

# **Our Workshops**

## Information pack



Community Safety Awareness programme



Each workshop is designed to last for approximately 1.5 x hour and delivered using multimedia audiovisual PowerPoint slides.

**6 X Group Workshop Programme**

Workshop:	Aims:	Outcomes:
<b><i>The Law!</i></b>	<ol style="list-style-type: none"> <li>1. Understanding how 'the law' operates in the home (parents, carers), place of learning (teaching staff) and community (Criminal Justice System: Police, Courts, Prison, Youth Offending Probation Services)</li> <li>2. Highlight the pitfalls and long term consequences of challenging authority in the home, place of learning or community</li> <li>3. Challenging the negative peer (gang) mentality.</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants will have a very clear understanding of the force called the "Law" (parents, teachers, police service, court service and prison service, probation and youth offending service);</li> <li>2. Steer participants away from falling foul of the 'law' in their life;</li> <li>3. Improve participant's critical thinking and decision making skills and thereby reduce offending behaviour at home, in school and in the community.</li> </ol>
<b><i>Challenging Young People Who Choose To Carrying Weapons</i></b>	<ol style="list-style-type: none"> <li>1. Challenge the notion held by many young people that weapons protect;</li> <li>2. Understanding the importance of choosing other options than carrying weapons.</li> </ol>	<ol style="list-style-type: none"> <li>1. Prevent weapons carrying and use;</li> <li>2. Raise understanding of the serious intended and unintended consequences of weapons carrying and crimes;</li> <li>3. Enable participants to acknowledge and accept that, however difficult, they do have a choice in the matter.</li> </ol>
<b><i>Violent Crimes Destroys Lives</i></b>	<ol style="list-style-type: none"> <li>1. Raise awareness of the effect of weapons crime on young people, families and communities.</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants will understand the effects of violent crime on victims, perpetrators, families and the wider community</li> <li>2. Prevention of violent and weapons crimes.</li> </ol>
<b><i>Violent Culture!</i></b>	<ol style="list-style-type: none"> <li>1. Raise awareness of the various negative cultural influences (music, movies, PlayStation games, substance misuse, poor diet &amp; sleep, etc.) that are factors in conditioning young people to accept aggressive violent thoughts or behaviour.</li> </ol>	<ol style="list-style-type: none"> <li>1. Enable participants to review their pastime activities, diet and lifestyle</li> <li>2. Encourage participants towards positive pastime activities;</li> <li>3. Encourage better lifestyle habits in regards to diet and sleep;</li> </ol>

<p><b><i>Sex &amp; Violence in Teen Relationships</i></b></p>	<ol style="list-style-type: none"> <li>1. To raise awareness of the rising problem and serious consequences of sexual violence in teen relations;</li> <li>2. Raise awareness of the Law and Consent</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants who understand the different ways in which sexual violence is conducted, negative influences and the serious long term consequences;</li> <li>2. Prevention of sexual violent attitudes and behaviours;</li> <li>3. Enable young people to think more critically about and challenge the abundance of negative, unwholesome, and degrading media images and messages coming through movies, television, advertising, music videos and PlayStation games</li> <li>4. participants will be aware of the circumstances under which consent can and cannot be given</li> </ol>
<p><b><i>Achieving through education or talents i.e. sports, musical, etc.</i></b></p>	<ol style="list-style-type: none"> <li>1. Raise participant's aspirations towards the positive outcomes available via achieving rewarding and successful lives through education or non-academic natural talents</li> <li>2. Emphasise that whatever they want to achieve only dedication, determination and discipline will get them to fulfil their potential</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants who aspire to the get best out of life through academic or talents they know they have;</li> <li>2. Participants who are focussed on their career goals.</li> </ol>



## Workshop – “Daily Grime”



‘Daily Grime’ is a critical examination and discussion on the UK music genre that has become the dominant media for the transmission and fueling of violent gang culture.

