Staff Information

The Targeted and Vulnerable programme was created as a result of social norms survey findings within the Darlington area. Where risk taking behaviour was identified in 'spikes' it was decided that a proactive approach was required rather than a reactive response to trends in behaviour.

Aims
The programme aims to work with young people identified via the risk indicator criteria and support them throughout a programme to increase knowledge and develop life skills which in turn will make them more likely to make informed choices and decisions that have a positive impact on their lives.

Guidance
Participants must be aged 14 years and over
The maximum sixe of a group is 8
Participation in the programme MUST be voluntary
The programme runs over a 14 week period, for a minimum of 2 hours per week
Young people should be identified using the risk indicator list attached
The programme is delivered by facilitators with qualification and experience in this field and also support by other agencies such as Barnardo's and staff from your own setting

Content
The programme covers a range of areas, in depth, these include:
- Self esteem and body image

Understand the cycle of self esteem and how this changes
Identify pressures on men and women which can impact on body image and self esteem
Understand factors which affect self esteem and how this can manifest itself
Understand what healthy body image is and how this can be affected
Give compliment to one another and accept compliments to build self esteem
Identify personal qualities and attributes that will impact on self esteem

- Sexual exploitation, coercion and grooming

Recognise the difference between safe and unsafe situations / relationships
Understand the four stages of the grooming process
Understand consent and apply definition to a range of scenarios
Recognise indicators related to SE, Coercion and grooming
Understand push and pull factors in relation to SE
Gain an awareness of the law in relation to sex and exploitation
Identify personal support networks and trustworthy people

- Relationships

Explore and discuss gender roles and stereotypes
Recognise what is and is not a healthy consensual relationship
Identify what characteristics and behaviours may be linked to an unhealthy relationship

Understand the impact that negative relationships can have
Recognise, understand and explore varying types of abuse
Understand support available and how to access this

- Risk taking

Understand what risk taking behaviour is and how peoples perceptions of what a risk is may differ for many reasons
Define how personal behaviours may be 'risky'
Identify what risks may cause harm and how these can be managed or minimised
Raise awareness of contraception available and sexually transmitted infections
Discuss common scenarios and debate the possible outcomes of following through

- Modern technology and media

Understand the risks and consequences associated with social networking and how to better manage these
Understand the law in relation to 'sexting' and how to report concerns
Increased awareness of the impact of online pornography on individuals and families
Understand the law in relation to Cyber bullying and how to report concerns

- Assertiveness and communication

Understand and explain the four main behaviour types
Use knowledge gained to demonstrate assertiveness skills in personal situations
Identify and create action plans for personal goal setting
Identify and understand how people communicate and the impact of this