

North Yorkshire Youth
Training Programme of Virtual Courses



North Yorkshire Youth are pleased to offer our new programme of virtual courses. Each course session is approximately 1 hour long and will end with a question and answer session.

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 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>October 5th – 7:30pm 21st – 2:00pm</p> <p>November 16th - 7:30pm</p> <p>December 2nd – 11:00am</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>September 23rd – 7:30pm</p> <p>October 12th – 2:00pm</p> <p>November 19th – 7:30pm</p> <p>December 9th – 10:30am</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>September 29th – 7:30pm</p> <p>October 9th – 11:00am</p> <p>November 10th – 2:00pm 26th – 7:30pm</p> <p>December 17th – 11am</p>	1 hour

<p>Sleep Patterns & Routines</p>	<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>October 19th – 7:30pm</p> <p>November 3rd – 2:00pm 17th – 11:00am 30th – 7:30pm</p>	<p>1 hour</p>
<p>Inspirations, Aspirations, Goals and Ambitions</p>	<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>November 9th – 7:30pm 23rd – 11:00am</p> <p>December 14th – 2:00pm</p>	<p>1 hour</p>
<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>September 30th – 2:00pm</p> <p>October 27th – 7:30pm</p> <p>November 18th – 11:00am</p> <p>December 8th - 7:30pm</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>September 28th – 7:30pm</p> <p>October 29th – 7:30pm</p> <p>November 11th – 2:00pm</p> <p>December 3rd – 11:00am</p>	<p>1 hour</p>

Dealing with Anxiety	<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>November 5th – 2:00pm 25th – 11am</p> <p>December 10th – 7:30pm</p>	<p>1 hour</p>
Trans Awareness	<p>This workshop follows on from the LGBTQ mental health workshop, solely focusing 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>October 22nd – 2:00pm</p> <p>November 4th- 10:30am</p> <p>December 4th – 7:30pm 15th – 7:30pm</p>	<p>1 hour</p>
Communications	<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>October 26th – 7:30pm</p> <p>November 20th – 2:00pm</p> <p>December 7th – 11:00am</p>	<p>1 hour</p>
LGBT & Mental Health	<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 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</p>	<p>September 28th – 2:00pm</p> <p>October 15th – 7:30pm</p> <p>November 2nd – 7:30pm 24th – 10:30am</p>	<p>1 hour</p>