



# Rutland County Council Workshops for Secondary Schools



Supporting young people to achieve their potential through informal education

Young Peoples Services



Rutland  
County Council



## Rutland County Council Young Peoples Services

### ➤ Introduction:

With the new DfE guidance being in place from September 2020, this guide provides you with information about our range of informal educational workshops which supports this ethos. As an external organisation we aim to enhance your delivery of these subjects, bringing in our specialist knowledge and different ways of engaging with young people.

### ➤ Workshops for young people:

Our workshops provides children and young people with a range of informal learning opportunities on a range of topics including: Self-Esteem & Body Image, SEND Aspirations, Protecting Your Online Image, and KUDOS – Careers Support.

Our workshops provide informal education opportunities to increase young people's knowledge and skills in dealing with a range of issues that affect young people today. We provide young people with the tools and resources to openly discuss a range of topics in a safe environment while providing useful links to other local services and support.

The content for this Offer was developed with the support from young people who live in Rutland and subjects were identified as key areas of concern which should be addressed.

### ➤ Who can access these Workshops?

Any child or young person aged between 11 and 18 years who either lives in or attends a school in Rutland.

### ➤ Mix and match workshops:

Workshops are designed to be mixed and matched so schools, colleges and groups can tailor to the needs of their young people. Secondary Schools can access up to 5 workshops per year. Please check the workshop details for group size before booking.

### ➤ Can't find what you're looking for?

If you are looking for a bespoke workshop or programme to meet specific needs of your young people please contact the team at Jules House to discuss how we can support this.

We can deliver bespoke programmes during school hours or arrange an after school club or activity. For example CSE group work, confidence building and developing life skills.

Secondary School Offer - Workshop Title:	Age range:	Group size:	Duration:
<p>➤ <b>Protecting Your Online Image:</b></p> <p>Learners will develop an increased understanding of their online reputation and how to protect it through various activities and includes their rights, responsibilities and opportunities online. This workshop highlights that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>Online risks, including any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material.</p> <p>Learners will:</p> <ul style="list-style-type: none"> <li>• Know what to do and where to get support to report material or manage issues online</li> <li>• Understand the impact of viewing harmful or adult content</li> <li>• Understand that sharing and viewing indecent images of children (including those created by children) is against the law</li> </ul>	Year 7 upwards	30 Max	1.5 hours
<p>➤ <b>Sexually Transmitted Infections:</b></p> <p>During this workshop learners will develop an increased understanding of the importance of preventing the spread of STI's, what STI's are as well as enabling them to understand how they are transmitted, where to go for advice and the responsibilities on both partners within a sexual relationship to look after their health.</p>	Year 9 upwards	30 Max	1.5 hours
<p>➤ <b>Respectful Friendships &amp; Relationships:</b></p> <p>Learners will develop an understanding of what friendship is, what family means and who can support them in difficult times.</p> <p>This workshop will also enable young people to explore and increase their understanding of the issue of bullying, managing their own emotions while understanding the components of a healthy friendship.</p> <p>Learners will understand the different types of bullying that exist, as well as understanding respect for others, treating people with kindness and consideration are all key factors to maintaining healthy friendships, at home and at school.</p>	Year 7 upwards	30 Max	1.5 hours

Secondary Age Offer - Workshop Title:	Age range:	Group size:	Duration:
<p>➤ <b>KUDOS – Careers Support:</b></p> <p>This workshop has been created to provide young people a glimpse of their possible future carer pathway. Using our KUDOS platform learners are able to develop an understanding of their own careers ideas and aspirations using a careers software programme.</p> <p><b>Please note we will need access to IT equipment</b></p>	Year 9 upwards	8 Max	1 hour
<p>➤ <b>SEND Aspirations:</b></p> <p>Learners are encouraged to recognise their own core skills, interests and strengths and will develop a simple careers action plan to help map ideas visually. These workshops are offered with a max number of 8 learners.</p> <p>During workshops learners will be encouraged to think and work creatively.</p>	Year 9 upwards	8 Max	1 hour
Secondary Age Offer – Event Title:	Age range:	Group size:	Duration:
<p>➤ <b>Healthy Minds &amp; Healthy Bodies - Event:</b></p> <p>This event brings together a variety of health and wellbeing services and provides an excellent opportunity for young people to gain knowledge about agencies and services that are available within Rutland, as well as providing the opportunity to meet and engage face to face with practitioners.</p> <p><b>(In addition to your 6 options)</b></p>	All years	No Max	<b>Length determined by your event)</b>
<p>➤ <b>Young Carers Assemblies:</b></p> <p>Our Young Carer’s assemblies help to explore the needs of Young Carer’s today and explains the support available from our Early Help Team and Aiming High.</p> <p><b>(In addition to your 6 options)</b></p>	All years	No Max	<b>Length determined by your event)</b>

