

Youthscape Training & Resources

Training for those working professionally with young people to equip them with the **skills and confidence** to help around the areas of mental health and self-harm.

training.youthscape.co.uk

About us



Innovative youth work, born in Luton, delivered everywhere.

Youthscape is a National youth charity based in Luton, Bedfordshire. Since the beginning of our work in 1993, Youthscape has been dedicated to developing innovative and proven ways to address the key contemporary issues young people face in a rapidly changing culture.

Youthscape has developed a strong and professional reputation for delivering caring, UK-wide work focusing on the emotional and social needs of all young people. The hub of our local work is our brand new, state-of-the-art facility Bute Mills- a five storey youth centre and training facility, a place where new youth work ideas are constantly being born and put to the test.

With 25 years of experience, the work of Youthscape exists for the good of all young people, regardless of faith or background. Our work is built on a Christian ethos and will always fall within the remit of responding to the

needs of young people, adopting a holistic approach to their emotional, spiritual and social health. We have over twenty staff, full and part time, working across our projects and programmes.

Our training exists not only equip those working with young people with the knowledge they need but also the confidence and skills required to respond in an effective way. We have a team of specialist regional trainers who deliver our sessions nationally, enabling us to deliver sessions anywhere in the UK.

Our sessions can be delivered at a time and location to suit your organisation. All of our courses are designed for groups of up to 25 (however please ask if you have a larger group as we can also offer this).

To find out more about a session that could work for your school or organisation please contact us.

Youthscape Mental Health Courses

A range of courses and resources to equip schools to recognise and effectively support young people around mental health.



Anxiety In Adolescence

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Youthscape Mental Health Resources

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Course:

Anxiety In Adolescence

Length:  3hrs

In a culture with higher pressures to succeed, 24/7 online presence, global instability and a constant bad news cycle, young people are increasingly struggling to know how to cope. As professionals we are seeing an increasing rise in disclosures around anxiety and can be unsure how best to respond and support.

Anxiety In Adolescence not only highlights the pressures that young people are facing today, but also key methods of support, including school-wide/organisation-wide and individual approaches, free downloadable resources and the skills to identify the signs of anxiety disorders. The course also covers the area of exam related anxiety and gives practical advice and measures schools and those supporting young people can put in place to manage this time of year more effectively.



Learning outcomes

- An understanding of the main types of anxiety disorder.
- Recognising physical and psychological indicators of anxiety.
- Understanding of Perfectionism as a trigger of anxiety.
- Catastrophizing and self-doubt.
- Methods of support including encouraging self-care and advice around primary to secondary transition.
- Plus a range of free downloadable worksheets and recommended resources.

Course:

Emotional Wellbeing & Resilience

Length:  3hrs



Mental wellbeing has a huge impact on every area of a young person's life, from their ability to learn, flourish socially/emotionally and make healthy choices. As professionals, we are seeing increasing numbers of young people showing signs of poor mental health and a lack of resilience skills to weather the storms of adolescence.

This training provides key insight into understanding adolescent mental health and brain development, along with the skills to recognise the indicators of an underlying mental health concern and the tools to support.

The course gives free downloadable resources to compliment your work whether that be in a 1:1 setting in school, youth work or mentoring, as well as whole school/organisational approaches to improving wellbeing.

Learning outcomes

- An overview of the state of adolescent mental health in the UK, including latest statistics.
- An overview of mental health conditions.
- An understanding of adolescent brain development.
- Developing resilience.
- Recognising signs and symptoms of concern.
- An introduction to resources to support young people.

Course:

Self-harm Essential Knowledge Course

Length:  3hrs



10–13% of young people are known to actively self-harm. However, for many disclosure is made harder by the fear of misunderstanding and the myths and stigma that remain around this issue. As professionals we can often be unsure of how to respond in light of a self-harm disclosure, fearing we will do or say the wrong thing.

The **Essential Knowledge Course** is ideal for those who would like to develop an understanding of self-harm as well as the skills to confidently respond and support young people around this issue.

Learning outcomes

- An overview of the latest research on the extent of self-harm among young people and the particular groups at highest risk.
- An understanding of why young people self-harm and key steps to help young people reduce their harming.
- How to respond to self-harm disclosure.
- Alternative coping strategies for individuals who self-harm.
- An understanding of physical and emotional indicators of self-harm.
- The impact of online communities and social media.
- Where to refer young people to specialist support for self-harm and an introduction to the resources that are available.

