

North Yorkshire Youth
Training Programme of Virtual Courses 2021



North Yorkshire Youth are pleased to offer our new and existing programme of interactive virtual courses. Each course session is approximately 1 hour long and will end with a question and answer session. These courses are designed to be interactive and most include group discussions/ activities. These sessions are not webinars, attendees are encouraged to participate in the activities to benefit fully from the course.

If you would like more information or to sign up to any of the courses below please email Charlotte on charlotte@nyy.org.uk with your full name, the area you live/work in, the course title and date and time slot.

Once you have signed up for the course you will be sent a Zoom link the week commencing your training so you can access the course. If you have not received this the morning of the training, please call Charlotte on **07825659425**.

After each session you will receive a feedback form to complete, once we have received these back it will generate a certificate to be sent to you digitally, if you would prefer a hard copy please let me know.

All our courses are free to attend. Please do participate as fully as you are able to as this will make the sessions more enjoyable for everyone.



Course Name	Overview	Dates	Session Length
Autism Awareness	<p>To gain an understanding of Autism and what it means.</p> <p>The challenges people with autism face and how it effects their behaviour, social interactions, processing, communication, sensory sensitivities.</p> <p>The challenges children and young people face whilst growing up and the transition from children to adolescent.</p> <p>Understand what effects the environment can have on young people with autism at youth clubs and in the community and how we can work to be inclusive.</p>	<p>April 28th- 7pm</p> <p>May 21st - 11am</p> <p>June 16th- 2pm</p>	1 hour
Challenging Behaviour	<p>We all struggle sometimes to deal with behaviour from young people in our settings. This course will explore some of the reasons why young people act the way they do and what we can do to support them in positive change.</p>	<p>April 28th- 11am</p> <p>May 13th- 7pm</p>	1 hour
Understanding Mental Health	<p>This course will look at what mental health is, how poor mental health can impact on a person's wellbeing and how to recognise some of the symptoms. We will explore some of the stresses young people face, the changes to the brain during adolescence and how society views mental illness and we look at ways to start conversations and support a young person with their mental health.</p>	<p>April 23^d- 11am</p> <p>June 23^d- 7pm</p>	1 hour
Sleep Patterns & Routines	<p>In this workshop we will look at sleep patterns and explore how much sleep different ages need, how much sleep we need and ways to support a good night's sleep and the consequences of poor sleep. Supporting sleep, we explore "Routines" looking at reducing stress with a daily routine and why routines are important to young people.</p>	<p>May 17th- 7pm</p>	1 hour
Inspirations, Aspirations, Goals and Ambitions	<p>We will be looking at how inspirations are linked to academic performance and exploring who & what inspires us. We will cover ways we can influence / aspire the young people we work with in youth clubs and the young people we support.</p>	<p>June 7th- 7pm</p>	1 hour

<p>Self Esteem</p>	<p>In this workshop we will look at what self-esteem is and understand why this is important in young people. We will look at how the negative and positive decisions young people make can affect their self-esteem, and ways we can support them</p>	<p>May 12th- 7pm</p> <p>June 7th- 11am</p>	<p>1 hour</p>
<p>Body Image</p>	<p>This course will help you gain understanding of challenges young people face regarding body image. Understand how social media can affect decisions and explore some of the negative effects of body image, and how we can support them to improve their body image views.</p>	<p>April 13th- 11am</p> <p>May 24th- 7pm</p>	<p>1 hour</p>
<p>Dealing with Anxiety</p>	<p>We will look at what causes anxiety and how, if it continues when we are not in stressful situations, it can impact on our wellbeing and day to day life. As part of the course we explore the interaction between thoughts, feelings and behaviours, how we process and perceive information and look at ways we can support someone with anxiety.</p>	<p>May 10th- 11am</p> <p>June 28th- 7pm</p>	<p>1 hour</p>
<p>Trans Awareness</p>	<p>This workshop follows on from the LGBTQ mental health workshop, please complete the LGBTQ workshop before signing up to this one. This workshop solely focuses on Trans Awareness. We introduce terminology and language affecting the trans community. Explore Gender dysphoria, look at laws and transphobic discrimination, and learn about hate reporting and signposting.</p>	<p>April 27th- 11am</p> <p>May 13th- 2pm</p> <p>June 10th- 7pm</p>	<p>1 hour</p>
<p>Communications</p>	<p>In this workshop we look at different ways we communicate and discuss ways of using these skills within our practice and settings. We cover ways in which we communicate with young people with disabilities, hidden impairments and to improve their participation. We show you ways to embed young people in meaningful youth engagement within our organisations and projects.</p>	<p>April 26th- 7pm</p> <p>May 25th- 11am</p>	<p>1 hour</p>
<p>LGBT & Mental Health</p>	<p>This course looks at the specific link between LGBT and mental health. We unpick the reasons why poor mental health can affect those in the LGBT community more</p>	<p>May 6th- 7pm 28th- 11am</p>	<p>1 hour</p>

