



## spACE Schools Programme Overview

**Why:** Evidence shows us young people are not meeting their full potential, but engage well with Aspiration Creation Elevation (ACE) and their communities. We wish to leverage communities to help young people with their growth. Many disadvantaged young people experience institutional term but they can acquire some key tools and skills to help them better navigate their own lives.

**What:** We aim to

- Explore young people aspirations, wellbeing, ideals, and decisions; with the themes of consequence, responsibility and accountability.
- Develop decision making capabilities, emotional intelligence and self-awareness.
- Equip young people with new tools to better communicate, navigate conflict and regulate emotions.
- Increase young people self-esteem, life-expectations and motivation.
- Improve young people ability to engage with institutions.

**How:** We will use a series of fun and engaging workshops, based on interactive thematic games and safe discussions. The programme will learn from existing interventions to develop young people's socioemotional learning. Sessions will examine young people's beliefs, come to be and look at their identities and how these identities are affected by peer groups. Workshops will directly and indirectly tackle attitudes and responses to conflict to help young people better understand themselves and their triggers and responses. Through empowering young people to accept responsibility and accountability for their actions we can encourage them to appropriately challenge injustice in productive ways. We will explore group identities and the impact of masculinity on how young men express themselves. We will unpick group roles and dynamics, highlighting the impact these can have on our decision making and our existing tools, our journey so far and where we would like to go. Essentially, our approach is to use a kinaesthetic learning approach, delivered by qualified youth workers with relevant lived experience, to make sessions high-quality, informative and enjoyable; in order to achieve the best possible outcomes.

### **Simple Tool Summary:**

- Where do you stand: Examines identity, culture, group identity, reflection
- Identity Shields: Identity, Culture, Group identity, Reflection
- Red Flags: Conflict triggers, physical and emotional responses, muscle memory, conflict actions, Reflection, Accountability
- Unwritten Rules: Rules, Enforcement, Conflict, Groups, Conflict actions, Reflection, Accountability
- Reaction vs Response: Conflict triggers, Conflict Actions, Reflection



- FIDO: Decision making, accountability, conflict
- Choices and consequences: Decision making, accountability
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- *Workshop on Masculinity and reflections throughout, in post-game discussions*

Young people will develop an understanding of the tools: FIDO are tools that can be used to assess micro and macro situations across the course of life. young people will have a better understanding of their own conflict triggers and reactions. Participants will have actively thought about their identity and considered the implications of masculinity on their ideals. Accountability will be a core and continuous theme throughout despite justification, you are responsible for your actions and thus always liable to be held accountable.

### **Lesson Plan Briefs:**

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Session 1: Intro Session

Session 2: Identity shields and unwritten rules

Session 3: Red flags and Choices and Consequences

Session 4: Group Dynamics

Session 5: FIDO, Reaction vs Responses

Session 6-7: Masculinity direct - Success, conflict, pressures and social media. Host discussion punctuated with activities.

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Session 9-32

Session 11: SMART Goal Setting

Session 12: Recap, closing, awards