



# Working with Pre-Teens & Teenagers

## Student Workshops

Our student workshops aim to provide a vital element of a school's PHSE programme. We help young people to become **autonomous, well-rounded and responsible**, and to have the courage to make the right choices. We help them to develop their **intuition, judgment, ability to respond and react appropriately, and to develop their resilience**. Through our informal teaching style we encourage open discussion, reflection and developing practical skills.

Topics covered include:

- managing my behaviour (eg anxiety and exam stress)
- improving my emotional intelligence
- resolving conflict & maintaining friendships
- understanding my values & decision making
- collaboration & co-operation in our year group
- communicating well amongst friends and adults
- goal setting & being successful
- understanding my brain
- understanding how my mind works

## Feedback

Feedback from students includes "feeling more in control", "more able to sort problems and disagreements", "feeling better about making decisions", "coping better with stress" and "being able to calm myself down", which has resulted in "increased confidence". Our aim is that students are better equipped to manage pressures, problems and feel confident as they move towards independence.

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