

Safety Net is an independent registered charity which aims to improve safety and wellbeing for children, young people and families in communities.

Charity registration no. 1108772



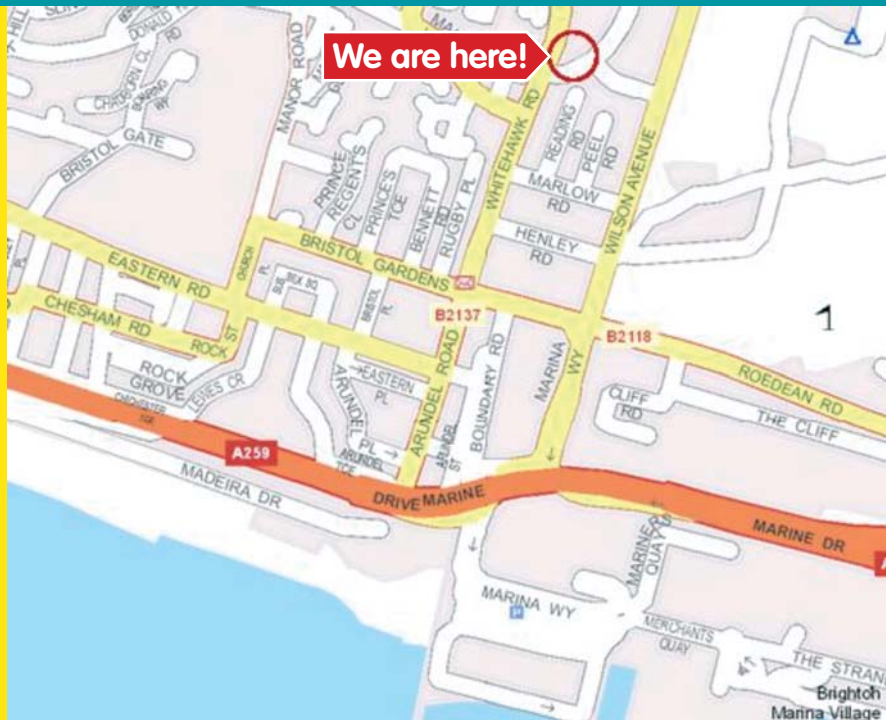
Training Guide



www.safety-net.org.uk

Providing training for children and young people, families and their workforce

How to find us...



Safety Net is currently based at
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Safety Net



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www.safety-net.org.uk
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About Safety Net

Safety Net is an independent registered charity which aims to promote safety and wellbeing for children, young people and families, in the home, school and community. Our aim is to find ways to work together with communities to keep children and young people safe.

We have a practice base established over 15 years which includes:

- a schools' programme of work across Brighton and Hove to promote emotional wellbeing and bullying prevention,
- a home visiting service for families with children aged 4–11 in East Brighton,
- Group work and workshops for parents,
- a home safety equipment scheme,
- community child safety events and activities.

We have developed a range of training courses and workshops based on proven methods of working for the community, voluntary and statutory sectors and directly for children, young people and families.

Protective Behaviours – a keeping safe approach

Safety Net uses a programme called Protective Behaviours as a framework to deliver its services. Protective Behaviours (PB's) is a safety awareness programme which helps children and adults to recognise any situation where they feel worried or unsafe and explores practical ways to keep ourselves safe. Protective Behaviours also looks at identifying support networks for times when we need someone to listen and help. The programme can be used in a wide range of settings by teachers, parents, women's refuge workers, the police, social workers, youth workers, health visitors and community workers. The approach therefore also provides a useful framework for partnership working.

For further information

about any of our services:
Visit www.safety-net.org.uk
Tel: 01273 696622 or
Email: info@safety-net.org.uk or
training@safety-net.org.uk

Please note: All our courses are certificated and can be used to support vocational, professional and continuing professional development requirements for staff working across children and family services.

Contact us on: **01273 696622**

or email: training@safety-net.org.uk

SKILLS DEVELOPMENT

FOR PARENTS/CARERS & FAMILIES

Additional workshops for parents

1½ hr sessions

- **Managing emotions, talking and listening**
- **Raising resilient children**
- **Keeping on raising resilient children – resilience for parents**
- **Keeping safe – skills to help keep children safe.**

These practical hands-on workshops for parents are designed to be interactive and leave parents better equipped with useful tools, strategies, resources and where to go for further help.

