

Course Summaries for Level 2 Youth Groups

All the courses seek to bring together young people in similar situations to help them understand that they are not alone in how they are feeling or what they are experiencing. All the courses aim to give young people practical strategies to cope.

How to... Build Confidence and Self-Esteem

In a nutshell: This course aims to help young people who feel bad about themselves by giving them the space to explore what makes them special and unique and to also give them practical strategies to increase their confidence and self-esteem.

What's covered?

1. **Self-awareness and identity:** Exploring what is important to us as individuals and how we are all different.
2. **Values:** when we know what is important to us it is easier to make good choices.
3. **The influence of the media on identity:** Looking especially at the influence of the media on body image.
4. **Critical thinking and perception:** Helping young people to understand that not everything they see online is real and exploring stereotypes
5. **Peer pressure:** Looking at real life situations where young people may feel peer pressure and giving the young people strategies to cope.
6. **Dealing with setbacks:** ending the course with giving young people practical hints and tips to deal with setbacks.

Who is it suitable for?

School refusers where confidence is an issue, young people with poor social skills, young people with low confidence, young people with a poor self-image, young people who are living in emotionally damaging environments.

How to... Deal with Stress, Anxiety and Low Mood

In a nutshell: This course aims to help young people name, express and normalise emotions, explore techniques (including action planning) for managing them and explore the relationship between thoughts, feelings and actions.

What's covered?

1. **Exploring what stress, anxiety and low mood are:** how these can be experienced by people differently physically as well as mentally. Beginning to explore the relationship between thoughts, feelings and actions
2. **Naming and expressing emotions:** Naming, expressing and normalising emotions, exploring how they may be felt and dealt with differently by individuals
3. **Exploring the comfort zone model and the nature of control:** Exploring how we learn about ourselves when we try new things. Understanding that we cannot control everything in life.

4. **Dealing with setbacks:** giving young people practical hints and tips to deal with setbacks.
5. **action planning:** including looking at ongoing support and hobbies

Who is it suitable for?

Young people who struggle to manage their emotions (including anger), young people with low mood or mild anxiety (however, it is important that referrers and parents/carers know that we are not trained medical professionals or counsellors), young people who are experiencing stressful situations.

How to... Build Positive Relationships

In a nutshell: This course is for young people who struggle with relationships in different aspects which could be with friends, families or sexual relationships. It aims to give general strategies for dealing with relationships in different contexts

What's covered?

1. **Values and identity:** when we know what is important to us it is easier to make good choices
2. **Making friends:** giving young people practical tips and practice in how to talk to others about ourselves make friends.
3. **Friendship and Peer Pressure:** Looking at what is appropriate and what is not in relationships. Helping young people have the confidence to say 'no'.
4. **Family relationships:** Giving practical strategies to help young people manage difficult family environments. Helping young people take responsibility for what is in their control.
5. **Social media and relationships:** Helping young people manage their relationships online via social media and helping them to stay safe
6. **Dealing with setbacks:** giving young people practical hints and tips to deal with setbacks and how to stay safe.

Who is it suitable for? Young people who are struggling to make and maintain friendships, young people who are making negative choices in their relationships (including low level risk-taking behaviours), young people who are experiencing negative family relationships at home.

How to... Move up to secondary School

In a nutshell: This course aims to help young people make a successful transition from school years 6-7 by looking at the practical and emotional aspects of moving to secondary school and to give them practical strategies to help.

What's covered?

1. **Resilience:** Helping young people recognise the cycle of change and how they can seek help

2. **Fears and Worries:** Giving young people the opportunity to talk about what they are worried about and to look at strategies to cope.
3. **Communication:** Helping young people with friendship skills and helping them to feel confident to talk about themselves.
4. **Friendship and Peer Pressure:** Looking at what is appropriate and what is not in relationships. Helping young people have the confidence to say 'no'.
5. **Being prepared:** Looking at practical tips to help young people be prepared for the school day.
6. **About me:** Helping young people feel confidence to talk about themselves with other people and to help them explore what makes them, and everybody else, unique.

Who is it suitable for? Young people in year 6 who are worried and anxious about the transition to year 7. We are hoping to also run the course in September / October so this would also be suitable for new year 7s who have struggled with the transition into secondary school.