



Inputs for Schools

Staff Inset Training

Staff in schools face an increasingly demanding job of trying to manage early-stage health and behavioural issues whilst also focusing on their other responsibilities. Finding time to keep abreast of what the latest research is advocating in terms of supporting healthy teenage development can be challenging in a busy timetable.

Our 2 x half-day staff INSETS draw on up-to-date research highlighting the links that are being made between various fields – neuroscience, psychology, neurobiology – in order to enable all staff to promote positive teenage mental health. Where staff are offered the opportunity to better understand how to develop a proactive approach to managing teenage problems, they are able to spot early stage issues and help children manage these so that they don't develop into more serious dysfunctions.

Half day Inset – Session 1 (3hrs)

This covers the powerful new insights that enhance our understanding of why teen behavior changes, and the environments and interactions which work best for teens. The half day will cover:

- The changing adolescent brain and its impact on behavior and mental health
- The brain's stress response system and how this affects a child's ability to regulate emotions, and to maintain focus
- The settled and unsettled behaviour cycles and how these affect equilibrium

- The impact of anxiety on performance and wellbeing
- The vital role of dopamine in conduct and achievement

Half day Inset – Session 2 (3hrs)

This builds on Session 1 and helps staff understand mental health on a spectrum, from relatively minor undesirable reactions (eg rudeness, panic, sulking) at one end to much more troubling expressions like persistent anxiety, panic attacks, negative outlook or dysfunctional behaviours like cutting. We will look at:

- What is good and ill mental health and what are the early signs of distress?
- The Mental health spectrum from low level issues to very serious ones
- Danger signals of who is most at risk – decoding a child's behaviour
- The central role of anxiety/fear in mental ill health
- How dysregulated emotions culminate in negative coping strategies (eg eating disorders or addictions)
- How adult communication impacts a child's emotional reactions, internal biochemical fluctuations and outward conduct
- How to provide proactive ongoing support for positive mental health & wellbeing

Price: £1000 per Inset

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