Workshop:	Topics:	Outcomes:
<p><b>‘Daily Grime’</b></p>	<ul style="list-style-type: none"> <li>• Why is it so popular among young people?</li> <li>• History of ‘Grime’</li> <li>• How did it evolved from <i>house, garage, ‘jungle’ and ‘ragga’</i> to what we have today?</li> <li>• Who are the main artists responsible for its genesis and transformation?</li> <li>• The impact of ‘Grime’ on gang culture</li> <li>• Do the artists make money out of it?</li> <li>• How is the criminal justice system using ‘Grime’ video content to secure criminal convictions and banning orders i.e. gang ‘asbos’.</li> </ul>	<ul style="list-style-type: none"> <li>• Raised awareness of its history and main contributors.</li> <li>• Raised awareness of how the visual and lyrical content in early ‘Grime’ (and the genres that preceded it) evolved from being relatively innocuous to the now standard violent, criminal and misogynistic themes.</li> <li>• Challenging the themes that encourages violence, weapons crime, drug use and supply and negative attitudes towards girls and young women</li> <li>• Understanding the reality of making a career from ‘Grime’ music</li> <li>• Understanding the legal and social pitfalls in making and uploading ‘Grime’ music videos</li> </ul>

This workshop aims to provide young people with a forum in which to discuss their understanding and attitudes to this genre of music and the negative impact it is having on young people’s relationships, especially in the light of the recent murders of three teenage ‘grime’ artists in London.

The workshop is also intended to help the young people to focus their efforts ensuring a safer neighborhood by challenging the negative themes presented in this genre as well as move towards positive life choices and career goals.

The ‘Daily Grime’ workshop lasts approximately 1.5 hours and is delivered using multimedia audiovisual PowerPoint slides. A register is taken at the beginning of each session and all young people are asked to complete a session evaluation form at the end.



### ***Effectively Managing Feelings & Emotions (EMFE)***



#### ***Programme:***

- *Understanding Emotions – triggers, warning signs, consequences*
- *Factors that contribute to negative emotions*
- *Managing negative emotions through breath control, mind management*

*EMFE is an interactive theory and practice based session that aims to help young people to understand, recognise and take control of their negative feelings and emotions.*

*The session covers what emotions are, how they manifest, what influences them to manifest negatively (substance misuse (drugs, alcohol), poor dietary habits, poor sleep habits, negative media (violent music, films and PlayStation games), negative peer groups i.e. gangs)), etc.*

*The practical element will be breathing, relaxation simple anger management techniques.*

### ***Understanding & Resolving Conflicts (URC)***



#### ***Programme:***

- ***Conflict!*** – *How they arise in the home, place of learning or community*
- ***Resolving Conflicts I*** – *the “lose-lose” approach facilitated by negative peers*
- ***Resolving Conflicts II*** – *the “win-win” approach facilitated by positive peers & adults*
- ***Resolving Conflicts III*** – *common issues that give rise to conflicts in teen relationships & how to avoid and resolve them*

*URC is an interactive session that aims to help young people to understand, avoid and resolve conflicts that arise in the home, place of learning and the community.*

**Personal Development Programme  
6 x Week Workshop Programme**

The overarching aim and objective of this comprehensive and holistic workshop programme is to help vulnerable girls and young women to be proactive in their wellbeing, raise their aspirations, self-esteem, confidence and engagement in education as a foundation for positive life and career goals.

