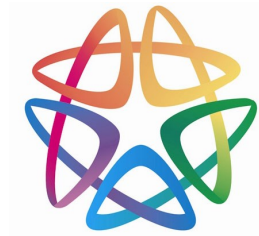


The "Inside Out" programme meets the requirements of SMSC and Ofsted advice regarding behaviour and conduct including:

- * Management of feelings and behaviour, and how they relate to others.
- * Understanding of how to keep ourselves safe from risks.



The Cedar Centre
Sandwell



INSIDE OUT

100% of staff would recommend "Inside Out" to other schools and felt the programme had helped students improve their emotional health and increase in confidence.

96.12% of students who completed the programme said it helped them increase in confidence and **92.25%** said it had improved their emotional health.

"I loved Inside Out."
"I definitely feel more confident."
"It helped me to control my emotions."
"I did not really understand some emotions but I do now."
"I enjoyed everything about Inside Out and want them to stay all of the time."
"I now feel safe to go out and play and I know how to keep myself and my friends safe."



Please Contact Us

Call 0121 553 0090 and ask for the Children's Team.

Black Country Women's Aid
Lanchard House
Victoria Street
West Bromwich
B70 8HY

**A Weekly Group Work
Programme for Young
People**

About the Course

Key Messages of the **INSIDE OUT** Programme

“We all have the right to feel safe all the time.”

“There is nothing so awful (or so small) that we cannot talk about it with someone.”

“Others have the right to feel safe with us.”

How the programme helps children

- Develops level of self-esteem and confidence.
- Enables them to explore and express feelings.
- Informs of the right to feel safe at all times (positive links for schools who are or who are working towards being a UNICEF Rights Respecting School.
- Encourages asking for support when needed.
- Empowers to identify own personal support network.
- Explores how choice of behaviour can affect the feeling of others.

Objectives

The primary purpose of “Inside Out” is to increase children’s understanding of their feelings and emotions and how to deal with these internally as well as externally. This will allow them to gain a better understanding of themselves and how to keep safe. Each session has a different theme and the Children’s Advocates will work through the activities with the children.

By working with children, using “Inside Out”, we can help them to:

- Understand that feelings are okay.
- Express strong feelings without violence, and practice non violent problem solving skills.

Details of Sessions

The programme is designed for children who are in Year 5 and 6.

“Inside Out” will consist of 6, one hour sessions, each week. A maximum of 10 children per group is advised, with a minimum of 6. Two workers from Black Country Women’s Aid will facilitate the programme.

Week by Week

Week One– Me and my feelings

Week Two– Recognising and dealing with anger

Week Three– Managing your fears

Week Four– The right to feel safe and who helps us

Week Five– Secrets and surprises

Week Six– Coping strategies and celebrations