Additional self-harm one hour bespoke modules

In conjunction with the Essential Knowledge Course, Youthscape offer a range of one hour bespoke modules around self-harm and support for your setting, allowing the training you receive to be tailored for the needs of your organisation. These sessions are held on the same day as the Essential Knowledge Course and are priced per module.

Creating self-harm policy

Working with children and young people brings with it a number of issues that need to be carefully navigated. Comprehensive policies and procedures ensure everyone works consistently, and helps maintain the wellbeing of those in our care. Self-harm policy covers all of these issues, and ensures everyone involved has clarity and direction about how best to support the young person concerned as well as ensuring good practice from a safeguarding perspective. This one hour module helps you develop policy for your organisation as well as sample policies to read, discuss and critique.

Practical response and support session

In addition to the Essential Knowledge Course, this module takes you step by step through running a support session for a young person who self-harms, along with practical role play exercises for staff around disclosure.

Supporting in a residential capacity

Supporting young people in a residential capacity, presents very different issues and areas that need to be considered. This one-hour module looks at methods to encourage communication, write a crisis plan with a young person alongside navigating the impact self-harm can have on other residents.

Impact on families and professionals

Supporting a young person who harms can have a huge impact on both families and professionals, how do we put good structures in place to look after ourselves, alongside offering guidance to parents and siblings? This one-hour module looks at the ripple effect self-harm can have and gives key methods of reflective practice for staff as well as signposting help for families.

Course:

Young People & Self-Esteem

Length:  3hrs



The importance of nurturing and encouraging healthy self-esteem in young people is essential. Not only does a young person's sense of 'self' impact their wellbeing and mental health, it also gives them the ability to make healthy decisions and better navigate the landscape of adolescence. We ensure that each delegate is given the knowledge to recognise the importance of understanding 'self,' including developing the skills and theory of understanding the emotional, evaluative and cognitive components of self-esteem. The training also includes a foundation of the formation of self-esteem in children and adolescents alongside offering a wealth of practical resources and activities to support young people.

Learning outcomes

- Develop an understanding of the emotional, evaluative and cognitive components of self-esteem.
- Recognise the key signs of damaged self-esteem in a young person, when and how to respond.
- Methods of support along with practical session ideas for young people in a one to one and group capacity.
- An introduction to the wealth of resources around building positive self-esteem in young people.
- Free downloadable worksheets and session plans to use in your setting.



A Parent's Guide To: Talking With Your Teenager About Sex

Packed full of handy hints and practical pointers, this easy-to-read, 40 page resource will help parents to cover all the important stuff as they start the conversations that matter.

Price **£3.99**



A Parent's Guide To: Self-harm

Self-harm remains an issue largely misunderstood, and yet is affecting more and more young people in the UK. Simply written and with clear recommendations and contributions from leading experts, parents and young people themselves, this 36-page booklet will inform, equip and empower any parent or carer.

Price **£3.99**



A Parent's Guide To: Young People & Porn

Thanks to advances in technology, young people grow up with frighteningly easy access to unregulated online pornography and sexually explicit materials. Packed full of handy hints and practical pointers, this easy-to-read resource will help you to start the conversations that matter.

Price **£3.99**



A Parent's Guide To: Eating Disorders

The guide includes an overview of three of the most significant eating disorders – Anorexia, Bulimia and Binge Eating Disorder – before tackling the causes, effects and facts around them. A perfect starting point to supporting an individual struggling with an eating disorder

Price **£3.99**



#WhatIf

#WhatIf? is our brand new resource with four games to help teenagers identify and cope with anxious thoughts and feelings. Presenting unexpected situations in a fun, light-hearted way the game creates space for young people to talk about how they might handle difficult emotions.

Price **£25.00**



Talking About Emotions Playing Cards

Designed for use in small groups or one to one settings for young people aged 13–18. The cards invite young people to engage in conversations through a relaxed game setting.

Price **£8.50**

MENTAL HEALTH AND SELF-HARM



First Steps out of Anxiety

Anxiety can rob you of opportunities, satisfaction, and self-esteem. But this doesn't have to be the case – by learning some simple techniques, you can regain ground and lead a happier, more fulfilled life. In First Steps out of Anxiety, psychologist Kate Middleton reveals how anxiety works – in your thought patterns and in your body's chemicals.

