



Living in Safety and Stability



Tutor Resource Pack

Living in Safety & Stability

Accredited Youth Work Programme

Who is this pack for?

This pack is designed for those working with young people aged 14-18 years in a youth work setting, within both the statutory and voluntary sectors. There are no academic requirements to deliver this accreditation however we suggest that tutors have sufficient, relevant youth work delivery experience.

Why Living in Safety & Stability?

The Youth Service Regional Assessment of Need (2020-23) identified Living in Safety & Stability as one of the key themes for the Youth sector. Assessment findings suggest that there are a number of risk factors which directly impact young people's ability to live safe and stable lives. Socioeconomic, demographic, environmental and cultural influences can directly impact on a child or young person. These negative influences on children or young people can have serious consequences for their future life chances. This 10-week programme aims to promote a safer environment for young people, promote positive decision making, develop resilience and coping strategies, and help young people achieve their full potential.

What's included and how is the pack used?

We advise that tutors read all pack contents before commencement of the programme.

Pack contents include:

- Assessment Plan
- Session plans
- PowerPoint slides
- Associated activity materials
- Participant baselines (Beginning and End)
- Participant booklets
- Assessment Record

The assessment plan provides an overview of learning outcomes, assessment criteria and suggested activities over ten 2-3-hour sessions.

Alongside the session plans, tutors are encouraged to avail of the PowerPoint slides for each session which include useful information, pictures, activity prompts and videos. Session plans reference all additional worksheets/ materials required for workshop activities.

Assessment

Participants should be provided with their booklets on Day 1 of the programme. **Please note that activities and evidence methods listed in the booklet are not prescriptive. Encourage participants to showcase their learning in creative ways e.g. videos, blogs, journals, peer assessments, tutor assessments, pictures, quizzes, signed flipchart/work pages etc.** These can be collated to produce a portfolio of evidence for every individual.

We recommend participant booklets/portfolios of evidence are kept with the tutor in the youth club for safe storage between sessions.

Existing accreditation frameworks which complement the learning outcomes covered within this programme include OCN Level 1 and OCN Level 2 in Healthy Living.

Tips for a more successful programme:

Use your own expertise and knowledge to add and/or amend the resource pack to suit the needs, interests, and abilities of your target group.

Apply for a small sum of funding to include educational visits, residentials, outdoor activities etc. These will add value for the young people, aid trust and relationship development within the group, and enhance experiential learning.

Keep group sizes at a maximum of 20 participants and use syndicate group work throughout to allow for more in-depth and open discussion.

Always have at least 1-2 games/ energisers at hand to boost energy and enthusiasm within the group, when required.

Seek feedback after every session.

Acknowledgements

Boys & Girls Clubs would like to thank the Education Authority for funding this programme and we would also like to acknowledge the following sources which helped shape the contents of this pack:

- CEOP Education

<https://www.thinkuknow.co.uk/>

- Barnardo's (Be Smart, Be Safe)

<https://www.barnardos.org.uk/merged-search?q=resources&ct=#gsc.tab=0&gsc.q=resources&gsc.page=1>

- NSPCC Resources

<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/teaching-resources-lesson-plans>

- Barclays LifeSkills

<https://barclayslifeskills.com/educators/lessons/>

- NHS Greater Glasgow Resilience Toolkit

<https://healthyschoolscp.org.uk/resources/nhs-greater-glasgow-resilience-toolkit/>

- Dove (Body Image Resources)

<https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html>

- Therapist Aid (Values)

<https://www.therapistaid.com/therapy-worksheet/values-discussion-cards>

- NHS Hampshire Child and Adolescent Mental Health Service

<https://hampshirecamhs.nhs.uk/issue/body-image-self-esteem/>

We would also like to extend our sincere thanks to practitioners and young people from across the sector who contributed to the design, development and production of resources.

