

Building Self Esteem – Reducing Risk Taking Behaviour

(Advanced [relevant all areas]: 2 days)

2009/10

How do you respond to young people feeling pressured to have early sex, use substances, commit offending behaviour, or self-harm? Why do 'just say no' approaches fall at the first hurdle?

This course – a roll-out of nationally recognised training - will give you some powerful techniques and approaches to focus on self-esteem, resisting pressure, exploring non-sexual pleasure and gender sensitive approaches to this work

The group size is limited to 16 places on this course

Trainers:

Milly Carmichael

(Multi-agency Training Co-ordinator)

Liz Jarrett

(School Health Nurse)

Aim

To increase confidence and skills in supporting young people to build their self esteem as a protective factor against risk-taking behaviours.

Learning Outcomes

- To describe the central importance of work to improve personal self-esteem and self-worth
- To state the important differences between delay and abstinence approaches.
- To demonstrate empathic responses to young people under pressure
- To demonstrate increased confidence and skills in applying the techniques and materials offered on the course
- To reflect on your own practice
- To distinguish the gender specific issues that arise in this work

Venue Lydiard Coach House, Lydiard Park (with lunch)

March 4th & 11th 2010 (Thursdays)

May 18th & 25th 2010 (Tuesdays)

October 14th & 21st 2010 (Thursday)

November 29th & December 6th 2010 (Mondays)

One more date between Jan – Mar 2011 – tbc.

If you like this...you might like these...

We recommend you have attended at least one foundation event (or equivalent) prior to this course

Advanced course 'Identification of sexual health related needs – Under 16s' is a useful companion course

Although based on a course specific to delaying early sex, these principles are fully transferable and the course has been adapted to include substance use, offending behaviour and self-harm.

What have previous delegates said about this event?

"Fantastic course, delivered well and passionately in a great location. Effective tools shared" - **Family link worker**

"Excellent course! I will recommend this to my colleagues and manager" – **Housing support worker**

"Excellent range of materials/tools presented in a powerful way" – **Social worker**

****Please note****

This course is fully subsidised but non-attendance and cancellations that cannot be filled will be charged at £75. If you leave early or arrive late you may forfeit your certificate of attendance

All applications to be sent to Tbrown2@swindon.gov.uk or Tracey Brown, Floor 9, DMJ Building, Canal Walk, Swindon, SN1 1LD