Price

£4.99

MENTAL HEALTH AND SELF-HARM



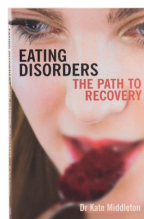
Self Harm The Path to Recovery

This accessible and practical book demystifies a subject many people find hard to understand, assessing it's causes and showing the way to recovery. Suitable for the carer and harmer alike, this book offers an encouraging companion along the path to recovery.

Price

£7.50

MENTAL HEALTH



Eating Disorders The Path to Recovery

What is an eating disorder? What are the symptoms? What causes them? And is full recovery possible? This accessible and practical book helps readers come to a full understanding of eating disorders and the various stages involved in recovery.

Price

£7.50

MENTAL HEALTH AND SELF-HARM



SelfharmUK Policy writing guide

This guide explains the need for a bespoke self-harm policy in line with national recommendations and unpacks the detail it needs to cover. The guide contains sample policies to read, discuss and critique and a template to help you develop your own policy. To assist you further in doing this, selfharmUK is offering an hour consultation to help you develop or review your policy.

Price

£50.00

MENTAL HEALTH AND SELF-HARM



Alumina

Alumina is an online course for young people. SelfharmUK have adapted that content and put it into a course book that young people and adults alike can use in their recovery journey. This workbook contains information, six weekly themes with a wide variety of activities and space to complete.

Price

£6.50

MENTAL HEALTH AND SELF-HARM



Alumina Leader's Guide

SelfharmUK's Alumina course has seen many young people take the next step towards recovery and with many professionals looking for a similar resource to use in their local settings, you can now get your hands on the Alumina course materials. In this user guide you'll find everything you'll need to setup the group, from information and tips on forming a group, to safeguarding information, policies, weekly content and even some evaluation tools.

Price

£15.00

MENTAL HEALTH AND SELF-HARM



Self-harm Postcards

Two identical sets of 6 unique postcards. Each carries a striking image with useful and relevant self-harm information on the reverse. These are ideal for schools, youth centres and GP surgeries – anywhere they may be found by young people, family members and friends needing to know more.

Price

£4.00

MENTAL HEALTH AND SELF-HARM



Affirmation Cards

This set of 6 stylish affirmation quote cards contains inspirational quotes written by young people. Each card displays a uniquely designed quote taken from a blog on the SelfharmUK website written by a young person about different aspects of their mental health.

Price

£4.00

MENTAL HEALTH AND SELF-HARM



Youthscape Dice

A set of 6 emoticon dice to help teenagers develop a vocabulary around feelings and emotions. The Youthscape Dice come with an instruction leaflet which gives you a bit of background information as well as five ideas for games you can play.

Price

£5.00

MENTAL HEALTH AND SELF-HARM



Friends Are Heroes Kit

Many young people will choose to tell friends that they are self-harming before anyone else. The contents of this kit is designed to promote discussion around self-harm and how to respond. The video can be used in a variety of school, sixth form, college and youth group settings to help young people think about self-harm.

Price

FREE

INSPIRING HEALTHY RELATIONSHIPS



#isitOK?

Between 15 and 40 per cent of teenagers are involved with sexting (NSPCC 2016). So we need to be talking with young people about sexting, social media and staying safe online. It's a simple-to-play game using carefully-designed images and messages which connect with young people's real life experience, and enable them to ask #isitOK? to create, send or receive content like this?

Price

£25.00

INSPIRING HEALTHY RELATIONSHIPS



Romance Academy Playing Cards

Relationships aren't a game... but these cards about relationships engage young people in discussing the emotional, physical and social challenges of growing up. Each of the 4 suits represents a topic: Values, Choices, Dilemmas, and Sexual Health. A great resource to get teenagers talking about relationships.

Price

£8.50

To order please email training@youthscape.co.uk

“The training was interactive,
informative and the presenter was
passionate about the subject and
extremely knowledgeable.”

Joanna King
Self-harm Essential Knowledge

“Great extra practical tips and
ideas on how to support young
people with anxiety. Brilliant
personal stories and real life
application from trainer.”

Mark Watson
Anxiety in Adolescence

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Youthscape

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