

## DRUG AND ALCOHOL EDUCATION

### Basic Drug and Alcohol Awareness: 6 hours

Basic awareness of drugs and alcohol and their effects

### Advanced Drugs and Alcohol Awareness: 10 hours

More in depth input on drug and alcohol concerns; including Legal Implications, health concerns and personal safety. This is a follow up to the basic awareness training, however the previous course is only recommended, not required.

### Alcohol Awareness: 4 hours

Specific training session around alcohol

### Cannabis Awareness: 4 hours

Specific training session around cannabis use

### Harm Minimisation and Safety in Drug Use: 2 hours

Awareness of harm minimisation and safety techniques when using drugs or alcohol, including personal safety when on a night out. workshops are very flexible- they can be offered independently, combined, or requested to cover only specific information. Trainers are always happy to meet your exact requirements.

## HEALTH AND WELLBEING

### Conflict Resolution (and Anger Management) 6 -10 hours

Equipping young people with understanding of anger and conflict and the skills to prevent or manage conflict and behaviour in themselves and others. Additional focus on preventing and diffusing violent confrontation

### Self Esteem and Confidence Building: 6 hours

Giving young people the skills to raise their own confidence and self esteem in everyday life and promote this amongst their peers and others

### Stereotypes and Body Image: 6 hours

Giving young people awareness of stereotypes and breaking down myths around body image as portrayed in media and popular culture. This training aims to promote healthy living and acceptance of self and others as well as the importance of 'loving the skin you're in'

### Healthy Relationships: 6 hours

Awareness of healthy and unhealthy personal relationships and what young people should give and expect in safe and healthy family, intimate or friendly relationships

### Healthy Sexual and Intimate Relationships: 4 hours

Focusing specifically on sexual and/or intimate personal relationships and exploring what a safe, healthy and respectful relationship means, and how it can be achieved



# Training for Young People

**1990—2010**

**20** years of helping, young people,  
*their families and the community in  
schools, youth clubs, community  
centres and in the home*

To discuss any of these or other training  
needs you have call the SLP on

(01582) 480770

and speak to Joan or Rajab

## PEER-LED PROGRAMS

### Peer Educator Training (Core) 16 hours

Giving young people the skills to work as Peer Led Educators- delivering informational workshops on social issues to their peers, and planning the delivery of a Peer Education Program.

### Peer Educators Additional Training: 4-6 hours in specialise area like

- Drug and Alcohol Awareness,
- Personal Safety.
- Health Promotion

### Peer Mentoring Training (Core) 20 hours

Giving young people the skills and awareness needed to operate a mentoring program, and act as school or community mentors to their peers.

### Peer Mentoring Program Additional Training: 10 hours

Additional support and training for young people that have already received core training. This can cover further support and advice for operating a young person's mentoring program, or can be requested for any specific concerns relating to trained mentors.

### Peer Mediation Training (Core) 20 hours

Giving young people the skills and knowledge to become school or community Peer Mediators, and how to plan a Mediation

Training for your Volunteers

Call to hear about our range of packages

### Introduction to Safeguarding

A basic understanding of your rights and responsibilities. This should not be used to replace the Luton Safeguarding Children's Board accredited training

### Introduction to Health and Safety

- A basic introduction to Health and Safety – your rights and responsibilities. This does not replace organisation policies and practice

## REWIND Anti-Racism and Anti-Racist Extremism Training

A nationally recognised model of training around awareness and understanding of the concepts and causes of racism and racist extremism and preventing these thoughts and behaviours

This training model requires a minimum of 3 hours delivery, and is delivered to suit your timing requirements- e.g., full day, half day, several sessions etc.

There are 6 sessions and they can be delivered as a package or as a one off sessions

## SOCIAL AWARENESS

### Difference and Diversity: 10 hours

Celebrating and promoting awareness of different cultures and religions in order to understand and appreciate others better.

### Disability Awareness: 6 hours

Understanding physical and mental disabilities, challenging stereotypes and promoting awareness and anti-discrimination

### Sex and Sexuality Awareness: 6 hours

Understanding sexuality, challenging stereotypes and promoting awareness and anti-discrimination.

### Anti-Social Behaviour: 6 hours

Understanding and awareness of anti-social behaviour, and its consequences for families and communities

### Youth Citizenship: 6-10 hours

Exploring Citizenship and Rights that young people are entitled to, but often unaware of, and looking at ways that young people can contribute and be heard in their communities

### Personal Safety for Young People: 6 hours

Covering awareness of personal safety for young people in a variety of settings- e.g. Over the internet, at home, while out, at night, at work/school, guarding possessions etc.