



training

FOR WORKERS



The network
of youth groups

YOUTH SCOTLAND ACCREDITED PATHWAY FOR YOUTH WORKERS AND VOLUNTEERS



START: READY FOR YOUTH WORK (SCQF LEVEL 3)

Ready for Youth Work is a practical course for youth workers and volunteers to ensure that they can: create a safe space for young people; plan, deliver and evaluate fun youth work sessions for young people; engage young people meaningfully and celebrate and recognise their achievements.

Accreditation available at SCQF level 3.

Duration: 2 days

GROW: PROFESSIONAL DEVELOPMENT AWARD IN YOUTH WORK (SCQF LEVEL 6)

This exciting course will offer youth workers and volunteers from youth groups the chance to undertake a nationally recognised SQA qualification in youth work. The PDA in Youth Work is made up of three units: Understanding and Exploring Youth Work, Engaging with Young People and Delivering Youth Work. Participants will be required to complete all three units, three assessments and undertake a practical placement and observation within their workplace or the youth club/group where they volunteer.

National SQA accredited award at SCQF Level 6.

Charge will apply—see individual course details.

Duration: 6 days over 4 months

LEAD: ILM LEADING IN YOUTH WORK (SCQF LEVEL 9)

Leading in Youth Work is a partnership between Youth Scotland and the Social Enterprise Academy. It is an programme that aims to: strengthen your abilities and confidence in your leadership, develop your strategic thinking to lead your organisation sustainably, explore the challenges and opportunities you face in the youth work sector in Scotland and you will gain practical skills to develop successful partnerships.

Accredited at SCQF level 9 with an ILM award in leadership.

Charge will apply—see individual course details.

Duration: 6 days over 3 months

Youth Scotland offers a wide range of continuous professional learning and training across Scotland for youth workers, volunteers and leaders. Our training matrix gives you an idea of what's available. Most courses are offered free, except where otherwise listed. These are for adult workers/volunteers/leaders aged 16+.

For further information on Youth Scotland's training opportunities please see:
<https://www.youthscotland.org.uk/training-events/>

PRACTICAL BASIC YOUTH WORK TRAINING

A suite of training modules across a range of youth work topics which give you a good foundation for working with young people. These workshops are offered standalone or if you attend all 6 and complete accreditation, you can also receive a Ready for Youth Work certificate.

Child Protection Awareness

This interactive workshop aims to assist youth workers and volunteers with the implementation of a child protection policy and measures to consider when working with young people and adults that keep everyone safe from harm.

Duration: 3 hours

Emergency First Aid Awareness

This interactive session will introduce participants to a variety of skills that will assist them and build confidence to deal with emergency first aid situations.

Duration: 3 hours

Youth Participation

This engaging workshop will look at what is youth participation, how young people can become involved in decision making and take active roles as young leaders or volunteers.

Duration: 2 hours

Programme Planning & Evaluation

This interactive session will give participants the skills to know how to design a programme with young people and look at different ways to evaluate the session helping to develop future programmes that are meeting their needs.

Duration: 2 hours

Team Building/ Leading Games

This fun, interactive session will build your skills to deliver team building sessions with young people and explore ways to encourage participation. You will participate in a range of practical activities which you can take back and use in your own youth setting. An appropriate space is required to run some of the team building activities and games.

Duration: 2-3 hours

Celebrating and recognising young people's achievements

This fun, interactive session will build your understanding of the importance of recognising and celebrating young people's achievements. It will build skills to deliver Youth Scotland's Hi5 and Dynamic Youth Awards. You will participate in a range of practical activities which you can take back and use in your own youth setting.

Duration: 2-3 hours

TRUSTED ADULT TRAINING

A suite of training modules to help support young people's health and wellbeing.

Challenging Behaviour

This interactive session will introduce participants to a variety of skills that will assist them to deal with challenging behaviour in a youth work setting with young people in a way that avoids the use of aggression and introduces the participants to the use of effective de-escalation techniques.

Duration: 3 hours

Young People & Social Media/ Internet Safety

This session will look at what apps young people are using, the potential issues young people may face online and how to stay safe online. This session will make reference to CEOP (Child Exploitation Online Protection).

