

# Somerset Youth & Community Service

## Curriculum Development Grants 2017-18



### Hinton St George Youth Club

£264

*Practical support sessions on various issues affecting young people.*

Hinton youth club identified the need to deliver three additional sessions for those 11 and above alongside our existing provision on a Friday evening targeting specific areas.

The first session focused on drugs and alcohol. The group of 7 young men and women took part in various activities and discussions centred on alcohol consumption, smoking and smoking cannabis, I believe these to be the most commonly used by young people of this age and in this particular area. We discussed the positive and negative effects of alcohol not only physically but mentally, the reasons for and against drinking. Young people were asked why they thought someone would start smoking and this leading on to peer pressure.

A lot of the young people taking part had never seen what cannabis looks like let alone any other drug, therefore the drugs box was used not only so the young people could see what they all looked like but also their different street names, side effects, rates of addiction, ingredients etc. The group really got involved in all aspects of this topic and we actually ran out of time so am planning on doing another drugs session soon. Young people were able to ask questions throughout and at the end of the session discussions continued and parents and carers were able to come and get involved and ask any questions they had.

Young people were also able to try the 'beer goggles' to see how it feels physically to be drunk, I asked them to walk in a straight line which none of them accomplished! The feedback from young people and parents was very positive.

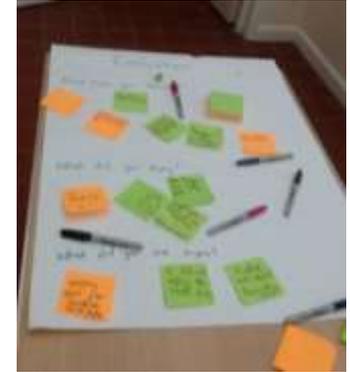


The second session centred on relationships. This included what a healthy relationship looks like and what an unhealthy relationship looks like. Young people were asked what they would do if they or someone they knew was in an unhealthy relationship. We looked and talked about appropriate behaviour, personal space, how we value ourselves and that we as individuals decide when someone is allowed in our personal space. We looked at consent what this means to them and discussed scenarios around this, we also talked about the cup of tea' consent video.

Young people were very interested in same sex couples as some of the scenarios we went through involved this. The feedback from young people was really positive.

The last session focused on Internet safety, How to use the internet positively and how it can be used negatively. We discussed what we liked about the internet (information finding, keeping in contact with friends etc) what we didn't like about the internet and what our concerns were. Most of the young people said they did not like online bullying and were worried about their privacy. We found out what grooming was, how we can identify this and what to do if you or someone else is being groomed online. Most young people were on snap chat and were surprised to find out that you are meant to be 13 years old to have this app.

The three sessions went very well with feedback really positive, young people enjoyed the drugs and alcohol session the most but liked learning about these topics in a different way, most of the group said they thought it was going to be like school and were pleasantly surprised and happy to find out the sessions were very much different!



*'I enjoyed talking about all the different drugs and what each one looked like and was called'*

*'It was fun trying on the beer goggles!'*