SESSION	AIM	OBJECTIVE
<p><b>1 - Relationships – Not Sex!</b> Presentation and discussion on teen relationships covering topics such as: <i>Friendship versus Relationship; Relationship Readiness; Healthy Relationship Building; Girls around Gangs; Teen Sexual Violence.</i></p>	<p>To give participants a better understanding of relationships and some of the common issues affecting teenage relationships</p>	<p>Help participants to better understand and assess their preparedness to enter relationships</p>
<p><b>2 - Female Gender and Media Issues.</b> Presentation and discussion around media influences on girls and young women's attitudes, behaviour, body image, self-esteem and confidence; challenging negative stereotypes</p>	<p>Raise awareness of the negative media influences (music videos, films, magazines, etc.) affecting female body image and girls sexual behaviours</p>	<ol style="list-style-type: none"> <li>1. Challenge negative media stereotyping</li> <li>2. Improve self-image and confidence building</li> <li>3. Being comfortable with who you are</li> </ol>
<p><b>3 - Understanding Emotions</b> – triggers, warning signs, and consequences. Presentation on the influences and factors that give rise to negative emotional expressions in the home, place of learning and community.</p>	<p>To give participants an understanding of what emotions are and how they are influenced by diet, lifestyle and other factors (trauma, bereavement, abuse, etc)</p>	<p>To enable participants to understand how emotions arise and how they affect them in their environment</p>
<p><b>4 - Transcending negative emotions through simple to learn breathing, mind management and exercises.</b> Presentation and practical exercises to better manage or eliminate negative emotions; information on organisations that deal with complex emotional issues (CAHMS, Brook Advisory Service, etc.)</p>	<p>Instruct participants in simple mind management techniques to help them to manage and transcend negative emotions</p>	<ol style="list-style-type: none"> <li>1. Enable participants to be proactive in their management of their emotions and emotional wellbeing</li> <li>2. Highlighting general and female gender specific organisations</li> </ol>

SESSION	AIM	OBJECTIVE
<p><b>5 - <i>Understanding Health.</i></b> Presentation and discussion on the dietary and lifestyle factors that contribute to general health issues and specific female health issues; advice on seeking early detection and treatment</p>	<p><b>Give participants a clear view of the issues and factors affecting female health</b></p>	<p><b>Enable participants to be aware of and proactive in their health and wellbeing</b></p>
<p><b>6 - <i>Achieving through education, employment or entrepreneurialism.</i></b> Presentation and discussion on the planning career goals and improving life chances through education, employment or business.</p>	<p><b>Raise awareness of the benefits of education as a foundation for career and life goals</b></p>	<p><b>Present the various opportunities that education can provide towards achieving a good material lifestyle</b></p>



## **Radicalisation Workshop Programme**

### ***Violent Extremism in 'Road' (Gang Culture), Far Right (Politics) and Faith Groups (Religion)***

#### **Workshop Aims**

- ✓ *Raise awareness of the escalating issue of radicalisation and violent extremism;*
  - ✓ *Increase understanding of how radicalisation and violent extremism presents itself in the community i.e. social, political and religious;*
  - ✓ *Alert participants of the risks and dangers of young or vulnerable people being radicalised by gangs, religious or far right groups and adopting violent extremist views (hate speech) and/or engaging in criminal acts (violence or terrorism);*
  - ✓ *Alert participants of the causes and signs of radicalisation to challenge, deter or refer to the appropriate authorities;*
  - ✓ *Deter young people from joining violent street gangs or extreme religious or political groups*
- A. **Radicalisation I** - Road, Far Right and Religion – workshop designed specifically for young people
- B. **Radicalisation II** - Road, Far Right and Religion – workshop designed specifically for parents and professionals

## Mentivation Services Staff Training programme



### Training Proposal:

1. Engaging Young People
2. Drugs Awareness
3. Managing Aggressive / Challenging Behaviour

### Workshops: 2hrs per workshop

#### 1. Constructively engaging young people:

- a. Understanding youth culture;
- b. The productive working relationship; *Dos* and *don'ts* of key worker/young person relationships;
- c. Effective communication; positive reinforcement as well as boundary setting.
- d. Key working / role modelling – becoming a trusting and respected adult;
- e. The group dynamic; giving young people a voice – improving socialisation skills;
- f. Helping young people to become adults – roles, responsibilities;

#### 2. Drugs awareness training:

- a. Types and effects of substance misuse;
- b. Why some young people choose to use drugs; - coping mechanism (physical, emotional, or sexual abuse); economic; peer pressure; addiction;
- c. Signs of substance misuse (using or dealing);
- d. Helping young people to steer away from substance misuse;
- e. Signposting – drugs advisory services.

#### 3. Managing Aggressive/Challenging Behaviour training:

- a. Why some young people are aggressive (diet, lifestyle, cultural influences (media/entertainment));
- b. Risk assessment and management;
- c. Triggers and signals
- d. Reducing/diffusing confrontation/conflict with young people;
- e. Helping young people to transcend aggressive behaviour (anger management/conflict resolution);
- f. Scenarios – case studies