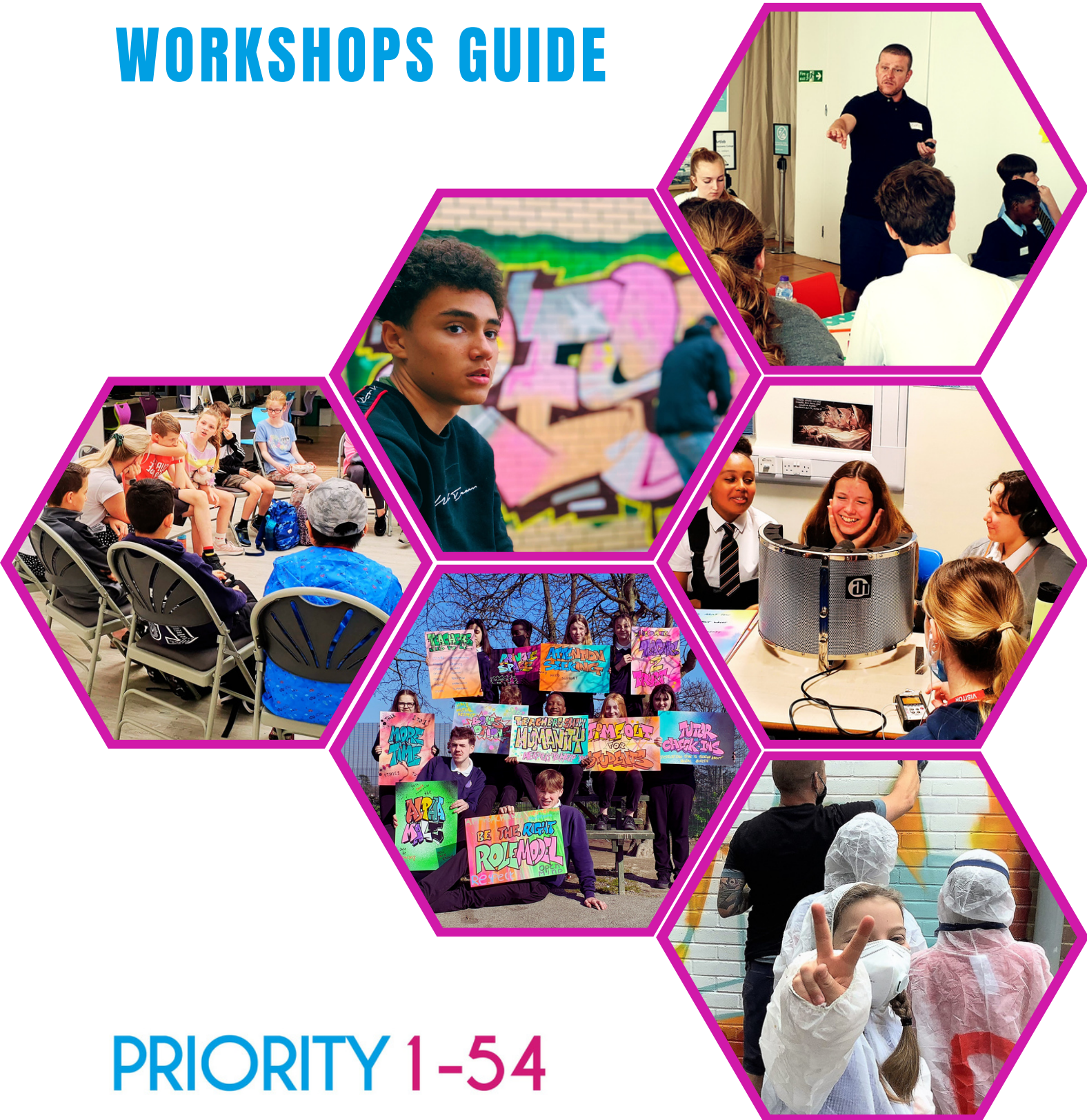


# PSHE

## WORKSHOPS GUIDE



PRIORITY 1-54

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**They made learning about ‘what it means to be a man’ and ‘manning up’ very funny but serious at the same time**

**Being able to listen and relate to issues about sexual harassment from different perspectives made things feel more relevant and made me realise other people in school think the same way as me**

**We spoke about what we can do if we have a problem at secondary school. The activity called “Walk or Talk” helped us think about choices we can make if we fallout with someone**

**We should have more opportunities like today to voice our opinions and make suggestions on what should happen in our school about mental health**

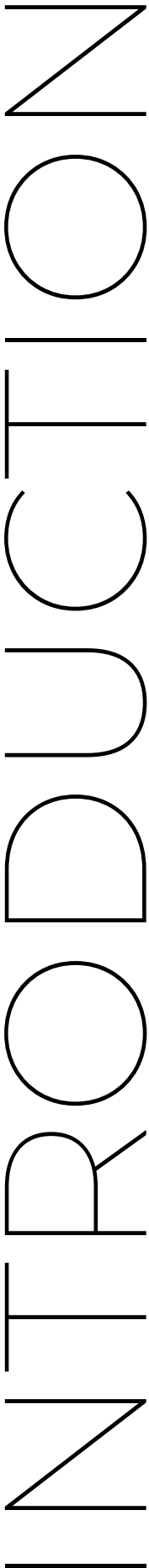
**What I liked about the [*Mental Health Ambassador*] training was being able to talk openly about mental health issues that students need to talk about more**

**What was good about the workshop was you made time to involve everyone so we all had a chance to talk**

**Talking to people from outside of school was good because we could be more honest when giving feedback**

**The workshop was paced just right with a great range of topics covered. The friendship activities were good and the whole class discussion really insightful**





Welcome to Priority 1-54's essential Workshop and Training Guide. We offer a series of engaging and interactive workshops that have been designed to help **inform, inspire** and **empower** children and young people of all ages.

Why choose us? In today's complex world, children and young people face a multitude of challenges. We are committed to confronting these challenges head-on, using our knowledge, expertise, and resources to make a meaningful and lasting impact.

