



Summer 2019

## Youth Work In Schools August 2018 – June 2019

Throughout the academic year the Work with Young People Team, has delivered initiatives in all eleven mainstream secondary schools in West Lothian as part of the Youth Work in Schools Programme. These initiatives have included group work, one-off PSE class/whole year inputs and one-day training sessions.

In our **group work** we have delivered programmes which have focused on; self-esteem, confidence, resilience, managing stress, communication, risk-taking behavior, employability, building and maintaining relationships. A total of **136** young people have participated in our group work.

We deliver **one-off inputs**, usually to personal, social education (PSE) classes which last approximately 50 minutes and are delivered multiple times to cover year groups. The topic covered over the last year has been managing

Stress. These sessions are usually delivered for senior pupils in the lead up to exams, however, this year they were also delivered to S2 pupils. A total of **565** pupils participated in these sessions this year.

**Pupil Representative Training** is an interactive one –day course offered to pupils involved in House and Pupil Councils. The course covers such things as; what makes good representative/meeting, assertiveness skills, chairing a meeting and taking minutes. A total of **47** pupils participated in this training.

**Street Hero** is a 4 day programme, delivered on consecutive days, for pupils in S3 and above, looking at personal safety, the law, street first aid, drug and alcohol use, sexual health, relationships and avoiding risky situations. A total of **44** pupils participated this year.

### **Democracy Challenge**

The Democracy Challenge was presented in 10 of the 11 mainstream secondary schools, with a combined roll of **1846** S4 pupils. In total, **1396** young people attended the sessions, **499** checked their status on the register with a further **479** registering. Having completed a ballot paper at the end of the session, **950** young people indicated that as a result of attending, they would be more likely to vote in the next election and **255** indicated that they would be more likely to take an interest

## Case Study

Following a request from one of our schools to deliver group work support focusing on self-esteem, confidence and working together, staff met with the girls involved and the Family Support Worker who would be supporting the work. It was agreed from the outset that the group would have a project focus which would be identified by the participants. In addition to this, staff would design specific exercises, discussions and tasks which would help participants develop the skills required to complete the project. Having identified a project; supporting the Dignity Box situated in a local community facility, something the CLD Worker had shared with them, the group set about planning how they would do this. The first thing they did was to speak to the Head Teacher about their idea and to get permission to visit classes to publicise their idea and to ask pupils and staff for donations of toiletries. Initially when visiting classes, the girls were uncomfortable with standing in front of their peers presenting their project and relied heavily on staff speaking for them. As the project developed and their confidence grew, they became less dependent and more comfortable with presenting it themselves. In addition to visiting classes, the girls also made up a power point slide for the pupil advertiser and for sharing with the community on social media. Some people chose to donate money rather than toiletries which meant that the girls had to go to the supermarket and purchase toiletries to augment what was already donated. The toiletries which had been donated and bought were sorted and packed up ready for taking up to the community facility to be presented by the girls.



The girls were subsequently asked to attend the first meeting of the West Lothian Anti-poverty Strategy Group to present their piece of work, which they did and were very well received. In addition to this, they all completed Dynamic Youth Awards alongside the project and have been nominated for a Stellar Award.

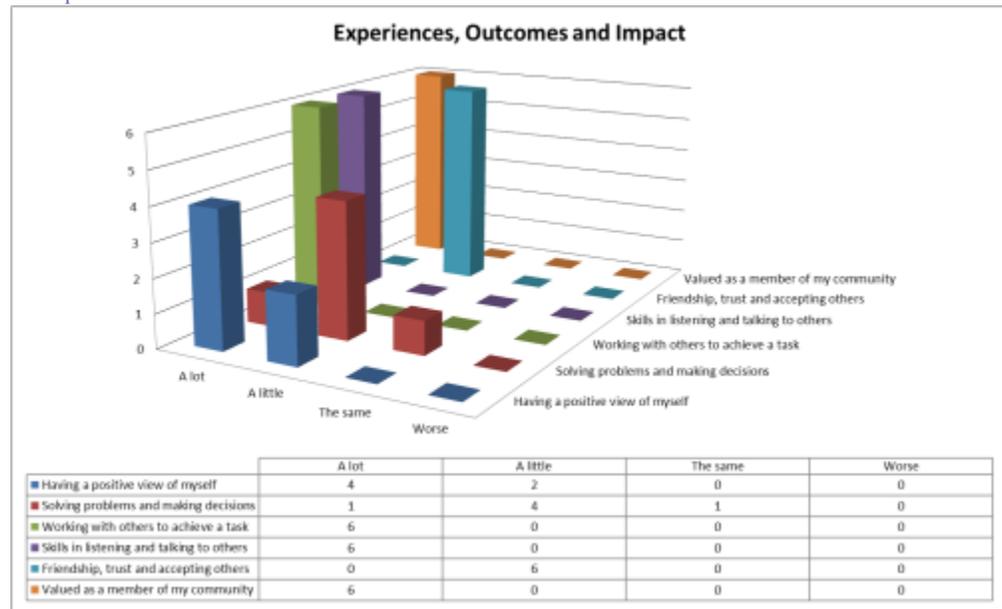
**Number of young people supported through the Programme this year:**

Group work 136  
 PSE Sessions 565  
 Street Hero 44  
 Representative Training 47  
 Democracy Challenge 1396  
**Total 2188**

**Accredited learning opportunities;**

10 confirmed DYAs  
 12 DYAs pending moderation  
 5 SQA Preparing for Employment

Example of DYA Feed back



**Schools Practitioners Group**

Meets every month throughout the school term and allows members to share information, any issues and practice. Topics covered in practice sharing inputs this year have included; communication/team games, D of E, group review, sexual health/relationships and coercive control. Members of the group have also undertaken training in relational aggression and Cool Calm and Connected training.

**Youth Work In Schools Annual Performance**

As part of the process of reviewing the service provided between April 2018 and March 2019, all 11 mainstream secondary schools were given a proforma asking them to provide a rating on a 5 point scale as to: **The extent to which CLD Youth Services, youth work in schools, adds value to young people’s educational experience.** All schools gave a rating of 4, good, or 5, excellent. Additional information and comments will be reviewed and will inform future planning and delivery.