By the end of the course parents will:

- develop an understanding and ability to manage feelings, thoughts and behaviours in the context of family life,

- develop an understanding of what resilience is and how to help develop resilience for themselves and their children,
- develop strategies to promote confidence, independence, communication skills, and problem solving skills,
- increase resourcefulness to overcome set backs, keep safe, and access resources,
- building support networks.

Who should attend?

- Parents of children age 4–12.
- This course can also be designed for lower or upper end of the school.

Visit www.safety-net.org.uk for full course information 37

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Introduction to Safety Net Training



Safety Net has a long and established history of delivering training to the Children's workforce across Brighton and Hove, Sussex and beyond. We can provide training directly to children, young people and parents as well as to staff teams.

Our Trainers

All of our trainers are experienced practitioners who have particular skills and knowledge in working with children, young people and families. We also actively seek to build partnerships with other organisations in the voluntary and statutory sector to provide high quality training for our customers.

We have expertise in providing training in the following areas:

- Child Protection and Safeguarding
- Protective Behaviours
- Skills Development courses

How to book our courses

To get more information or to book a training place or course, please contact us on 01273 696622.

Alternatively you can e-mail us with your request to training@safety-net.org.uk.

Or you can go to our web-site and e-mail us a booking form.

Prices

Our training is competitively priced and is scaled according to the size of your organisation and the sector that you are working in.

Please call or e-mail us for a full price list for courses, or go to our web-site, www.safety-net.org.uk

All income raised through training goes directly to support our work with children, young people and families.

Certification

All of our courses are certificated and can be used to support General Social Care Council registrations for qualified social care workers.

More details can be found at www.gsc.org.uk

Training Contracts

We currently have a range of training contracts to provide a number of safeguarding courses.

These include:

East Sussex County Council Child Protection training for all schools

Brighton & Hove City Council – Common Core Skills – training for Children's Workforce development

City Early Years and Childcare (CEYC) – child protection training for staff working with children in the private, voluntary and independent sectors

East Sussex County Council Connexions / Youth Development Service – a range of training for staff working with young people

All our Child Protection / Protective Behaviour courses are endorsed by the Local Safeguarding Children Board and widely recognised by the Community and Voluntary Sector.

Training in your workplace

We can offer:

- Child Protection courses
- Protective Behaviours
- Skills development

However we also offer any of the courses contained within this brochure as in-house training at your workplace, so please feel free to ask if there's something in particular you feel your organisation may need.

Courses can be designed with you to meet your organisation/group's specific training needs.

Please contact us to discuss your requirements.

Who are the courses suitable for?

The courses are suitable for organisations who have significant contact with children young people and their families and cover issues relating to all age groups up to the age of 18.

This could include:

- teachers
- play and youth workers
- staff in nursery settings
- social care staff
- people working in after school clubs or community groups
- a number of the courses are also designed specifically for parents and carers and directly for children and young people.

Training for Schools



Safety Net Schools Co-ordinators have worked in schools across Brighton and Hove developing peer support, anti bullying and safety programmes for the past six years and now can offer you 'in house' training which will allow schools to put these programmes in place for less money.

These training days include:

FOR STAFF AND PARENTS:

- **Buddy programme training** – 1 days whole school training to include the basics of circle time, highlights of Protective Behaviours, and MDSA training to promote whole school links and 'Positive Playtimes'.
- **Peer Mediation Programme Training** 1-day training to include basics of Circle Time, Active Listening and Problem Solving Skills using VITAL.
- **Protective Behaviours personal safety curriculum for primary school children** – a training course to support schools in meeting their wider safeguarding responsibilities by introducing Protective Behaviours across the school curriculum. The training includes a training pack of curriculum resources.

- **Child protection training for schools**
- **Workshops for Parents** to help them support their children at school and develop new parenting skills.

FOR CHILDREN:

- **Safety Through Circle Time (The Safety Game)** – combining circle time and Protective Behaviours models of learning to create the right environment to explore feeling and keeping safe and promote emotional literacy. This is complementary to SEAL (Primary and Secondary).
- **We can also deliver directly to the children, our popular peer support and mediation programmes** and support schools with the Bolster your Buddies programme which includes hosting Buddy networking events and a Peer Support Steering Group.

All of the above programmes can be delivered in a one day or half day inset or can be tailored to the needs of your school.