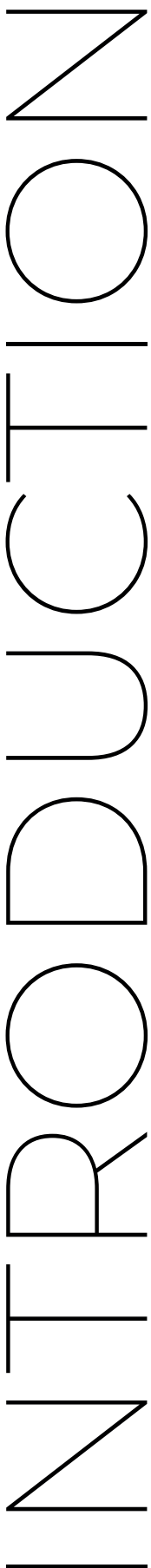
We work with educational settings (including special schools and alternative provision), youth settings, and secure units, to bring a much-needed positive focus on a range of important issues.

Our workshops are organised by topic area, including:

- Anti-Bullying
- Positive Healthy Relationships
- Mental Health and Emotional Wellbeing
- Creative Art-Based Workshops
- Students Voice

Priority 1-54's workshops are designed to be thought-provoking, incorporating interactive activities, that encourage critical thinking and empathy, whilst our open discussion forums help give children and young people a safe space to explore complex and challenging subjects.

All of our workshops are run by highly skilled and experienced practitioners. The materials covered are tailored to the appropriate age level of students and customised to fit the needs of the school or youth setting.



Our workshops make use of creative learning techniques that have been proven to help children and young people of all ages and abilities engage with our workshop materials. These include using powerful arts-based approaches, role play, and discussions that are solution-focused.

We offer a tiered approach, delivering small group-based interventions through several programs to provide more targeted support for those 'at risk' children and young people or we can take a whole school approach through our various workshops and training programs.

We are committed to partnership working with educational and youth settings, designing new and bespoke workshops or innovative project ideas centred around the needs of children and young people and your setting.

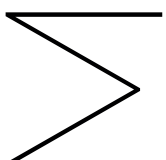
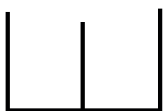
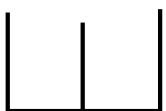
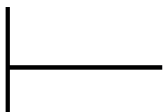
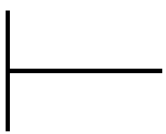
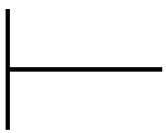
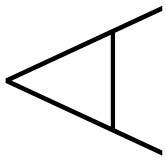
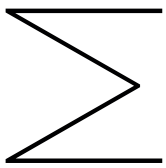
More importantly, we take on projects to uncover new and innovative insights that are driven by young people themselves, to address issues no matter how large or small, sensitive, or difficult.

Our expertise lies in projects that creatively amplify seldom-heard youth voices and encourage youth participation, to ensure children and young people's perspectives are not only valued and respected but also inform key decision-making processes.

Our commitment to inclusivity ensures that no voice goes unheard, leading to more diverse, equitable, and positive outcomes for children and young people.

If funding is an issue, we can assist in identifying and securing funding opportunities, and then work with you to co-deliver the project.

For more details about our work and pricing structure contact John Khan tel: 07846137 597.



**Tom Goulden** stands out in the creative arts scene in the UK, being one of only a handful of people with a youth work qualification, with a specialism in youth voice and youth engagement. At the core of Tom's ethos lies an overwhelming commitment to employing inclusive and creative methods to provoke new ways of thinking that empower children and young people to share their lived experiences in safe and supportive spaces.

Tom's passion for youth development and his ability to create supportive and inclusive spaces make him an invaluable asset to our training team. Participants can look forward to learning from his wealth of experience and dedication to promoting safe and respectful spaces for young people.

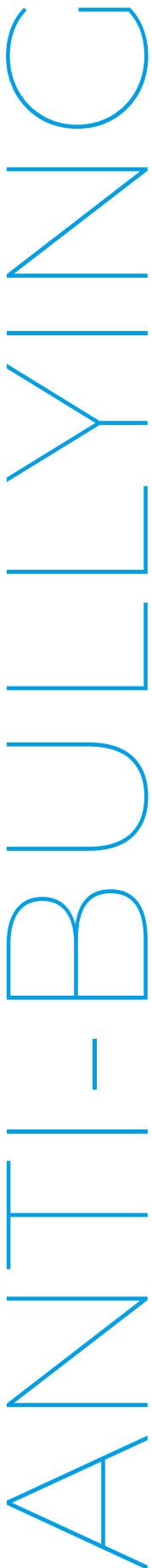
**John Khan** - with over 3 decades of experience researching and working with 'at-risk' and vulnerable children and young people, John has designed and delivered numerous safeguarding training programs, reaching hundreds of teachers and practitioners across the country.

His training has been instrumental in enhancing the knowledge, skills, and preparedness of those working with young people on issues such as online safety, gender-based violence, and mental health. With his vast experience and passion for making a difference, John is not only a trainer but a catalyst for positive transformation.

**Nicola Bryson** is a qualified freelance youth worker, bringing with her a wealth of expertise in the field of youth participation. She spearheads our Youth Consultant work, where her guidance and support help to empower young people to voice their opinions and actively engage in decision-making processes to shape services.

Her commitment to addressing complex issues is evident in her involvement in the 'Steps to Respect' program, aimed at combating sexualised bullying both within and outside of school environments.





**Bullying behaviour remains one of society's most enduring and pervasive issues and tackling it requires a combination of effective prevention and intervention programs and strategies.**

Our nationally recognised resources, workshops and assemblies offer relatable activities and scenarios to help keep children and young people interested and give them the opportunity to practice the skills that will benefit them in and outside of school, as well as online.

We have designed several complementary but equally important anti-bullying workshops. These include:

- Developing a shared understanding of bullying behaviour i.e. what it is and what it isn't
- Speaking out about bullying behaviour
- Positive bystander behaviour
- Respecting difference and diversity
- Empathy, belonging and indirect bullying
- Banter versus bullying behaviour
- A focus on the chosen theme for Anti-Bullying Week

Our open forum discussions are ideal for debating anti-bullying strategies to tackle bullying behaviour and resolve conflict between children and young people.

Each year we work alongside the Anti-Bullying Alliance during Anti-Bullying Week, to develop a range of bespoke workshops and resources to explore a particular chosen theme.



**'The best thing about the workshop was talking and being heard. I was confident to speak out and be open but usually, I'm not'**

Year 6 young man



SEXUAL BULLYING

**This workshop has been carefully designed to provide children and young people with the time and space to learn the skills they need to form healthy respectful relationships.**

Sexual harassment, verbal as well as physical and online, is no laughing matter, but too many people, including children and young adults, think it is acceptable to behave disrespectfully towards members of the opposite sex.

