

## OPENING SESSION

### Getting to know each other

This session is beginning the process of building a connection between the young person and practitioner to support their recovery. This will be the opportunity to discuss expectations and give clarity on what is to come.

## FOUNDATION SESSIONS

### Relationships

This session is to set out what good and healthy relationships look like and how to behave and treat each other in ways that feel safe and respectful.

### Dealing with change

This session is to explore the different things that may change in life – good and bad, expected or unexpected – how you can predict and prepare for some changes and how you can manage changes.

### Managing and understanding emotions

This session is to help the young person understand how emotions are triggered and what effect they have on the mind and the body. The aim is to widen understanding of emotions beyond simple angry/sad/happy etc and to have greater awareness of how to manage their own emotions.

## TARGETED SESSIONS

### Okay and not-okay behaviours in friendships and other relationships

This session looks at behaviours that are okay and not-okay in relationships and how we might respond to these whilst developing an awareness of the different contexts and introducing the concept of feeling forced to do something you don't want to do (coercive control).

### Feeling safe

This session allows the young person to explore what feeling safe looks like in their life, and what and who offers them the feeling of safety. This will allow discussion around safe places and people.

### Telling people what I need

This session gives the young person opportunity to explore how they can tell certain people in their life what support they need without having to find the words to vocalise it. It will also provide families and other trusted adults with ways to interact with the young person in a way that is helpful and supportive to them.

### **Feeling like it's my fault**

This session gives the young person opportunity to consider scenarios where we may blame ourselves or feel as though others blame us, but where we need to look at the context of a situation in order to see that it wasn't the victim's fault.

### **Managing upsetting thoughts**

This session is an opportunity to explore managing unhelpful or upsetting thoughts.

### **Building strengths**

This session allows the young person to explore the positive things in their life and their strengths. Reflecting on our strengths helps in our recovery.

## **TARGETED SESSIONS - TACSA**

### **Giving and receiving permission (consent)**

This session will explore the issue of young people giving and receiving permission and empowering them to find ways to do only what they feel comfortable with.

### **Talking to people online: grooming**

This session will allow the young person to explore how some people build connections to us online and then use them to get us to do things we might not want to or that we feel uncomfortable doing.

### **Picture received with pressure to then send one back**

This is an opportunity to explore thoughts, feelings and responses when someone receives a picture they didn't ask for, or want, and is then pressured to send one back.

### **Image taken and shared with permission/consent then shared on without permission/consent**

This is an opportunity to explore thoughts, feelings and responses when someone you trusted shares a picture with other people after tricking you into believing you were in a relationship.

## **CLOSING SESSION**

### **What makes us us?**

These sessions have been designed to support recovery, teach skills and open up discussion. This ending session is about bringing it all together and reassuring the young person that they are able to move forwards.