Introduction to Child Protection: E-safeguarding

FREE to community and voluntary organisations in Brighton and Hove

Safety Net (in conjunction with Brighton and Hove City Council and the Community and Voluntary Sector Forum) is able to offer an introduction to Child Safety and Protection for you to complete online.

This course is arranged through the E-Learning Academy for Children and lasts approximately three hours.

To book a place contact:
ellie.talebain@safety-net.org.uk

This course is ideal as:
a basic introduction prior to undertaking other Child Protection courses we offer.

"I think that anyone who is working with children would benefit from this. As the course covers the most basic things I would particularly recommend it to volunteers in organisations working with children who otherwise can't get access to similar training."

Youth Group Worker

Introduction to Child Protection for community groups

FREE half-day course

This is an introduction to child protection issues for those working in small community groups. You will gain a basic understanding of your role in establishing a safe environment and safe working practices in protecting children and young people from harm and abuse.

This course is for:
those who have contact with children or young people as part of a small community project/group.

"A very professional and knowledgeable trainer – everything was covered in a non-threatening way and I now feel much better prepared to deal with child protection issues."

Community volunteer

Developing your Child Protection policies and procedures

FREE half-day course

Building upon level 1, this course will look at legislation and how this can be implemented into your CP policies and procedures. In addition, it will look at communicating these both to your staff and those they work with.

"A really useful course that helped me to see what we need in our policies and why, to keep children safe."

Children's Club worker

This course is for:
those who have completed level 1 and are in either a supervisory or managerial position.

Child Protection level 1

1 day course

This 1 day course covers issues relating to all age groups (up to 18). Participants will gain an understanding of their role in establishing a safe environment and safe working practices in protecting children and young people from harm and abuse. The course will look at identifying signs that a child might be at risk and responding to keep the child and themselves safe. It will also cover background information about the law and child protection.

"I will now be more alert to symptoms of abuse and know how to receive and refer them"

Young people's worker

By the end of this course you will have a basic understanding of:

- the need to safeguard the children and young people you are working with,
- how to identify issues of concern and take appropriate action,
- ideas about keeping yourself as a worker safe within the process,
- a basic knowledge of legislation related to safeguarding and protecting children and young people,
- an overview of the "Every Child Matters" agenda.

This course is for:

all those who work with or have significant contact with children or young people.

Child Protection level 2: for designated child protection officers 1 day course

This 1 day course will explore:

- thresholds for significant harm
- the Common Assessment Framework
- responding to children and working with parents when there are concerns
- making referrals and what happens afterwards
- and will consider the implications for the supervision and support of staff.

The course will explore in more detail, roles and responsibilities of staff working directly with children and young people within the 'Every Child Matters' agenda. It will also look at the organisational needs of policies and procedures for reporting concerns.

"It was useful to have advice on supervising volunteers and how to prepare them for working with children and young people"

Manager

By the end of this course you will have a fuller understanding of:

- the guidance and legislation surrounding Safeguarding and Child Protection,
- what happens after a referral is made and the role of the Lead Professional,
- multi agency planning,
- roles and responsibilities and the development of child protection plans,
- knowledge of how to keep staff safe in the disclosure and reporting processes.

This course is for:

those who have completed level 1 and are in either a supervisory or managerial position or are a designated child protection officer.

The impact of substance misuse on children and young people

1 day course

Participants on this course will explore the possible impacts of problem drug and alcohol misuse on child welfare and development. It will also consider the child's response to parental addiction, provide clarity on the duty to safeguard the interests and wellbeing of the child within the context of Every Child Matters, and provide guidance on a

systematic means of identification and assessment of children as either in need or at risk.

This course is for:

all those who work with or have significant contact with children, young people and their families.

Training run in partnership with Oasis

The impact of domestic violence on children & young people

1 day course

This course will enable workers to increase their awareness of domestic violence issues and learn about the impact of domestic violence on children and young people's welfare and development. It will help to build and increase their knowledge about good practice skills in working with children

and their families where there are domestic abuse issues.

This course is for:

all those who work with or have significant contact with children, young people and their families.

Training run in partnership with RISE

Teenage Protection

1 day course

This workshop will explore the possible impact of abuse and neglect on young people's welfare and development. It will consider the young person's response to these issues and the possible signs and signals that may indicate that a young person is dealing with issues arising from abuse. The

course will also provide clarity on the duty to safeguard the interests and wellbeing of young people within these environments.

This course is for:

all those who work with, or have, significant contact with young people.