Sexual bullying and harassment can also have far-reaching effects on those engaging in such behaviour, affecting future work prospects or putting them at risk of being arrested for sexual offences.

The aims of the workshop are:

- To give young people a safe space to discuss openly and honestly about harmful gender stereotypes and gender-based bullying
- To explore ways that give participants the confidence to stand-up and speak-out when they encounter such behaviours

The workshop will also educate young people about what language is considered disrespectful and what is and what is not deemed appropriate physical contact, including consent. The attitude of the law to sexual offences, including harassment and bullying, is made very clear as are the potential implications.



**'Talking about how to deal with sexual harassment and sexual bullying was helpful and not just telling us that it isn't okay'**

Year 9 young man

**The aim of our thought-provoking bystander workshop is to turn children and young people from bystanders into upstanders.**

This workshop will provide young people with the confidence and skills to safely stand up and speak out when they hear or see unacceptable behaviour offline and online.

We want to turn bystanders into upstanders where children and young people can take positive action such as 'calling out unkind behaviour, sexist, racist or homophobic banter, whilst offering support to those being targeted or asking adults or peers for support.

By the end of the session participant will be able to:

- Understand what a bystander is and the role they play in conflict situations
- Recognise the barriers that prevent them from intervening when they hear or see conflict in school or online
- Use a of range skills to confidently and safely intervene in conflict situations



**'I enjoyed the workshop because it was honest and improved my confidence about how to stand up for people being harassed without making things worse'**

Year 8 young man

DIGITAL RESILIENCE

**Children and young people are growing up in a globally connected world that presents them with new challenges on top of the ones they face on the journey to adulthood.**

Our 'Building Digital Resilience' workshops have been designed to enable children and young people to safely navigate their online world.

The workshops cover topics such as:

- Understanding what we mean by digital resilience
- Online friendships and relationships
- Cyberbullying,
- The risks of sharing inappropriate content including 'nudes'
- The impact of social media on mental health.

Our interactive workshops ground children's learning and knowledge using real-life scenarios, while open forum discussions stimulate debate and give young people the opportunity to air their own concerns.

By the end of the workshops, young people will be much more digitally aware and resilient, and able to enjoy the benefits of technology while avoiding many of the pitfalls.

While our workshops recognise the online risks encountered by children and young people, our aim is **'prepare and not scare'**.



**'This was the best lesson ever because all the activities were fun and I really enjoyed talking about the things I do online and learning about cyberbullying'**

Year 6 young man

**Safer Internet Day has become a landmark event in the online safety calendar. We work alongside industry experts to provide children and young people with an opportunity to focus on a specific Safer Internet Day theme.**

A key feature of our workshops is to equip children and young people with the digital literacy skills they require if they encounter problems online by giving them the skills, confidence, and resilience to navigate their online world safely.

Our workshops cover a range of important topics. These include:

- Following fundamental safety and security measures as a first line of defense
- The challenges of online consent within friendship groups and relationships
- Understanding the importance of choices and respect online
- How 'nudes' and private messages can be used for cyber-bullying or grooming purposes
- How to build digital resilience when young people encounter problems online

As with all our workshops, children and young people will engage in suitable, age-appropriate interactive activities as well as constructive debate where they can raise any concerns or questions.



**'Today I've learned more about cyberbullying, being aware of what you post online and standing up for others online'**

Year 6 young woman

**Young people today are growing up with a far different concept of privacy than previous generations, which can put them at significant risk.**

We offer several thought-provoking workshops for older students in Years 10-13 that recognise the importance of creating a positive online identity and reputation in today's digital age.

By the end of the workshop, young people will:

- Explore the importance of creating a positive online identity and reputation
- Understand the pitfalls of posting inappropriate comments and information online
- Understand how colleges, universities, and employers use information placed on social media as a screening tool when recruiting students/employees

Young people will have plenty of opportunities to ask questions in our open discussion forum, while our use of real-life scenarios gives them a deeper insight into some of the risks and dangers.

We can also offer more bespoke workshops related to specific courses or career pathways young people might be taking e.g. uniformed Public Services, teaching, social work, and childcare.



**'This is useful information for the future if it happens to you. We learned a lot from the discussions we had with each other'**

Year 12 young woman

## **Our workshops are designed to empower children and young people to make informed, healthy, and respectful choices in their friendships and relationships.**

Our interactive workshops are thoughtfully designed to address a range of important topics, from nurturing positive friendships, understanding friendship dynamics, to tackling more complex issues that can be challenging for both teachers and parents.

Our workshops also delve into pressing contemporary concerns, including:

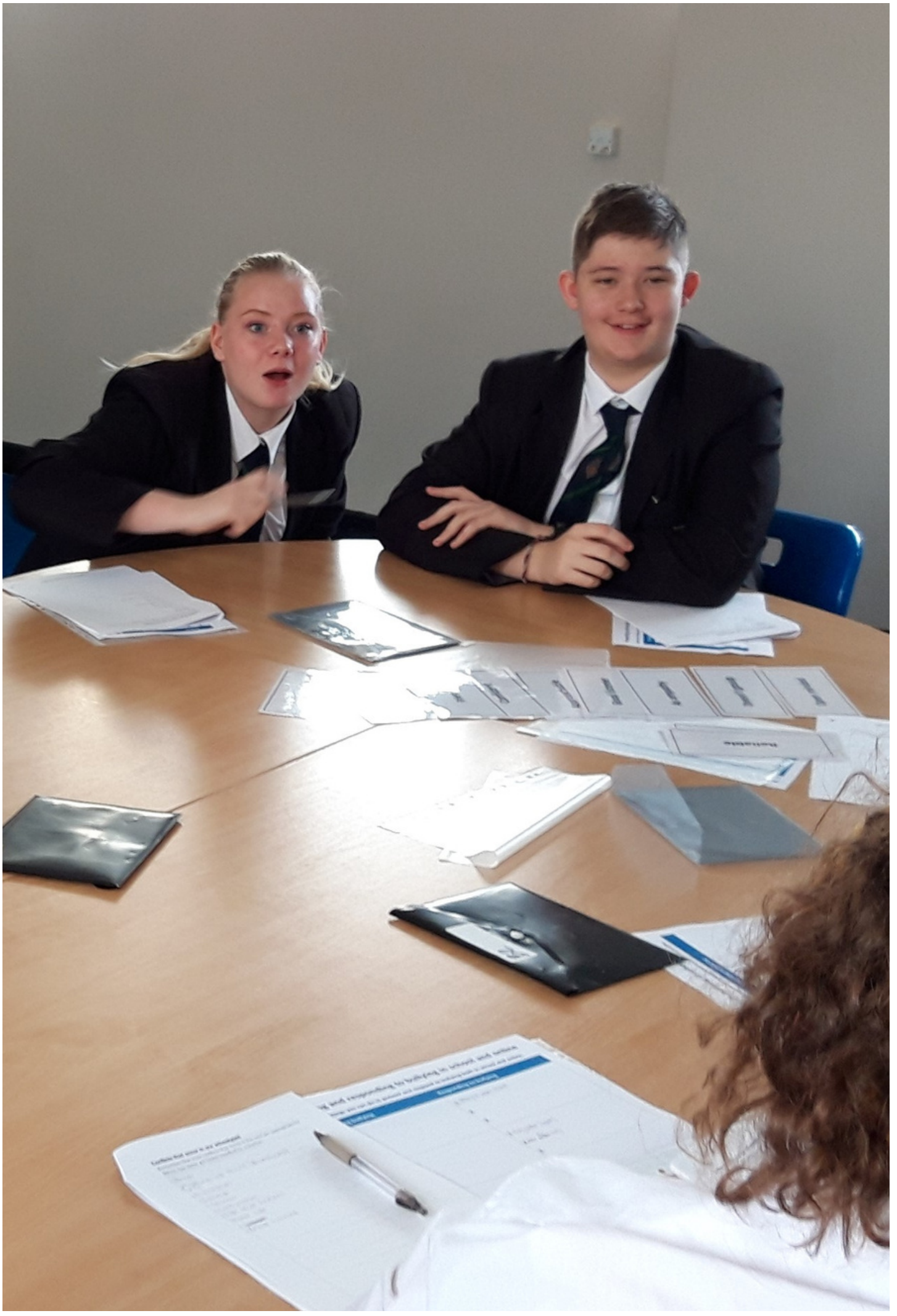
- Combating harmful gender stereotypes
- Addressing unhealthy masculinity
- Challenging lad culture
- Promoting inclusivity by addressing homophobia and online misogyny
- Confronting sexual bullying and harassment
- Countering rape culture narratives
- Examining the influence of harmful social media figures

Our aim is to equip children and young people with the knowledge and skills they need for healthy, respectful, and empathetic relationships



**I think talking about sexual harassment is a good thing and educating boys is important. As someone [trans young man] who has experienced this [sexual bullying], I appreciated being able to talk about it**

Year 9 young man



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**#Proud To Be Me has been carefully designed to create a safe space for girls and young women to talk openly and honestly about their friendships, where they can practice skills to assertively address friendship problems and explore the qualities that make a good friend.**

This 3-week interactive program ensures girls and young women are fully involved in discussions, adding their own experiences and how to devise their own strategies for building healthy relationships in a safe and supportive space.

The focus of this program includes:

- Exploring the basics of forming healthy friendships
- The social dynamics of friendship groups and cliques
- Managing online friendships and staying safe online
- Dealing positively with peer pressure, feelings of jealousy, friendship problems, and bullying behaviour
- Cultivating empathy, self-esteem and self-confidence

The program is suited for both primary and secondary schools. We offer young women in secondary school the opportunity to examine how social media is used as a vehicle to cyberbully, strategies for managing their 'online reputation', and the risks associated with sharing intimate pictures online.

This targeted program can be delivered over three consecutive weeks with small groups of young women who might be experiencing ongoing friendship difficulties.



**'I wish we had more lessons like this, about how to treat each other with respect'**

Year 6 young woman



STEPS  
TO  
RESPECT**Steps to Respect offers a safe space for young women to explore the importance of respectful relationships, consent and online and offline sexual harassment.**

The program consists of 3 half-day workshops delivered over 3 consecutive weeks, with groups of up to 15 young women. The program is suitable for those who might be deemed vulnerable or who might want to raise awareness about gender-based violence and sexual harassment.

Though not exhaustive, the themes covered in the workshops include:

- Gender stereotypes and gender norms
- Healthy respectful relationships
- Online and offline sexual harassment
- Non-consensual sharing of intimate pictures
- Consent
- Protective behaviours
- Bystander/Upstander behaviour
- Help-seeking behaviour
- Advocacy and campaigning

The program is underpinned by evidence-based learning approaches to create a 'safe space' to address difficult and sensitive issues. These include age-appropriate role-play and open forum discussion, together with arts-based activities to fully engage young women and understand their perspectives and experiences.



**'I've appreciated being able to discuss this subject [sexual harassment] in a safe group, knowing that what I say is accepted and not shared outside of the group. It has been very freeing'**

Year 10 young woman

# MAPS TO MANHOOD

**Maps to Manhood is a creative set of workshops that offers a safe space for young men to explore the importance of respectful relationships, online and offline sexual harassment, consent, rape culture, and bystander behaviour.**

This targeted program is made up of 3 consecutive half-day workshops and delivered with a cohort of up to 10 young men.

Themes covered in the workshops include:

- The 'Man Code' and what it means to be a man
- Unhealthy masculinity and harmful gender stereotypes
- Sexist banter and sexist bullying
- Online and offline sexual harassment
- Young men as allies in challenging sexual harassment
- Bystander/Upstander behaviour

We use several creative learning approaches to ensure students are fully engaged throughout the workshops, with the aim of using their perspectives, knowledge, and experiences to explore the root causes of peer-on-peer sexual harassment. This includes age-appropriate discussions, and the use of urban art, to incentivise and engage young men.

Please note, this program has been designed for young men who want to explore or take up the challenge of ending sexual harassment or violence against girls and young women, and not those who may be engaging in harmful sexual behaviours.



**'I thought the workshop was great and the way we discussed sexual harassment really helped me to understand what it looks like from a different perspective'**

Year 10 young man

**Our Building Healthy Masculinities workshops seek to address and deconstruct harmful gender stereotypes surrounding masculinity and ‘*what it means to be a man*’.**

These workshops provide a safe space for male students (and females) to understand that expressing their emotions is not a sign of weakness but strength, and learn about consent, respect, and healthy relationships.