Duration 2-3 hours

Sexual Health Awareness

This workshop will explore how to work with young people around sexual health, create the space to explore your personal values and raise awareness of the support and advice available.

Duration 2-3 hours

Young People & Self-esteem

This interactive workshop will explore the role of self-esteem on young people's health and lifestyle choices and how to facilitate young people's understanding of their own self-esteem.

Duration: 2-3 hours

Young People & Body Image

This workshop will explore the issue of body image and the impact it can have on young people.

Duration: 2-3 hours

Young People & Positive Coping Strategies

This workshop will explore a range of different coping strategies and create choices to create a pathway to a healthier lifestyle, manage stress, anger management, emotions and health for young people—with the added bonus staff can incorporate these for themselves.

Duration: 2-3 hours



Under Pressure: Teenage Relationship Exploitation

This introductory workshop will explore the topics of sexualisation, abuse prevention and early intervention initiatives with young people. It will increase your understanding of abuse within young people's intimate relationships and help you think about how you can address these issues with the young people you work with.

Duration: 2-3 hours

Brook Sexual Behaviour & Traffic Light Tool

This is an innovative resource developed by Brook and funded by the Department of Education. The tool encourages professionals in different agencies to adopt the same criteria in a unified approach to decision-making, supporting and safeguarding children and young people. The tool assists professionals to identify and respond appropriately to a range of sexual behaviours, using a 'traffic light' approach to identifying harmful behaviours.

Duration: 3 hours

Young People & Alcohol/Drugs

This interactive workshop will provide information on drugs/alcohol and look at emerging trends and explore techniques and strategies you can use in your own youth group.

Duration: 2-3 hours

Mental Health First Aid: Young People

The Scotland's Mental Health First Aid: Young People (SMHFA:YP) is a 14-hour evidence-based blended learning course for adults who support young people between the ages of 11-17. Participants will gain an increased knowledge and awareness of mental health issues, as well as improved confidence.

Duration: 14 hours

Times are flexible and each workshop can be adapted to meet the needs of the group. Taster sessions are available or we can provide longer to more in-depth sessions.



FUN AND CREATIVE WORKSHOPS

Active Fun

This fun workshop will provide practical tips and ideas on how to deliver simple games, dance, fitness or sports sessions to young people. It will build your skills in promoting health in active sessions to young people and build your confidence in leading sessions—you choose the theme.

Duration: 2-3 hours

Delivering Art Activities

A fun creative session which will introduce you to a range of arts activities you can take back to your own youth group or setting.

Duration: 2-3 hours

Special Effects Make-up

A hands on practical workshop where you will learn how to create fake wounds with paints, powder and fake blood. A great fun activity to do with young people. Great activity to take back and use for Halloween, events or residential.

Duration: 2 hours

Creative Consultation and Evaluation

This fun, interactive workshop will explore creative ways to engage young people in consultations and evaluations.

Duration: 2-3 hours

TRAINING FOR SENIOR YOUTH WORKERS, MANAGERS AND BOARDS

Child Protection Officer

This course is for individuals that have responsibility for child protection arrangements within their youth group. The course is particularly aimed at those in small voluntary sector organisations that have limited access to other support or training. Participants should have previously attended Child Protection Awareness training.

Duration: 1 day

Support and Supervision

This course will offer you an introduction to offering one to one support and supervision. It is aimed at people who are new to the role and people who would like to refresh their knowledge and check out their practice. The focus of the day is on planned supervision sessions however most of the concepts will be relevant for informal support and supervision also.

Duration: ½ day-1 day

Training and Facilitation Skills

Whether you are new to training and looking for a grounding in good practice or more experienced and looking for some fresh thinking and new ideas there should be something for you. This workshop will build confidence and develop facilitation skills for use in your day to day youth work practice.

Duration: 1 day



Management Modules

These modules will allow participants to undertake training, networking and skill sharing opportunities as part of the Leading in Youth Work learning network, on topics including Business Management, Marketing, Team Development and Enterprise. This training is for managers/senior volunteers and further details will be made available on Youth Scotland website, as modules are developed.

