



Kooth Live Forum Topic Calendar

March 2021

Kooth plc

Kooth Live Forums: March 2021

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.

Friday 5th March – **LGBTQ+ History!**

In this live forum and to celebrate a look back over LGBTQ History Month in February, we are going to be chatting all about the history of the LGBTQ+ community. We are going to be sharing who inspires us, talk about the events and people that have been powerful key figures, fighting for the rights we can so easily take for granted and have shaped the long journey the community has been on. We will also talk about our future hopes and wishes for the community. So everyone is so welcome to join us to celebrate everything LGBTQ+!

Wednesday 10th March – **Disability Awareness**

Disability can bring about a whole host of challenges. Tonight we'll be looking at the social model of disability, and how small changes can make a big difference to the quality of life to the disabled people around us.

Friday 19th March – **Pursuing Happiness**

To mark the International Day of Happiness, celebrated throughout the world on the 20th of March, this live forum will be delving deeper into what it means to feel 'happy'. We will be exploring what that means or looks like to you, thinking about ways to find happiness where we may not expect, and consider why striving for a constant happy feeling may actually be problematic in our pursuit of happiness! All this and more in tonight's forum, everyone's welcome!

Monday 22nd March – **Spring'ing into Action**

The Spring Equinox marks being roughly $\frac{1}{4}$ of the way through the year. Here on Kooth, we think this could be a good time to pause, notice positive changes around us that may help to motivate us, and think about what we may want to achieve during the rest of the year. What motivates me? How can I achieve my goals? This live forum will help us answer those questions by taking stock of the changes that come during the spring time that may help to motivate us and by looking at how we can set goals more effectively in order to achieve those goals.

Wednesday 31st March – **Social Takeover: Easter Fun**

After the success of reintroducing the social takeover at Christmas, we wanted to hand back over to you to round off the quarter! So in tonight's forum you will decide where the conversation takes us. The theme for the night is Easter Fun, so feel free to come along and share how you plan to keep busy this Easter Holiday! We hope the forum will be filled with fun facts and maybe even an Easter joke or too! See you there.