### Cancellation Charge:

If you wish to cancel a workshop please contact us no later than 24 hours before your workshop is due to take place. All cancellations will be charged a fee of £50 per workshop if you do not cancel your workshop within this timescale. All questions and queries regarding cancellation charges should be directed to the Youth & Community Development Worker –

[APoulton@rutland.gov.uk](mailto:APoulton@rutland.gov.uk)

### College or Community Groups:

Please contact us if you wish to find out how we can support you or your groups.



## Partner offer:

We are delighted to promote a range of free support services available to young people, schools and groups in Rutland.

### **Kooth: Free, safe and anonymous online counselling and support**

Kooth offer a range of sessions which they can deliver in schools. This could be part of training days, team meetings or even lunch time sessions. They are flexible in their approach and aim to meet the needs of individual schools. The training for staff consists of a presentation, Q&A period and lasts around 30 minutes. After gaining an understanding of Kooth, this could then be used as part of Anti-Bullying, Mental Health or PHSE sessions.

They also offer presentations to students within assemblies, presentations at parent's evenings, Emotional Health sessions and promotional items. Kooth.com is a free, safe and confidential way for young people to receive counselling, support and advice online and has been commissioned locally.

Contact on **07949818144**, or email at [trobson@xenzone.com](mailto:trobson@xenzone.com)  
<https://www.kooth.com/>

### **Turning Point: Free drug and alcohol service:**

Turning Point have a variety of services available which range from working one to one with young people to substance specific drug and alcohol groups.

They are looking to start an early intervention service to secondary schools to deliver group work packages highlighting the dangers around substance use and promote prevention and relapse prevention. They also offer a training package for staff, which includes substance specific awareness groups and details Turning Point referral processes.

Contact on **0330 303 6000** - <http://wellbeing.turning-point.co.uk/leicestershire/>

### **Youth Services at Jules House:**

Jules House also offers a range of short programmes, youth clubs and groups which include our weekly Thursday Youth Group for school years 7 – 11 from 4:30pm - 6:30pm.

In addition other groups include; TOFU – Young Carers, YOUTH CHAOS Rutland Youth Council, Young Inspectors. Please call Jules House for further information about these groups. [Rutland Information Service 01572 758301](#)



## Request for Secondary School Bookings - more Information:

**Name:**

**Organisation:**

**Email:**

Rutland County Council cannot guarantee availability on your preferred date(s) however you will be contacted within **7** days of completing the attached form to confirm availability and discuss your requirements. Please ensure there will be a member of staff on hand during your workshop to support with any issues on the day.

Please indicate preferred dates and numbers of students and year group.

\* Please note the maximum numbers we can accommodate.

Workshop Details:	Max number:	Year group	Please tick this box
➤ Protecting Your Image - Internet Safety:	30 Max	Yr. 7 upwards	
➤ Sexually Transmitted Infections:	30 Max	Yr. 9 upwards	
➤ Respectful Friendships & Relationships:	30 Max	Yr. 7 upwards	
➤ KUDOS – Careers Support	30 Max	Yr. 7 upwards	
➤ SEND – Aspirations	30 Max	Yr. 7 upwards	
Workshop Details:	MAX number:	Year group	Please tick this box
➤ Healthy Minds & Healthy Bodies	No Max	All years	
➤ Young Carers Assemblies	No Max	All years	

# Contact us for more information

Please return your completed booking request forms to Jules House.

If you would like to know more about any of the workshops and activities in this guide please contact us at Jules House.

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