Peer Support training for adults

Playground Buddies help to keep their peers safe and happy at playtimes in school. The children are selected through a simple interview process and undertake a series of four one-hour training sessions to help them to keep others feeling included and emotionally safe at school. This is intended to be a preventative approach to tackling low-level bullying and isolation at school play times.

This course takes participants through the Safety Net Playground Buddy Programme using the Jenny Mosely Circle Time format. The training includes games and activities aimed at facilitating discussion and problem-solving skills relevant to the role of a Playground Buddy. The training also uses elements of the Protective Behaviours safety awareness programme which helps to build confidence and supports safety and emotional well-being.

By the end of the course participants will be able to:

- select and train a group of children to become Playground Buddies using the Safety Net Playground Buddy Pack,
- use a range of techniques to enable peer supporters to engage with peers,
- access a support network of schools via the Safety Net Peer Support Forum aimed at sharing experience and tips for maintaining and motivating children and staff involved in Peer Support,
- have an increased awareness of methods of monitoring, supporting and evaluating the scheme within a school setting.

Who should attend?

This training is suitable for a range of staff within a Primary School setting including Teachers, Midday Supervisors, Teaching Assistants and Learning Mentors.

Peer Mediation or peaceful problem-solving training for staff

Peer Mediation is a role carried out by children aged nine and above in schools or play settings who have been selected via an application and interview process and undertake the four week Safety Net VITAL training programme.

This course ensures that staff supporting this scheme are able to select suitable children and deliver the Safety Net Mediation programme. The course includes a copy of the training pack which provides an introduction to the Safety Net VITAL process and a range of activities to enable children to practice and gain confidence in their peaceful problem solving skills.

By the end of the course participants will be able to:

- understand the benefits of a well-supported Peer Mediation scheme in solving low-level disputes in the school playground,

- select and train a group of children to use their peaceful problem solving skills in the school playground with their peers,
- identify suitable situations for mediation and provide debrief sessions for children,
- demonstrate increased knowledge and skills in supporting children to identify with their peers some simple solutions to disputes that arise at school,
- gain access to the Safety Net Peer Support Forum which provides a network of support to schools and staff who are introducing or maintaining Peer Mediation schemes.

Who should attend?

This training is suitable for a range of staff within a Primary School setting including Teachers, Midday Supervisors, Teaching Assistants and Learning Mentors.

Dealing with bullying – what parents need to know

1½ hour session

This workshop for parents and carers gives an opportunity for discussion and information about how to deal with bullying situations and behaviours that may arise for their children.

By the end of the course participants will be able to:

- explore what bullying behaviour is and what it isn't,
- have guidance on talking with schools about bullying,
- discuss bullying and the law,
- develop skills on how to listen to and support their child(ren).

"My daughter started off school a bit shaky, but she is much happier, it's such a relief. She is not sitting with that group of girls and is forming other friendships, which is great. There were a couple of minor beginnings of things in the playground, but my daughter felt she could use her new skills, and was fine about it, and then they left her alone."

Parent talking about the SNAP groups

Assertiveness Training for children and young people

1 day course

SNAP Groups

Safety Net Assertiveness Programme (SNAP) introduces children and young people to a range of skills and techniques that they can use as a strategy to respond to unsafe situations such as bullying and peer pressure or feeling unconfident.

We introduce the three main types of behaviour/response (Passive, Aggressive and Assertive) and the benefits of using an assertive tone and body language in potentially unsafe situations.

The benefit of these techniques is reinforced by some basic role-play scenarios for children to practice their skills and gain confidence in using them.

The course also introduces some basic concepts from Protective Behaviours to

help children and young people to learn techniques and strategies to keep themselves safe.

By the end of this course children will be able to:

- understand the three main responses to potentially unsafe or risky situations and the benefits of using assertive responses,
- demonstrate improved knowledge and skills to keep themselves safe,
- use a range of techniques and skills to practice assertive responses to keeping themselves physically and emotionally safe in a variety of settings.

Who should attend?

This training is suitable for children and young people in schools or community settings.

Peer Support Playground Buddy training for children

Playground buddies help to keep their peers safe and happy at playtimes in school. This is intended to be a preventative approach to tackling low-level bullying and isolation at school play times.

