

# SfYP IAG WRL Conference 2023 Inclusion and Skills Youth Work Preventative Programmes

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&

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# Youth Work Preventative Programmes

## Confidence and Resilience

- A thread which runs through all our work with young people.
- Supporting young people in making healthy lifestyle choices.
- Developing young people's communication skills, aspirations and ability to set personal goals.

# Youth Work Preventative Programmes

## Smoking, Alcohol Awareness and Substance Misuse

- Understand the physical effects and social effects of alcohol and substance use.
- Understand the law around alcohol and substances.
- Helps young people to make safe choices including what to do in an emergency.

# Youth Work Preventative Programmes

## Personal Safety & Protective Behaviours

- Equipping young people with the knowledge of how and the skills to keep themselves safe.
- Online safety including bullying and social media.
- Grooming and exploitation.

# Youth Work Preventative Programmes

## Relationships & Sexual Health

- Learning about sexual health and safe and healthy relationships.
- Including consent, sexually transmitted infections and contraception.
- Young people will know how to access sexual health services including from SfYP Young Peoples Centres.

# Youth Work Preventative Programmes

## Healthy Lifestyles

- Interactive and practical sessions designed to introduce young people to ways in which they can develop and maintain a healthy lifestyle and make positive lifestyle choices.
- Physical health and healthy eating.
- Routines and regular exercise.
- Learning about the importance of sleep.

# Youth Work Preventative Programmes

## Mental Health & Emotional Wellbeing

- Our Mental Health and Wellbeing programme explores the issues impacting on young people's well being and mental health.
- Youth Workers work with young people to help them identify the changes they can make within their own lives, identifying strategies and setting goals to introduce helpful habits and routines.

# Youth Work Preventative Programmes

## **LGBT including LGBT Mental Health**

- Developing young people's understanding of gender, sexuality and identity.
- Supporting young people in making informed, safe choices for healthy relationships.
- Improving young people's awareness of hate crime.
- Accessing support from peers, Youth Workers and developing knowledge of local services.



# Youth Work Preventative Programmes

## Positive Alternatives

- Exploring why some young people join gangs and become involved in crime.
- Raising awareness of grooming and exploitation.
- Exploring the risks and impact of weapon crime.

# Youth Work Preventative Programmes

## Positive Pathways

- Building on the crime prevention focus of Positive Alternatives.
- Identifying appropriate long-term positive solutions and pathways to reduce criminal activity and or Anti-Social Behaviour.
- Connecting with positive activities, improving self-esteem and well-being to bring about behavioural change.

# Youth Work Preventative Programmes

## Healthy Relationships including CSE

- Developing an understanding of what makes a relationship positive and healthy.
- Learning how to stay safe online.
- Exploring the impact of sex and pornography, consent and power within relationships.
- Young people identify how to seek support and where to go to for future support especially if they find themselves in an unhealthy or unsafe relationship.

# Youth Work Preventative Programmes

## Projects for Young Peoples with Learning Disabilities and or Difficulties

- A safe space responding to the needs of young people.
- Developing relationships, communication and interpersonal skills.
- Developing Independent Living and Life skills.

# Youth Work Preventative Programmes

- Finding out about projects within your district/borough.
- Refer Young People to Services for Young People.
- Contact your local team.

**[www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org)**

# Contact, find and follow



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