

CHANGING LIVES IN SCHOOLS

Changing Lives in Schools supports vulnerable young people at risk of exclusion to choose better life choices for success.

Teachers recognise the programme:

- Improves pupil engagement
- Lowers truancy levels
- Provides teenagers with strategies to cope with negative situations in their everyday lives
- Develops pupils' resilience for the future
- Encourages pupils to take responsibility for their own behaviour
- Instils integrity and compassion
- Improves academic achievement
- Improves communication between pupils, teachers and families



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I highly recommend the Changing Lives service to any of our colleagues working in education. They are an invaluable asset to us in supporting our most vulnerable students and their families throughout our primary/secondary transition process and those students in other year groups who have been experiencing social and emotional difficulties.

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—Mrs M Hill, Assistant Head Teacher, Sacred Heart School

We support pupils who have previously struggled to feel more confident in participating in wider school activities both in and outside of school.

Our outreach service for at-risk children and families work in partnership with schools, parents/carers and relevant services. We also deliver interventions to provide teenagers with coping strategies and build on their self-worth to make informed choices or a positive future.



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It changed my life because...

—Pupil at school

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Changing Lives Programmes for Schools Snapshot

Intervention

Give pupils an insight into how their current life choices can impact on the rest of their life including:

- Tools to cope with everyday problems without going off the rails
- Money management and living on low income
- Coping with unexpected events and obstacles



Anger Management

Help teens develop and understand appropriate “anger vocabulary” including:

- Learn to recognise their own triggers
- Recognise and develop strategies to change their own anger behaviour

Personal Social Health and Economic Education

Aimed toward 11-18 year olds this programme helps young people understand the skills they need to manage their lives including:

- Issues around domestic abuse
- Drugs and mental health education
- ASBO’s and criminal behaviour and the effect on family, community and peers.
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Stop Pupil Exclusion

Give teens an insight into negative issues giving them tools to deal with issues including:

- Peer pressure and choices
- Bullying/cyber bullying and social media safety
- Smoking, alcohol, drugs
- Staying focused/make the changes to your life/insight into the life of an offender.



All staff are fully trained and DBS checked.

We deliver emotional health well-being and personal social health and economic education into Schools in the Tees Valley area. Pupils are supported throughout the school in all aspects of their development regardless of learning style or level of achievement.

Funding is available to schools to benefit from the service and we can advise on funding avenues.

For more information on this service contact:

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