastics-all-around-final> - Simone Biles

<https://www.sportingchanceclinic.com/post/emma-raducanu-s-rise-shows-that-prioritising-health-including-mental-health-pays-off> Emma Raducanu

<https://time.com/6077128/naomi-osaka-essay-tokyo-olympics/> Naomi Osaka