This course takes a group of selected children through the Safety Net Playground Buddy Programme using the Jenny Mosely Circle Time format which includes games, role play and activities aimed at facilitating discussion and problem-solving skills relevant to the role of a Playground Buddy. The training can be delivered to a group of children from three cluster schools over one day or to a group of children from one school over four weekly sessions of one hour. At least one member of staff from the children's school needs to attend the training to ensure sustainability.

The training uses elements of **Protective Behaviours, a personal safety programme**. This helps Peer Supporters to identify when children might be

feeling unsafe or unhappy at play-time and encourages them to identify a network of adults in their school who can support them in the playground.

By the end of the course participants will be able to:

- have a clear understanding of the role of Buddies and who to access for support regarding this role,
- have an understanding of Protective Behaviours, particularly Early Warning Signs and Helping Hands and how to use these in their role as a Buddy,
- understand the importance of regular debriefing and support sessions to help them in their role.

Who should attend?

This training is suitable for children from Year 3 to Year 6 and support staff who work in schools (including learning Mentors, MDSA's, Teachers, Teaching Assistants) and will be sustaining the training in future.

Peer Mediation / peaceful problem solving training for children

Peer Mediation is a skilled role carried out by children aged 9 and above in schools or play settings who have been selected via an application and interview process to undertake a four week training programme. This course is delivered over four weeks for two hours per week to a group of twelve children and at least one staff member who will be responsible for sustaining and supporting the scheme in school.

The children take part in role-play and games to practice and gain confidence in their mediation skills. The children are introduced to the Safety Net VITAL process and a range of activities aimed at reinforcing their peaceful problem solving skills.

By the end of the course the children will be able to:

- understand the role of a peer mediator in helping others to solve low-level disputes in the school playground,
- have a good understanding of the VITAL process in peaceful problem solving,
- gain access to the Safety Net Peer Support Forum which provides a network of support to schools, children and staff who are introducing or maintaining Peer Mediation schemes.

Who should attend?

School teaching staff, children who are aged 9–11 and have been selected through an interview process to take part in the training.

What is Protective Behaviours (PB)?

Protective Behaviours is a personal safety process that teaches the ability to recognise and deal with situations in which we don't feel safe, in an empowering way. It can be used as both an abuse prevention strategy and to address situations such as feeling worried or bullied, as well as promoting good citizenship. Protective Behaviours teaches an ability to recognise when we are not feeling safe, and provides skills and tools to enable individuals to take action and get help when they need it. PB's also recognises that life is also about taking risks and trying new things and that this is

part of our development and an important life skill. Its unique principles are complementary to and strengthen other approaches such as resilience therapy and emotional literacy and school based programmes such as PSE and SEAL.

Protective Behaviours is based on two core themes:

"We All have the Right to Feel Safe"

"There is Nothing so Awful that we can't talk with someone about it".

PB introductory or refresher course

half-day course

If it's been some time since you completed the 2-day 'Protective Behaviours' course and you need a refresher, or if you want a basic introduction to the programme then this half-day course will be suitable for you.

It covers the key principles and tools for using the PB framework effectively as well as answering any questions that you may have after implementing it into your work.

The PB Introductory course can be provided to your staff on demand. Please contact us to arrange.

PB foundation Level

2 day course

Protective Behaviours is a safety awareness and life skills programme. It builds confidence and resilience by exploring our right to feel safe.

At the end of the course you will:

- understand what we need to feel safe and what safety feels like,
- identify and understand your own intuitive feelings (early warning signs),
- understand the difference between safe, adventurous and unsafe situations,

- explore what gets in the way of acting safely and explore making safe choices and safety plans,
- develop support networks.

The course will also explore tools and resources to promote keeping safe for ourselves and for the people we work with in different settings and situations.

This course is for:

all those who work with children, young people, parents and families.

PB advanced course – theory to practice

1 or 2 day course or 2 x ½ days

This course is for participants who have completed the basic 2 day course and are beginning to apply Protective Behaviours into their practice. The course will explore in detail applying the concepts to practice in different situations and with different client groups. We will also look at relevant resources and tools to support workers in applying protective behaviours in practice.

By the end of the course participants will have:

- a refresher of Protective Behaviours concepts and ideas
- thought about how Protective Behaviours relates to different areas of practice
- Explored tools and strategies to apply to your area of practice and client group
- Shared examples of good practice
- Developed an action plan for their area of work.

Protective Behaviours for Teams

Protective Behaviours for Teams is a one day course which will introduce the concepts of Protective Behaviours tailored to your team setting.

