



Date for your diary: March 24th 2.00pm (S2 Cohort)

In association with 'The Prime Agency', St Thomas of Aquinas Equalities Group are arranging an online performance, presentation and live Q&A interaction with the band 'Here at Last'. Similar to previous presentations, the focus will be on mental health problems and cyberbullying issues and prevention. The presentation will be for the S2 cohort and will be delivered live online on Teams.

The presentation will last about 40 minutes, starting with a performance, followed by their presentation on mental health issues and cyberbullying and ending with a Q&A session.

THE BAND

- 'Here At Last' are a band from all over the UK. Formed in 2019, Here at Last sold out their first headline UK tour and supported The Vamps on their UK tour dates. They are also the biggest UK boyband on TikTok with over 1 million followers. Having all had their own issues with cyber bullying and mental health, the boys are in the perfect position to deliver such a positive message to pupils and are excited to be given the opportunity to educate and inspire. Please find a couple of links to their music videos below



[Here At Last - Ocean Eyes](#)

[Here At Last - Someone To You](#)

THE MESSAGE

- The band will discuss mental health, the causes of mental health problems (stress at school, relationships etc), a time one of them had their own mental health issues, who to turn to for help and the importance of speaking up. They will also speak about the stresses of this year during the pandemic, the loss we might all have felt and how we can all better handle the unpredictability and hardship of it all. They will give advice on how to stay safe online (Never giving out personal information, never meeting strangers online, safety on social network sites, following rules of your parents on the internet etc) as well as discussing cyber bullying and where to go for help. They will also discuss personal stories ie a time he was affected by cyber bullying, how he felt at the time, how he reacted, and the outcome of the situation.