



Parent Workshops

Personal Development Workshops
2022



TIMETABLE

Date	Time	Workshop	Provider	Venue	Cost
26.04.22	6.00-7.00	Working Together: Educating for equality and tackling identity-based bullying	Equaliteach	Stuart Lever	£10.00
12.05.22	4.30-7.00	Building and modelling resilience (Years 7-9)	Bounce forward	Theatre	£10.00
23.05.22	5.30-6.30	Disordered eating and aiding recovery	Hannah Cartwright	Stuart Lever	£10.00
14.06.22	6.00-7.30	Safeguarding our students	SWBGS	Theatre	Free
11.07.22	6.00-7.00	Relationships and Sex Education	School of Sexuality Education	Online	Free
Forthcoming (details to be confirmed)					
09.22	tbc	The teenage brain and mental health	Lucy Foulkes	tbc	tbc
10.22	tbc	Resilience to alcohol and substance misuse	Amy Winehouse Foundation	tbc	tbc



BOOKING

Please book your ticket for each event using the details below. Even if there is no payment to be made we do need to register numbers and allocate tickets accordingly. Thank you.

Date	Time	Workshop	Booking details	Cost
26.04.22	6.00-7.00	Working Together: Educating for equality and tackling identity-based bullying	Ticket source www.ticketsource.co.uk/borlase	£10.00
12.05.22	4.30-7.00	Building and modelling resilience (Years 7-9)	Bounce forward www.parentpay.com	£10.00
23.05.22	5.30-6.30	Disordered eating and aiding recovery	Hannah Cartwright www.ticketsource.co.uk/borlase	£10.00
14.06.22	6.00-7.30	Safeguarding our students	SWBGS www.ticketsource.co.uk/borlase	Free
11.07.22	6.00-7.00	Relationships and Sex Education	School of Sexuality Education www.ticketsource.co.uk/borlase	Free



Session content

Working Together: Educating for equality and tackling identity-based bullying

- To outline the reality and impact of prejudicial attitudes and identity based bullying on young people
- To equip participants with the confidence, skills and knowledge to effectively discuss issues of equality with young people and effectively counter stereotypes or misinformation.
- To share how the school deals with prejudice-related incidents and the avenues open to students and parents and carers for reporting incidents
- To provide access to further support and resources.

EQUALITEACH



<https://equaliteach.co.uk/>

<https://www.youtube.com/watch?v=KivqREykRko&t=123s>

Session Content

- Resilience, what it is and why the adults matter?
- The evidenced based teaching and learning approach at Sir William Borlase.
- Exploring the student lesson materials to help parents to build personal resilience and so they can be supportive of the learning at home.
- Provide parents with some top tips for building and modelling resilience.

The session will require parents to consider personal resilience and join in interactive and practical activities.



**bounce
forward**

*Thrive in life.
Start with resilience.*

<https://bounceforward.com/>



Session content

- Diet culture - what is it and what are the effects?
Includes the diet trap and food rules
- Body image and the role social media has
(including on our diets - what I eat in a day videos
/ comparisons and the obsession with clean
eating 'orthorexia')
- Stats on eating disorders and myths/
misconceptions
- Techniques for body image healing
- Techniques for challenging food rules

HANNAH CARTWRIGHT



<https://www.hannahcartwrightnutrition.com/>

<https://thebluetreeclinic.com/person/hannah-cartwright-nutritionist/>

SWBGS SAFEGUARDING

Session content:

- Online safety and signs of grooming
- Peer on Peer pressure and safety
- County lines and gang culture
- Signs of self harm and depression
- Sexual harrassment
- Discriminatory language and bullying
- Processes and protocols for acting on concerns

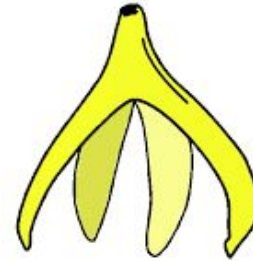
YOU HAVE THE RIGHT...



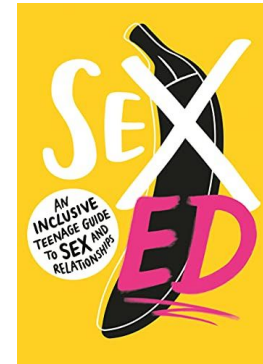
RSE: SCHOOL OF SEX ED

Session content:

- Workshop 1: consent and digital consent
- Workshop 2: reproductive and sexual health
- Workshop 3: anatomy, what is 'sex', health and hygiene
- Workshop 4: positive relationships
- Workshop 5: sex, bodies and the media (including pornography).



**School of
Sexuality
Education**



<https://schoolofsexed.org/>

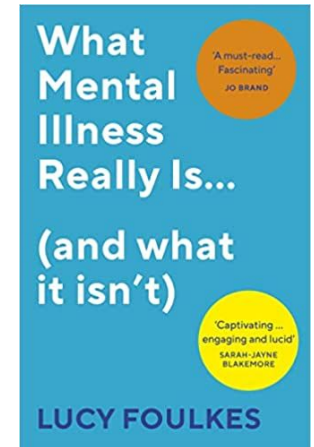
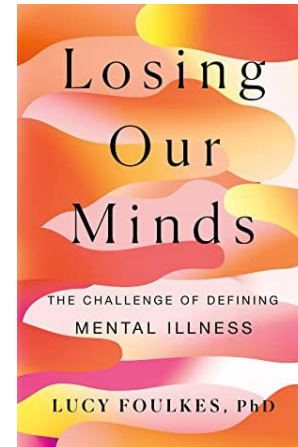
<https://www.lucyfoulkes.com/>

Old Borlasian Lucy is an academic psychologist conducting research about mental health and social development, particularly in adolescence. She is a senior research fellow at the Anna Freud National Centre for Children and Families and an honorary lecturer in psychology at UCL.

She has extensive experience in public science communication nationally and internationally. She regularly gives talks about adolescent mental health, mental health awareness and workplace mental health to corporate and public sector clients, including schools.

Her first book, *Losing Our Minds: What Mental Illness Really Is — And What It Isn't*, examines how we talk about mental health and illness. She is currently writing her next book, about adolescence, which is due for publication in 2024.

DR. LUCY FOULKES



Session content:

The Amy Winehouse Foundation Resilience programme supports parents by ensuring that:

- They have information about substance misuse issues, as well as and increased knowledge of the support on offer and how to access it
- They are better able to communicate with their children about drug and alcohol issues
- They will hear from a person in recover, receive drug and alcohol awareness session and take part in a structured question and answer session

AMY WINEHOUSE FOUNDATION



<https://amywinehousefoundation.org/>

<https://amywinehousefoundation.org/wp-content/uploads/2020/12/ParentsGuide.pdf>