By the end of the course you will have:

- an understanding of the basic Protective Behaviours concepts,
- thought about what you need to feel safe in your work setting and what the barriers to this might be,
- explored the Unwritten Rules and how these apply to your team
- developed networks of support for in and out of work
- developed an action plan to help you feel safer in your role as a worker and in the delivery of work to children and families or service users.

This course is for:

Any staff team

“The course had great practical ideas to help support young people engaged in risky behaviours and also it was helpful to be part of a mixed group from different settings.”

Course participant

“It was useful to think about my own safety as well as that of the children and young people that I work with, it’s given me a different perspective on safety.”

Course participant

A Personal Safety Curriculum for primary school children (4–11 years)

Protective Behaviours is a personal safety process that teaches the ability to recognise and deal with any situation in which we don't feel safe, in an empowering way.

The Protective Behaviours training pack can be delivered in a school setting to support teaching staff in safeguarding children and to complement and strengthen other school based programmes such as PSE and SEAL.

Key elements of the teaching include:

- children understanding about their right to feel safe,
- recognising their own early warning signs,
- having an awareness of personal space,
- teaching the concept of public and private,
- knowing about the importance of telling,
- choosing networks of safe people to talk to,
- developing strategies for keeping ourselves safe in difficult situations.

The personal safety training programme includes:

- an INSET training day for all staff on The Protective Behaviours process,
- a follow up twilight session to look at putting the process into practice,
- a Training pack which includes curriculum materials for key stages 1 and 2.

This pack has already been trialled in other areas by the Local Safeguarding Children’s Board and has been positively evaluated as making a contribution to safeguarding children and teaching them valuable safety and life skills.

“The programme has significant credibility amongst staff, parents and children because it helps to bring into the open and address directly tricky yet important areas relating to personal safety.”

Comment by teacher who participated in the training

Feeling Good, Feeling Safe 5 x 2 hours

A supportive course drawing on ideas from protective behaviours to enable parents to keep themselves and their families feeling good and feeling safe.

By the end of the course parents and carers will have:

- developed an understanding and ability to manage feelings, thoughts and behaviours in the context of family life,
- developed confidence for themselves as parents and for their children,
- increased their ability to make safe choices,
- developed an understanding of how to help develop resilience,

- improved communication skills for themselves and their children,
- gained knowledge of problem solving strategies to help cope with difficulties,
- gained awareness of rights and responsibilities,
- developed support networks and make friends,
- gained knowledge and access to resources and tools and strategies.

Who should attend?

Parents of children aged 4–12. Specific courses for parents with teenager or under-4s can be arranged. Optimum group size is 10 parents

The Safety Game

The Safety Game is an interactive session for children delivered through games and circle time to introduce the ideas around Protective Behaviours/Keeping Safe to children.

By the end of the workshop children will have explored:

- the Right to Feel Safe and what helps us to feel safe,
- the Safety Scale – the difference between feeling safe, fun to feel scared, risking on purpose and unsafe,

- our Early Warning Signs that let us know we are feeling worried or scared,
- problem-solving and safe decision making,
- Helping Hand networks of support

Who should attend?

This course is for primary aged children in school or out of school settings.

“I liked learning about feelings and ideas about how to keep safe.”

Child participant

Engaging and communicating with parents/carers

1 day course

This course aims to build on participants' ability to work in partnership with parents/carers.

Participants will have the opportunity to:

- examine their understanding and experience of partnership;
- explore how power and difference between workers and parents/carers can impact on effective working and communication;

- look at how working relationships can get 'stuck' in resistance or compliance by parents/carers;
- examine messages from parents/carers about what works for them;
- share and develop practice strategies that enable them to put partnership into practice.

This course is for:

all those who work with or have significant contact with parents/carers.

Dads aloud – working effectively with Fathers

1 day course

In recent years government child welfare policy has emphasised the involvement of fathers in services and family life as an important part of its strategy for improving outcomes for all children and young people. This course aims to deliver specific knowledge and skills about how to engage with and support fathers.

By the end of this course, participants will be able to:

- demonstrate knowledge of the legal and policy context of including fathers in local service delivery,
- define the fathering role and its impact upon child development,

- recognise the barriers & obstacles to engaging with fathers,
- demonstrate practical strategies and tools for effectively engaging with fathers,
- recognise issues regarding fathers and child protection, managing the balance between fathers as a potential risk but also a resource for safeguarding,
- define strategies for making services 'father friendly'.