Through open and honest discussions and real-life scenarios, students learn to critically think and challenge unhealthy behaviours such as sexism, and homophobia.

By promoting positive and inclusive attitudes towards healthy manhood, these workshops can help boys and young men become more empathetic, compassionate, and responsible individuals.

Young men taking part in workshops will:

- Learn to identify and challenge harmful gender stereotypes
- Examine the link between harmful gender stereotypes and sexual harassment and gender-based violence
- Learn about consent, respect, and healthy relationships.



**‘The workshop was amazing because I got to hear other people’s views about what ‘it means to be a man’ and got to have my say without the conversation being closed down’**

Year 11 young man

**The high-profile cases of social media influencers such as Andrew Tate and Jordan Peterson have lifted the lid on the 'manosphere', the Mans Rights Movement, the world of Incels, and the nature of online misogyny.**

Social media influencers, actors, and sports people represent sources of success, wealth, and status. These voices can come across as very powerful to young people who may feel insecure about their own popularity and future prospects.

While many figures in the public eye become positive role models for young people, others set poor examples or, in some cases, deliberately use their powerful voices to broadcast harmful messages online.

Through thought-provoking discussions and activities, our workshops offer a counter-narrative to online social influencers whilst raising awareness about the negative impact of homophobic and misogynistic attitudes and victim-blaming narratives, and how such attitudes can affect future relationships.

Our expert facilitators will equip young men with the skills to identify, question, and eradicate these harmful narratives before they take root and proliferate.



**'I enjoyed the workshop as you can ask questions you wouldn't normally feel comfortable to ask'**

Year 11 young man

# SMOOTH MOVES TO SECONDARY SCHOOL

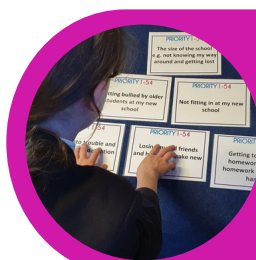
## Smooth Moves to Secondary School is a 3-year youth-led project to support the well-being and resilience of children as they move to secondary school.

Moving from primary to secondary school is a significant milestone in a child's life. This transition is marked by a mix of excitement and apprehension. The thrill of making new friends and gaining more independence is often coupled with uncertainties about the unknown – new teachers, increased homework, fitting in, and being around older students.

Our Smooth Moves project has enabled Priority 1-54 to consolidate years of experience and bring together a range of engaging and interactive workshops designed to support children's move to secondary school.

Our goal is to empower children with the confidence and skills they need to embrace this new chapter in their education journey.

We do this through several activities, including a targeted nurture group program, interactive workshops for Year 6's, supporting taster-day events, transition summer camps, and training for Transition Ambassadors.



**'The children loved the workshop and the artwork they produced was amazing. All the activities were thought-provoking especially the thinking about secondary school and friendship themes. The workshop was well-delivered but could have been a whole day rather than half-day'**

Year 6 teacher

SMOOTH MOVES

**Our interactive Smooth Moves workshop for Year 6's aims to build resilience and explore the many challenges and changes children encounter as they make the move to secondary school.**

Our half-day workshop offers practical ideas to support the move to secondary school. We do this by:

- Highlighting the positive aspects of moving to secondary school
- Building resilience to manage change, make new friends, and ways to deal with friendship fall-outs
- Dispelling myths about bullying, scary teachers, homework, getting lost, and other common fears
- Improving children's motivation to through goal setting

We use inclusive, fun and creative learning approaches to fully engage children i.e. interactive discussions that are solution-focused, real-life case studies, and arts-based learning, to bring issues to life and stimulate constructive debate.



**'I've been worried about the secondary school which I know has been affecting my behaviour in class but you made it easy and fun talking about this stuff'**

Year 6 young man

# SMOOTH MOVES WITH TOONS

## **Our Smooth Moves nurture group program is about ensuring children have the best possible start to secondary school.**

Smooth Moves is a comprehensive nurture group program designed to ease the transition for Year 6 children or Year 7 students as they step into secondary school life. At the heart of this program is for children to develop and increase their social connections and sense of belonging in their new school.

Over the course of two engaging days, our program provides essential support to those who might face challenges during this crucial phase.

With a focus on building confidence, resilience, and fostering positive peer relationships, Smooth Moves equips children with the tools they need to thrive in their new school.

Our experienced facilitators create a safe space for participants to express their concerns and develop the skills necessary for a successful transition.

The nurture group work is underpinned by arts-based learning with children building a portfolio of work that will enable them to achieve their Discovery Arts Award.



**'We spoke about what we can do if we have a problem at secondary school. The activity called "Talk or Walk" helped us think about choices we can make if we fallout with someone'**

Year 7 young woman

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**Priority 1-54 are passionate about children and young people receiving the right support, at the right time, and recognise peer-to-peer support can be a vital part of students' support systems.**

Peer-to-peer support in schools offers greater access to support for young people, increases students' emotional well-being and sense of belonging, and increases academic engagement.

Equipped with the right kind of training knowledge and skills, peer supporters can have a hugely positive impact across the whole school community and play a crucial role in keeping students safe and happy.

It is important to recognise that peer supporters can take on several roles in schools:

- Working alongside SLT they can offer a unique insight into what is working well in their school and inform policy and curriculum development
- Peer-led learning offers huge benefits when discussing sensitive subject matters as young people can often feel more comfortable talking about difficult issues
- Informal peer-to-peer support or mentoring can take various forms in schools. For example, Wellbeing Coaches can offer a non-judgmental listening space while Transition Ambassadors can help new Year 7s settle into their new school



**'Thanks so much for the last 2 days. The content and delivery were fantastic and were just what was needed to keep their attention. I know they all benefitted from the training'**

Head of Enrichment and Learning



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**Transition Ambassadors can provide a welcoming and friendly face by supporting Year 7s when they first move to secondary school.**

Our evidence-based Transition Ambassador program is designed to support Year 7s as they make the move to secondary school by creating a climate of care and belonging that fits into a wider whole-school approach to emotional well-being.

Our full-day training uses several creative learning approaches to fully engage young people i.e. interactive discussions that are solution-focused, real-life case studies and arts-based learning, to bring issues to life and stimulate constructive debate.