Duration: ½ day–1 day

Informed Trustees Training

The Informed Youth Work Trustee program will offer increased access to leadership development opportunities for volunteer trustees and improved strategic leadership through the offer of an accredited Trustee Training Course at SCQF Level 7, endorsed by Napier University. This course will be offered to Trustees of the National Voluntary Youth Work Organisations and Trustees of the larger community based Youth Work Charities in the first instance. The course would look to accelerate the learning of inexperienced Trustees or to refresh the knowledge of experienced Trustees, providing support for a changing landscape. It could also be used to encourage new Trustees and be offered as part of induction training.

Duration: approx. 6 months but will vary from participant to participant as training is done on-line and at the participant's own pace

Writing Successful Funding Applications

The training session is intended to give participants an insight into how applications for funding are assessed, in order to ensure they can maximise their chances of success. It will increase understanding of why and how applications are assessed and build your awareness of the information you need to include in any application.

Duration: ½ day

Enterprising Leaders

The workshop will be a lively and interactive session where you can pick up some useful and tangible tools for introducing an enterprising approach within your organisation, whilst remaining true to your organisation's core values and purpose. This workshop is a partnership with the Social Enterprise Academy.

Duration: ½ day

Evaluation & Outcomes

This workshop will offer you a more detailed platform to improve your knowledge of evaluation and outcomes that talk the funder's language and enhance your funding application skills. We will also introduce you to Equip—this is a practical toolkit for improving practice in voluntary and community youth groups.

Duration: 3 hours

Getting it Right for Every Child (GIRFEC) & Pupil Equity Fund

This workshop takes you through the up to date overview and key messages of what GIRFEC is and what it means to our youth work sector. To support this we also introduce you to Pupil Equity Funding which is additional funding allocated directly to schools that community youth groups can access and work collaboratively with the schools to target at closing the poverty related attainment gap.

Duration: 3 hours

Curriculum for Excellence: An Introduction

Curriculum for Excellence makes it clear that its aspirations for Scotland's young people to develop as successful learners, confident individuals, effective contributors and responsible citizens, are not just for schools: youth work has a powerful part to play. This training session introduces Curriculum for Excellence to learning providers, including youth workers, before having an in-depth look at the Experiences and Outcomes that all children and young people should achieve, regardless of the setting. Delegates will leave with a practical tool to support them to identify Experiences and Outcomes most relevant to youth work.

Duration: 3 hours

If you are interested in topics that are not listed above, we can develop new courses in response to demand, both in-house and in partnership with a range of partner agencies.

AWARDS

Comprehensive training to give you the skills and knowledge to support young people to undertake Youth Scotland's Awards (Hi5 Award, Dynamic Youth Award and Youth Achievement Awards).

Awards Introductory Training

CPD 7 points / £70

Duration: 6 hours

Youth Achievement Awards— Bronze and Silver Level Advanced Training

CPD 3 points / £45

Duration: 3 hours

Youth Achievement Awards— Gold and Platinum Level Advanced Training

CPD 3 points / £45

Duration: 3 hours

Hi5 & Dynamic Youth Awards Introductory Training

CPD 3 points £45

Duration: 3 hours

Agency Assessor Training

CPD 7 points / Free

Duration: 6 hours

Dynamic Youth Awards Internal Moderation

CPD 7 points / Free

Duration: 3 hours

Awards Train the Trainers

(plus activity pack)—by invitation only if criteria is met

CPD 3.5 points / £70

Duration: 3½ hours

For further information on Awards Training please see:

<https://www.youthscotland.org.uk/awards/>

NATIONAL PROGRAMMES FOR YOUNG PEOPLE

Youth Scotland offers a range of programmes for young people. Some of these are directly delivered by Youth Scotland, but others have training for workers as part of the offer. See website for full details of the opportunities available for young people and other worker training attached to these programmes.

For further information on Youth Scotland's programmes for young people please see: <https://www.youthscotland.org.uk/programmes/>

For further information on Youth Scotland's training opportunities please see: <https://www.youthscotland.org.uk/training-events/>

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