This course is for:

Practitioners who work with children and families.

Count Me In – encouraging participation with children and young people

1 day course

Understanding the experience of children and young people and taking their view into account in decisions that affect their lives and service planning and delivery is at the heart of Every Child Matters.

This course will equip practitioners with an understanding of the organisational culture that can promote participation and the practical tools and skills to effectively communicate and engage with children and young people.

Who should attend?

This course is suitable for CYPT and CVS practitioners who undertake direct work with children and families and wish to develop their practice skills in this area. It is also appropriate for managers who wish to develop a culture that promotes participation and have an understanding of the tools and techniques that can be used.

Brief Solution Focussed Therapy (BSFT)

1 day course

This course introduces the Brief Solution Focused Model of Practice, used increasingly by cross-sector professionals as a tool for promoting empowerment, self esteem and awareness, and resilience. The model offers simple and effective questioning techniques which can be applied in any setting – over any period – and can be used for goal setting, action plans and reviews with the ethos of clients taking responsibility for change.

BSFT is now widely accepted as an effective method for supporting people in overcoming issues and difficulties. It is also valuable for those involved in the CAF (Common Assessment Framework) process. BSFT can also be applied to management styles such as

supervision and motivation, and is useful in both individual and group work. This Introductory course is sufficient to use immediately – although further development and learning is clearly signposted for those who would benefit from more in-depth training.

This course is for:

Social care staff, social workers, education staff, support workers including those working within adult/ family support services, mental health workers, volunteers, supervisors and managers, counsellors and life coaches.

“Very enjoyable clear and inspiring course, good practical exercises to take away.”

Course participant

Cognitive Behavioural Therapy

1 day course

The workshop is an introduction to basic CBT theory including how to explain the cognitive model to young people. It describes cognitive and behavioural techniques and the issues around applying CBT to children and young people. This is not a course which will equip participants to be CBT therapists but will teach skills in how to help the young person make sense of what the problems might be and how they may have come about. Part of this approach involves how to identify negative thoughts.

This course will offer you a different way of analysing what the particular issues may be that are causing problems for the person in question. It will aid the way you talk to young people in a contained way which will help simplify the presenting issues. This will help you and the young person to try and make sense of the way they behave and begin to work on what changes need to take place to make things better.

This course is for:

all those who work with or have significant contact with children, young people and families.

Conflict Resolution

1 day course

This course examines the roots of conflict and looks at a range of models to help explore and understand situations where conflict arises. It looks at ideas for diffusing or managing conflicts and how to seek win-win solutions.

This course will focus on engaging, communicating and resolving conflict specifically with children who present challenging behaviour. It will explore tried and tested techniques to provide a tool kit for working with this group.

This course is for:

all those who work with or have significant contact with children, young people and families.

“Great handouts and the trainer was really good at her job, with time for questions and reflection, a really useful course for dealing with conflict situations.”

Course participant

Circle Time

1 day course

Circle Time is a group work facilitated method which is suitable for Primary and Secondary aged children either in a school setting or play setting to safely discuss their feelings and share ideas.

Safety Net uses the 5-step Quality Circle Time method as developed by Jenny Mosely. The training introduces staff to the five steps and demonstrates how they can be used effectively with children particularly in Key Stage 2.

We provide a range of Circle Time plans for staff based around Protective Behaviours and keeping children emotionally safe at school.

By the end of this course you will be able to:

- understand the framework of Circle Time based around the five step model and how this fits with thinking around supporting emotional wellbeing and resilience,
- demonstrate improved knowledge and skills in using this framework as a structure to regularly facilitate discussions and activities with children and young people in an education or play setting,
- evaluate and reflect upon good practice in your circle time delivery and identify areas for support/ improvement.

Who should attend?

This training is suitable for Teachers, Learning Mentors and Higher Level Teaching Assistants as well as Play workers.

Ready for School!

2 X 1½ hrs

Workshop for parents of children starting school

An opportunity for parents whose children are starting school to gain an understanding of what happens at school and how to best support this at home. The course will help build positive relationships with the school and other parents as well as within the family, and help parents support their children in making the best possible start in school. For best results this course requires some school input.

By the end of this course we will aim to:

- promote parental engagement in the school,
- build confidence in parents and children,

- reduce stress and isolation in families,
- facilitate good home school links from the start,
- help early identification of particular needs,
- help support positive separation and build independence skills,
- establish helpful routines at home and understand school routines,
- produce Better outcomes at school for children,
- reduce problems settling into school.