Transition Ambassadors will:

- Reflect on their own experiences of moving to secondary school
- Examine workable solutions to effectively manage change, friendships and conflict by using real-life case studies
- Explore positive coping strategies to support emotional well-being and resilience
- Discuss what is meant by confidentiality and safeguarding, and when to seek adult support



**'I enjoyed that we all had a chance to take part including the staff and how we all were able to voice our opinions on things that affect Year 7s. I forgot how scary moving to secondary school was'**

Year 7 Transition Ambassador

**Anti-Bullying Ambassadors are trained, passionate children and young people who will stand up and speak out about bullying behaviour in school.**

Our full-day training will ensure students feel more knowledgeable about bullying behaviour, are more confident in supporting their peers, and learn how to work with the senior leadership team so their school deals with bullying behaviour more effectively.

Though not exhaustive the content of the training includes:

- The roles of an Anti-Bullying Ambassador
- Skills of an Anti-Bullying Ambassador e.g. empathy and active listening skills
- Defining what bullying is (and isn't) and friendship fallouts
- Cyberbullying
- Bystander behaviour
- Impact of bullying on wellbeing
- The importance of friends and friendship group
- Campaigning in school

We use a blend of learning methods including open forum discussion, interactive activities, role play, and arts-based learning using graffiti.

We can deliver this training over 2 half-day sessions for primary school children.



**'The training was a mix of serious conversations about deep topics like safeguarding but there were light areas that made us laugh...so it wasn't boring'**

Year 10 Anti-Bullying Ambassador

## **Mental Health and Wellbeing Coaches help to create a culture where everyone feels safe, cared for, and valued.**

Once embedded Wellbeing Coaches can provide essential early help support to their peers by offering ideas, tips, and self-care strategies to support emotional well-being and mental health.

We use a unique blend of learning and creativity to engage students, offering a fun, hands-on, and powerful program that can be easily adapted for children and young people of all ages across primary and secondary schools.

Themes covered in this one-day training include:

- Defining emotional well-being and mental health, stigma
- The challenges young people encounter that impact their emotional well-being e.g. transition, sleep, exam stress and friendship problems etc
- Active listening skills
- Real-life case studies and problem-solving techniques
- Positive & relatable self-care strategies
- Confidentiality and disclosures and when to seek adult support

Our experienced facilitators will open up a safe space where children and young people can work together to discuss a range of important topics that are age and theme-appropriate.



**'They should train students to become youth counsellors because we can't always relate to our adult counsellors, teachers and parents. Older students who've been through it get it...the school dynamics and understand our problems more'**

Year 10 Well-Being Coach



## **Discover our diverse range of engaging and interactive training designed exclusively for parents and carers.**

Our training offer is consistently updated to align with the latest safeguarding procedures, OFSTED requirements and research. We prioritise evidence-based learning, and child-centred approaches, ensuring that the child's perspective remains central to all of our training.

We also stay current with local and national policy developments. More importantly, our training incorporates valuable insights from our youth-led projects, providing a comprehensive and effective learning experience.

Why choose us? Our training is delivered through a blend of presentations, interactive discussions, and instantly usable resources to enable schools and colleagues to embed learning immediately.

Unlike other training providers, we offer direct access to all our training materials and resources. This means delegates can cascade learning quickly and use our resources to inform their practice and support children and young people.

Our training can be delivered at a time and location of your choice and tailored to the specific needs of your school or organisation.

“

**I have produced a long list of ideas generated from the training, which was very engaging, and I really liked the resources which I can use for our transition taster events**

**This was a great workshop that was packed full of ideas. The presentation was excellent and informative with lots of practical ideas to take back to school**

**This is one of the best training sessions I have attended with practical advice on what to do and where to access further support when dealing with online safety issues**

**Thank you again for a fantastic training day, it's great to have someone unpick and make clear ways forward for young people. And making all resources available was great**

**This has been the best training session [harmful sexual behaviours] I have attended in a long time – informative and inspirational – thank you so much**

**I really liked the opportunity to try out the resources. John was very welcoming, knowledgeable, and was able to facilitate some tricky conversations**

**John demonstrated his knowledge of the subject and the challenges faced when addressing sexual bullying. There was a great use of table discussion, short films, and activities which kept everyone focused thoughtout**

”

**Unleash student's creativity and explore the vibrant world of street art with our engaging and dynamic graffiti workshops. Designed for those aged 9-16, our hands-on workshops offer a platform for young people to express themselves artistically.**

Our expert graffiti artists will guide young people through the entire creative process, from brainstorming ideas around a specific theme (e.g. anti-bullying, mental health, or online safety), to mastering various graffiti, stenciling, or spray painting techniques.

As part of our creative workshop offer, young people can also:

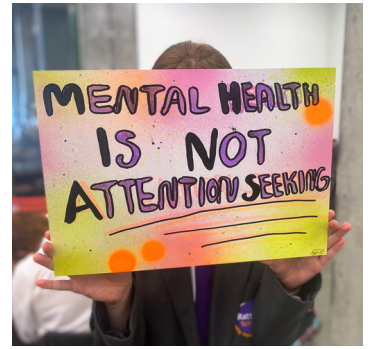
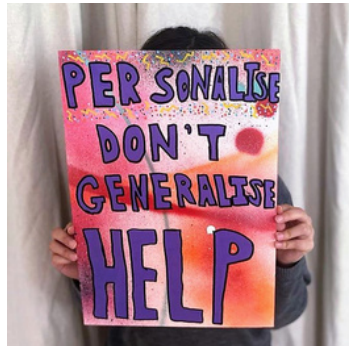
- Learn about the history, styles, and cultural significance of graffiti as an art form
- Acquire essential graffiti skills, such as lettering, stenciling, and colour blending
- Have the opportunity to create their own individual artwork on canvas to display at school or take home.
- Learn about responsible and ethical graffiti practices, emphasising respect for public spaces and community values
- Gain inspiration from our artists, who will share their experiences and offer valuable insights
- Celebrate their creativity and accomplishments by showcasing their artwork to friends and family

Join us for an unforgettable artistic journey, where graffiti becomes a powerful medium for self-expression and community connection!



**'I found the use of art as a tool to generate debate quite eye-opening and it certainly engaged a number of young people who I think otherwise would not have participated in the consultation'**

Safeguarding Lead



**Looking for young people to make a positive and lasting impact on their school or community? Then our exciting Urban Art Mural workshop might be just the thing, changing walls and spaces into inspiring and captivating art for the whole school community.**

Designed for primary and secondary school, and community settings, young people work collaboratively with our artists to design and create a stunning mural that celebrates the values of their school and wider community.

