

# Youth Friends

An evidence-based programme, for young people 12-16 years old, with a focus on emotional health and wellbeing. The programme is a six-week course exploring topics related to general emotional health and wellbeing designed to support young people with understanding and managing emotions, resilience, and friendships.

## Course details

### Before

A Young People's Health and Wellbeing Officer will speak with and tell you information about the group.

### During

The course consists of six weekly sessions where we will explore:

- Understanding feelings.
- Confidence
- Thoughts, feelings, and behaviours.
- Challenging thoughts
- Friends, bullying and conflict.
- Strategies, solutions, and support networks.

### After

In the evaluation session you will have the opportunity to reflect on the learning from the group and celebrate your achievements

## At the group

### It is expected that you will:

- Attend all sessions
- Work with us to make it a positive experience for all
- Become more confident and learn skills to help manage your feelings

### Together we will:

- Talk and listen
- Learn ways of caring for you and your feelings
- Have fun

### We will all:

So we can all get the best from coming to the group:

- Be kind to each other
- Listen to each other
- Respect each other
- Support and encourage each other
- Be honest and open with each other

**F**

**Feelings**

Learn to recognise and manage your feelings and also to show empathy for others' feelings.

**R**

**Remember to relax**

Have quiet time, focus on the present and become more aware.

**I**

**Inner Helpful Thoughts**

Change unhelpful thinking in to helpful thinking.

**E**

**Explore solutions and step plans**

Learn to find solutions for problems and to face challenges.

**N**

**Now reward yourself!**

You have tried your best. Be happy with yourself.

**D**

**Do it every day!**

Try to use you're your new coping skills when you are faced with challenging situations.

**S**

**Stay strong inside**

Share your skills with your family and community. They are your support groups.