Who should attend?

Parents of children starting in reception class.

Ready for Secondary Workshop for parents

2x2hrs OR 5x2hrs course over transition period

This can be run as two sessions for parents of children going up to secondary school, or for a greater impact the full course can be run in partnership with the primary and secondary school and include:

- Parent Time,
- Families Time,
- activities over the summer holiday and
- Follow on Parent Time.

This is an Informal, discussion based and accessible course. It is compatible with the Children's Assertiveness course (SNAP) which it can be run in conjunction with – see page 15.

By the end of this course we will aim to:

- support positive transitions,
- relieve anxiety for parents and children before transition,
- build confidence and self esteem,
- building networks of support for children, parents and families,
- improve communication and home school links,
- early identification of issues and celebrating successes,
- improved outcomes and attendance.

Who should attend?

Workshops and courses: open to all parents with children in year 6.

The longer course is suitable for parents with children going to the same secondary school, ideally a group of ten parents/children.

Family SEAL

6–8 week course co-delivered with member of school staff

Based on the Family Seal model and adapted by TAMHS (Targeted Mental Health in Schools Project). This course links support of parents at home with school based SEAL. It is open to any year group family. This is a collaborative course between Safety Net, schools and parents, helping children build the skills they will need to manage life at school.

By the end of this course we will aim to:

- improve home school understanding and communication,

- improve parental engagement in school life and child's learning,
- improve child's social and emotional skills,
- improve children's ability to enjoy and achieve at school,
- improve parents and children's confidence.

Who should attend?

Aimed at a single year group,
Attended by parent/carer and child
Group of 10–12 parents/children.

Triple P training for parents

8 week course, 2 hours per week

Triple P is an international evidence based parenting programme which is well researched to help the majority of families to:

- create a stable supportive harmonious family environment,
- teach children the skills they need to get along with others,
- deal positively and consistently with problem behaviour,
- encourage the behaviour you like,
- develop realistic expectations of your children,
- take care of yourself as a parent.

It will equip parents with practical strategies to help with common parenting problems such as; sleep patterns, toddler tantrums, mayhem at mealtimes, fighting and aggressive behaviour, teenager defiance, or simply support and ideas to stop problems arising. It would benefit any

parent as well as help to develop transferable skills for parents who also work with children or families.

Courses are designed for approximately 12 participants, are usually run over an 8 or 9 week period and consist of an introductory session, followed by a 2 hour session each week for 4 weeks, then individual sessions usually over the phone for 2 weeks with the facilitators, and a final session together.

Courses have different elements to address the needs of parents of younger children or teenagers.

Who should attend?

We run courses for:

- parents of children under 8 yrs old,
- parents of children under 12,
- parents of teenagers (10 yrs and up).

Triple P parenting seminars

1½ hours per talk

We can also run a series of Triple P seminars for parents and carers which includes:

- Raising confident competent children
- The power of positive parenting
- Raising Resilient Children
- Raising competent teenagers
- Raising resilient teenagers

This series of talks would be of benefit to parents as a single session or alternatively as a series of two or three

sessions. For smaller groups they can be delivered as a more interactive workshop, but the workshops can also be delivered to a large audience. They will help parents feel more confident and competent in dealing with common child behaviour and emotional issues and ready to manage family life in a positive way.

These seminars are for:

- parents of children under 10,
- parents of teenagers (over 10 years).

Dads Aloud

Up to 9 sessions

Research shows that children whose fathers participate in their lives and their schools do better. This programme is for schools, children's centres – or any agency that wishes to improve the inclusion of fathers and men in caring roles. It is a structured programme to engage father/male carers and includes trips out, activities, and workshops that enable men to explore and enjoy being a father, develop peer support and build positive relationships with partners, children and institutions.

This programme requires involvement of school to promote positive and sustainable in engagement. We can also provide advice and training for staff on promoting fathers involvement (see page 25).

By the end of the course we will aim to:

- improve attendance and behaviour at school,
- improve children's enjoyment and achievement at school,
- increased involvement of fathers/male carers in children's lives and at school,
- improved home school communication,
- increase positive male role model in school,
- increased confidence in children and fathers,
- enhanced relationship between parent and child,
- reduce family conflict.

Who should attend?

Any fathers, male carers, significant male adults in child's family with children.