

# MY LIFE PROGRAMME

Welcome to Brook in Buckinghamshire! Our My Life Programme supports young people aged between 11-25 through a series of confidential one to one sessions.

## INTRODUCTION

Brook's My Life programme will support you to feel more confident and learn how to improve your health and wellbeing in ways that matter to you.

The sessions will give you the chance to think about the whole of your life, to build on your strengths and help you make your life the way you want it to be.



## HOW DOES IT WORK?

You will have up to six sessions with a Brook worker, where we will support you to set your own goals and explore steps to reach them. Since everyone's goals are different, the one-to-one programme is unique for each person.

The sessions have planned activities and also the space for you to talk. They will last up to 1 hour, and might include learning about relationships, sexual health and wellbeing and using various activities to help you reach your goals.

## WHAT TO EXPECT

The sessions are very relaxed and your Brook worker will spend some time getting to know you and help you feel at ease. We won't judge you or tell you what to do. We're here to listen, guide and support you in finding meaningful ways to improve your health and wellbeing. You can ask questions at any time and you will not be made to do anything that you don't want to do.

## HOW CAN MY LIFE HELP ME?

On completion of the programme you will;

- Have identified key issues in your life that you wish to improve
- Have identified strengths and positive aspects of your life that you can build on
- Be actively engaged in improving your own health and wellbeing
- Have a stronger sense of self worth and self confidence
- Be skilled in finding, assessing and using health and wellbeing related information
- Have improved your mental and emotional wellbeing
- Have enhanced aspirations for a positive future
- Have developed skills in setting and achieving goals that you can use in future

## CONFIDENTIALITY

The sessions are confidential between you and your Brook worker unless we are concerned that you, or someone else, are at risk of serious harm in which case we will make sure we get you the help you need. This may mean we need to share information in order to keep you safe but we would always try to discuss this with you first.



## WHAT DO YOUNG PEOPLE SAY?

“ I DON'T THINK I'VE EVER HAD SOMEBODY LISTEN TO ME BEFORE. JUST LISTEN AND NOT TELL ME WHAT TO DO OR WHAT I'M DOING WRONG. THEN SHE TAUGHT ME THINGS I REALLY NEED TO KNOW. ”

“ I WAS BEING PRESSURED INTO DOING THINGS I DIDN'T WANT TO DO. I CAN SEE THAT NOW. NOW I KNOW IT'S OKAY TO SAY NO TO THINGS. I ALSO KNOW HOW TO KEEP MYSELF SAFE WHEN I HAVE SEX AGAIN. I WISH I'D DONE THIS TWO YEARS AGO. ”

For more information and advice about relationships, sexual health and wellbeing, just visit:

**brook.org.uk**