Workshop highlights:

- Learn the fundamentals of mural design, brainstorm ideas, and contribute to the creation of a powerful community mural
- Learn essential graffiti skills like spray can control, shading, perspective, and blending, under the guidance of experienced graffiti artists
- Collaborate with peers to build teamwork skills
- Gain hands-on experience as we turn their designs into a powerful mural
- Celebrate the completion of the community mural with a special unveiling event

This is a 1.5 day workshop - ½ day mural design, ½ day mural creations, and ½ day spraying. Cost may vary depending on the size of the mural and art materials.



**'Tom helped me boost my understanding of how to use creative art to express my thoughts and feelings. I also feel like I have boosted my confidence during the sessions with Tom'**

Young carer



## **Graffiti art: styles, iconography and message is designed for the Year 8 curriculum.**

Let students embark on a journey of self-expression and creativity with our unique graffiti workshop, specially designed as an inspiring part of your school curriculum. Students will delve into the world of graffiti art, discovering diverse perspectives on this captivating form of self-expression. Students will analyse the connection between graffiti art and other historical art forms like unearthing hidden parallels and influences.

The workshop begins with an immersive exploration of graffiti's history and cultural significance, and its rich artistic heritage.

Engaging discussions will challenge preconceived notions, encouraging students to develop their own viewpoint on this powerful art form. Students will actively participate in hands-on activities, honing their artistic skills and mastering graffiti techniques under the guidance of experienced artists.

Our graffiti workshop promises to be an unforgettable experience, fostering creativity, critical thinking, and cultural appreciation, leaving a lasting impact as they chart their artistic journey with newfound confidence and passion.



**'I've learned how great graffiti is and how fun and relaxing it is. I'm definitely going to add graffiti to my GCSE artwork'**

Young carer



**Are you looking to inspire students to pursue a rewarding career in the creative world? Then our Unlocking Your Creative Journey workshop might be just thing.**

Delivered by our expert artists, we offer inspiring workshops designed to guide and empower young people on their creative journey.

Young people will:

- Gain insights into the vast array of career possibilities within the artistic world, including becoming a freelance artist, street artist, art teacher, and more
- Explore various educational routes, from art schools to university programs, and gain knowledge to support your artistic pursuits
- Understand the importance of a strong portfolio and how to curate and present their work effectively
- Learn how to cultivate and refine their artistic skills through practice and continuous learning
- Understand how connections within the creative community can lead to invaluable experiences and career breakthroughs
- Be inspired by our successful artists who use street arts as a vehicle to inform, inspire, and empower young people from all walks of life

Our workshop is designed to empower young people to take the first step towards a fulfilling artistic career by letting their creativity soar. Unlock a world of endless possibilities in the captivating realm of art and creativity!



**'After your workshop, the boys came back on a real high and they were so proud of the artwork they produced. Thank you so much**  
Workshop to support Black Lives Matter march

# ARTS AWARD

## Arts Award Program for Children and Young People

Discover the world of creativity with our accredited Arts Awards Adviser, who will offer a unique opportunity for children and young people to earn alternative creative arts accreditations through the Arts Award Program.

The Arts Award is a prestigious national accreditation initiative that recognises and celebrates the creative talents of children and young people. Our aim is to empower students to explore and develop their artistic interests, providing them with personalised accreditations tailored to their passions.

Our program offers:

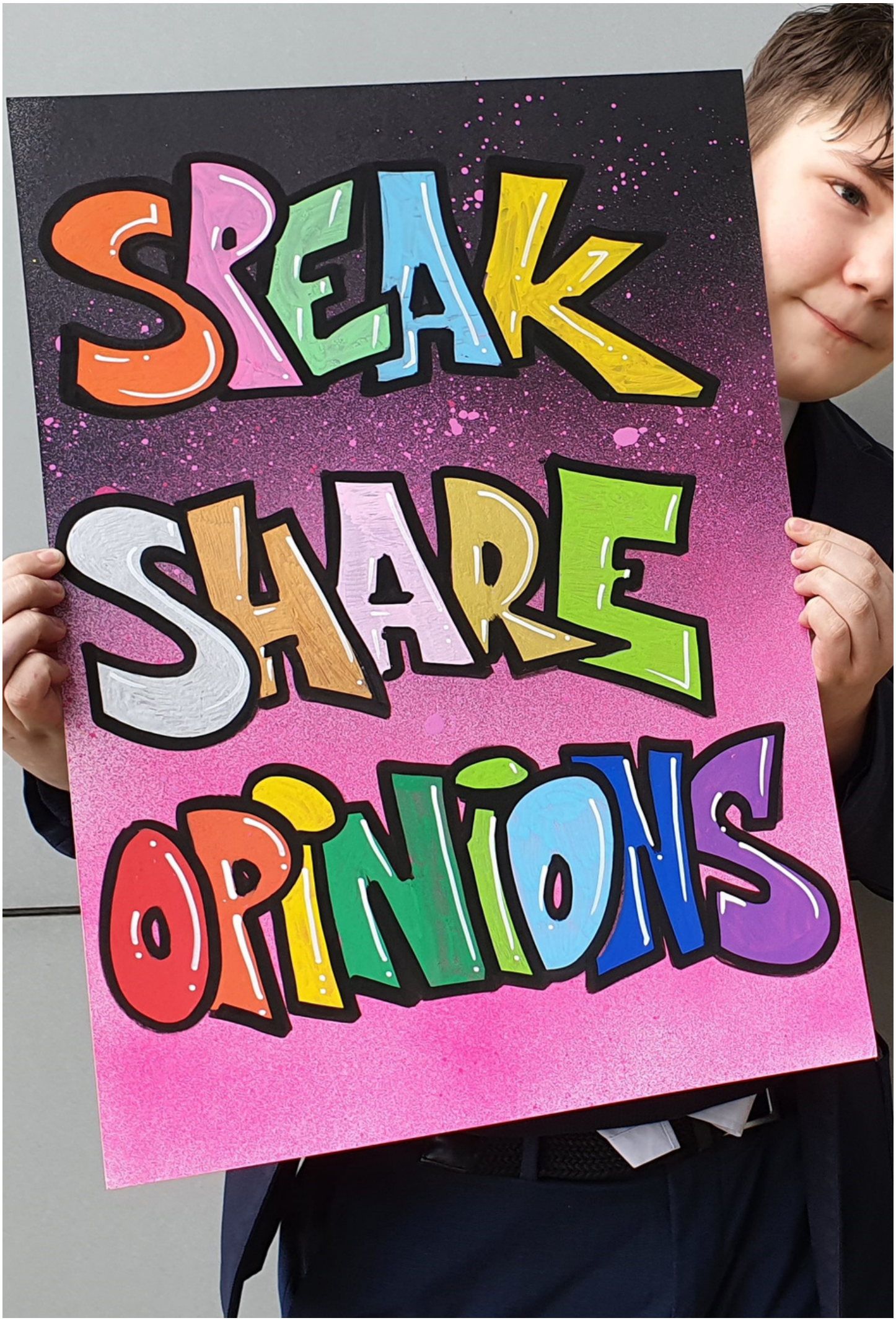
- We offer one-to-one guidance, especially for vulnerable children and young people who may not be accessing full-time education or traditional learning environments. This ensures that everyone, regardless of their circumstances, has the chance to shine creatively
- We can provide troubleshooting and support to your organisation, helping you successfully achieve the Arts Award and prepare for the moderation process, ensuring your institution is fully equipped to nurture artistic talent
- We can run our program during the school holiday, giving children and young people the flexibility to pursue their artistic passions year-round