	so than other communities. We become familiar with LGBT terminology and meanings and gain a greater confidence in how to be a positive role model and explore practical examples of how to reduce stereotyped negative banter		
Healthy Eating	We will explore the principles of healthy eating and will look at what influences young people's eating habits and the importance of the teenage years in forming good eating habits and routines. We will also look at ways and activities to encourage discussion around eating healthily with young people.	April 21 st - 11am May 27 th - 7pm	1 hour
Online Safety and Gaming	This course is designed to look at ways to support young people to keep safe online. We will look at different online platforms and social media sites where young people interact with friends and likeminded gamers in the online world. The workshop will cover the positives and negatives of internet communities where young people choose to network virtually.	May 12 th - 11am June 17 th - 7pm	1 hour
Self-Harm	This workshop will explore young people and self-harm from a youth worker/volunteer role perspective. We will try to understand what self-harm is and why young people self-harm, look at some of the risks involved and discuss how we could support young people and signpost appropriately	April 26 th - 2pm May 14 th - 11am June 16 th -7pm	1 hour
Peer Pressure and Young People	Peer groups play an important role in young people's lives, particularly during adolescence. We will look at the different types of peer pressure and explore some of the possible negative effects this can have on a young person such as unhealthy relationships and getting involved in risky behaviours. We will look at how we can support young people to build strong relationships, make good decisions, and deal with difficult situations.	April 22 nd - 7pm June 30 th - 11am	1 hour
Challenging Behaviour Focusing on Young People with Additional Needs	Following on from the Challenging Behaviour course we will look at how behaviour in young people with additional needs can be more challenging, how communication is important in understanding and processing situations. We will	April 20 th - 2pm	45 mins

	look at strategies to cope with these challenges and what additional support is available.	May 18 th - 7pm June 25 th - 11am	
Youth Loneliness	<p>We will explore and discuss some of the core themes associated with feelings, thoughts, and experiences of being, or becoming lonely or isolated</p> <p>We will look at what loneliness means to and how it presents in young people.</p> <p>What influences youth loneliness.</p> <p>How to involve young people and action plan to involve them in making changes.</p> <p>What resources are available to support work with young people</p>	May 20 th - 7pm June 18 th - 11am	1 hour
Mindfulness & Wellbeing New Course	The workshop is designed to gain understanding of what well-being is and discuss the factors that affect well-being and how this can impact on the lives of young people. We look at what Mindfulness is and discuss the benefits of mindfulness for young people exploring different mindfulness techniques and activities that can be used both virtually and in practical sessions with young people.	May 5 th - 11am 26 th - 7pm June 17 th - 2pm	1 hour
Photography New Course (2 hours)	<p>A free 2 hour workshop to build your confidence in simple photographic techniques.</p> <p>We will guide you through composition, manipulation of light and basic edits. No need for any fancy equipment, as a simple camera, tablet or smartphone will suffice. Get your coat, as you will need to be prepared to go outside and take some photographs during the workshop!</p> <p>This session will enable you to: - learn techniques devised to engage young people in photography. - provide activities, which will encourage young people to become more active in nature. - increase your knowledge and confidence in using digital devices for photographic activity.</p>	May 10 th - 2pm June 8 th - 7pm 24 th - 11am	2 hours