

Staff Information

The 'I Am Me' programme was created as a age a stage appropriate version of the targeted programme named Being Me. The evidence from the local Healthy Lifestyle Survey carried out across all secondary settings in Darlington identified the young people by year 9 age 13 – 14 were amongst the highest for participating in risk taking behaviour. 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, similar to the approach taken with the established Being Me Programme.

Aims

The programme aims to work with young people identified via the risk indicator criteria and support them throughout a programme either in a group or one to one situation 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 10 – 13

Parents and carers must be made aware of participation in the programme and legislation states they can be withdrawn from non statutory SRE, this programme is not statutory and consent to participate must be sought

The maximum size of a group is 8 young people

Participation in the programme MUST be voluntary

Young people should be identified using the risk indicator list attached

The programme is delivered by facilitators who have completed the training and are registered to quarterly report on their delivery.

Content

The programme covers a range of areas, in depth, these include:

- Bullying and Relational Conflict
- Emotional Health and Wellbeing
- Modern Technology
- Self Esteem and Goal Setting
- Relationships and Child Sexual Exploitation
- Body Image
- Physical and Emotional Changes in Puberty
- Baseline and Summative Assessments