Join us in nurturing the next generation of artists and innovators through the Arts Award program, where creativity knows no boundaries.



**'A huge thank you to you both for all of your hard work with our pupils over the past two days. The work you have done really has been invaluable and the pupils are so proud of their artwork'**

Transition Arts Award nurture group program



**SPEAK**

**SHARE**

**OPINIONS**

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**Priority 1-54 has designed a number of workshops and resources to listen to the voices of children and young people, which is crucial for several reasons.**

- It promotes their agency and empowers them to express their thoughts, ideas, and concerns, fostering a sense of self-worth and validation
- It ensures that policies and support systems are tailored to meet their evolving needs, thus enhancing their overall development
- Their perspectives often provide fresh insights and innovative solutions to social issues
- Involving young people in decision-making also cultivates a sense of responsibility and critical thinking skills, and prepares them for active citizenship

Moreover, **Article 12** of The UN Convention on the Rights of the Child states:

***‘Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.’***

We run several training programs to build young people’s confidence, communication, and campaigning skills. These are delivered by our experienced youth voice experts who can tailor training to suit your school’s specific needs.



**‘I wish when we did our School Council meeting more like the way we did it today. You gave us the space to talk and everyone felt listened to’**  
Year 9 young person

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**The aim of our School Council training is to equip children and young people with the knowledge and skills to become effective school council members and advocates for positive change in their schools.**

Whether you're starting your School Council from scratch or needing to top up the skills of your existing Council members, during this 3hr training workshop, students will:

- Understand the roles and responsibilities of becoming a School Council member
- Discuss why students' voices matter in school decision-making processes
- Learn about the importance of clear and respectful communication
- Explore and role-play ways to bring about change in school
- Discuss the importance of keeping the school community informed

We can adapt the workshop to the specific needs and age group of the students, ensuring it is engaging and interactive to maximize their learning and participation.



**'Before student voice, I didn't feel like being at school but just simply having an outlet and being able to speak out about issues has made me feel so much better'**

Year 10 young woman



## **There are significant benefits that come from capturing the voices of young people related to mental health and emotional well-being (MHEW).**

It gives children and young people a sense of agency, helps build skills, and equips them to be next-generation leaders.

It helps schools and youth settings to be more engaging and relevant in their offer and supports the development of workforce practice. Plus, it makes schools more inclusive, and if done well, it can be fun and inspiring.

All of our youth voice in mental health work is underpinned by the Lundy Model of Participation. By using this model, we make sure that children's voices are heard and their rights are respected.

Working alongside the Mental Health Support Teams pan-Sussex we have co-produced a program of workshops to capture the voice of young people related to mental health and wellbeing.

These include:

- Undertaking a Student-led Wellbeing Audit Tool
- Designing and administering a Wellbeing Survey
- Designing a safe space in school
- Producing a student-friendly Mental Health and Wellbeing Policy
- You Said, We Did workshop



**'The best thing about the workshop was talking and being heard. I was confident to speak out and be open but usually, I'm not'**

Year 10 young woman



## Co-produced with young people our Student-Led Well-Being Audit Tool has been used extensively by schools pan-Sussex.

The key aims of the Audit:

- To strengthen and support student voice activities in the schools
- Provide evidence to support whole-school approaches to emotional well-being and mental health
- Provide opportunities for young people to identify what their school does well and existing gaps in support.

The Audit comprises 7 main themes, covering over 40 questions. At the end of each theme, the group undertakes the **'that one thing...'** activity writing down their thoughts, ideas, and solutions related to the theme.

Young people focus on solutions to problems that can inform a School's Development Plan and form the basis for a Wellbeing Charter for Change.



**'These types of workshops about mental health should happen way more often. I found out lots of things today that I didn't know before'**

Year 9 young woman

## Discover our diverse range of engaging and interactive workshops designed exclusively for parents and carers.

These workshops are thoughtfully designed to empower parents and carers with valuable insights and practical skills to safeguard and support their children's well-being, growth, and development.

Though not exhaustive, these include:

- **Anti-bullying** workshops for parents/carers explore the definitions of friendship problems and bullying behaviour, whilst offering an overview of the settings' preventative measures and how to respond to friendship and bullying incidents
- **Media Mums and Digital Dads:** This practical, no-nonsense, workshop provides an overview of the latest research relating to children's online behaviour, how to keep children safe online, the latest trending Apps and games; and most importantly, how to talk openly and honestly to children about their online behaviours and experiences
- **Supporting Friendships:** This engaging workshop provides parents/carers with the tools to explore the dynamics of offline and online friendships, help their child build empathy and deal with difficult emotions such as jealousy, and how to deal positively with online and offline friendship problems and bullying behaviour
- **Smooth Moves:** Moving from primary to secondary school is a time of mixed emotions for parents and their children, but there are things parents can do to make the move easier. Our practical workshop offers Year 5 and Year 6 parents and children the opportunity to learn



# Contact

Priority 1-54  
40 Holland Street  
Hanover  
Brighton  
BN2 9WB

[www.priority154.com](http://www.priority154.com)  
[john.khan@priority154.com](mailto:john.khan@priority154.com)  
tel: 07846 137 597