

Barnardo's Botvin Life Skills Training August 2018

Barnardo's NI in partnership with the CYPSP Ards and North Down Locality Planning Group and South Eastern Health and Social Care Trust hosted a one day training workshop on the Botvin Life Skills Programme to support teachers build resilience of young people in the education sector.

Lauren Spiers, Barnardo's Facilitator spoke from the programme and said "LifeSkills is a highly evidence based, universal programme that improves children's emotional health and wellbeing within the classroom setting.

On 23 August teachers within the North Down and Ards area completed the Botvin LifeSkills training in Bloomfield Primary School. Teachers in primary 5, 6 and 7 learned the core components behind the programme's success and how to effectively implement LifeSkills within their school. A benefit of the programme is that it can clearly demonstrate the impact the programme is having with regards to children's skills, knowledge and attitude.

LifeSkills is a 'skills' based programme that teaches children those core resiliency skills necessary to lead happy healthy lives. The programme very clearly aligns to the Personal Development and Mutual Understanding (PDMU) curriculum within NI. LifeSkills is funded by the SEHSCT".

Find out more at: www.cypsp.org/locality-planning-groups/ards-and-north-down-locality-planning-group/

CYP's Strategy for NI High Level Outcome Contributions

All Children and Young People have good physical and mental health

All Children and Young People live in safety and stability

All Children and Young People Learn and Achieve

Ards and North Down Community Plan Contributions

All people in Ards and North Down enjoy good health and wellbeing

All people in Ards and North Down fulfil their lifelong potential



Lauren Spiers, Barnardo's NI with primary school teachers from across the Ards and North Down Sector attending the Botvin Lifekills Training

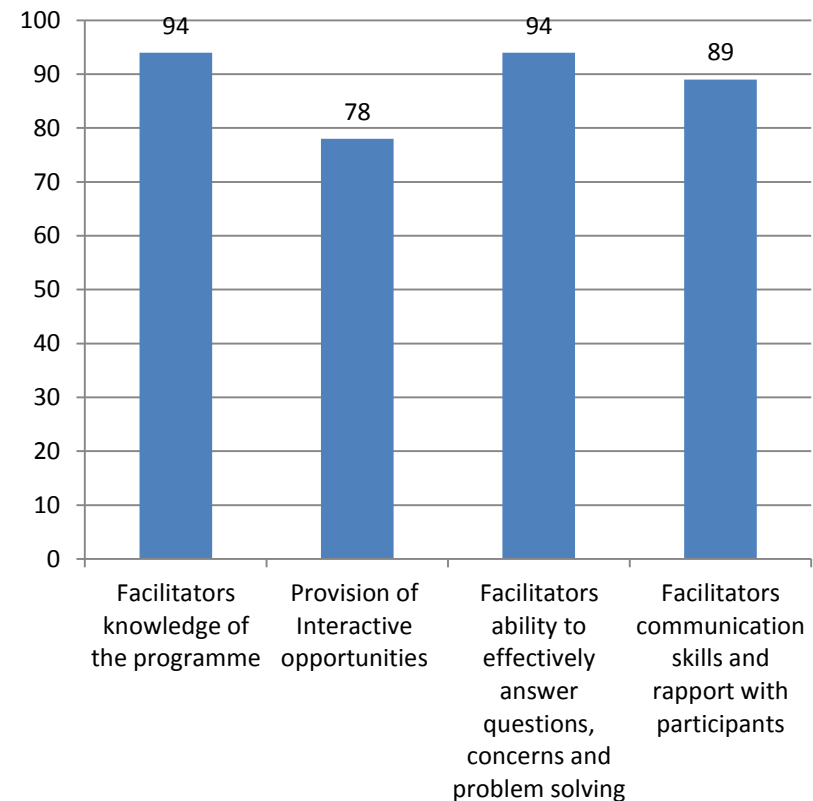
How much did we do?

- 1 full day implementation training workshop that was hosted in Bloomfield Primary School and funded by the SEHSCT as a pilot for the South Eastern Area
- Over 18 teaching staff from 8 primary schools in the Ards and North Down Sector attending the one day training event. A half day follow up will take place in six months



How well did we do It?

- Participants reported a 94% confidence in the trainers knowledge of the programme was expressed during the facilitation of the training
- 78% of participants reported there were adequate interactive opportunities during the training provided for teachers attending the training to practice the facilitation of the Botvin LifeSkills training in a classroom setting
- 94% of participants reported that the trainer who facilitated the training workshop confidently answered questions, addressed concerns and supported problem solving during the training
- 89% of participants rated the trainers communication and rapport with workshop participants as excellent
- The overall quality of the Botvin LifeSkills workshop was rated as 94% by participants attending the training



Is anyone better off?

- 83% of participants reported that the training was excellent and enhanced their understanding of LifeSkills and the importance of building a resilient classroom
- 83% of participants reported an increased understanding of how to implement the Botvin LifeSkills with the training manuals since attending the training
- 83% of participants reported that the training was excellent in preparing them to implement LifeSkills effectively in the classroom with pupils



Is anyone better off?

Feel better informed about the impact of resilience in children

I understand that all behaviour is communication

Concerned about funding for resources post year 1 of delivery

Would like further support on managing children's stress

I feel confident in using the manual and following fidelity

I feel confident in using the materials effectively and the body of evidence supporting the programme increases my motivation to implement it

More practical computer aided examples of implementation would be helpful

I would have liked more interactive experience in implementing the skills during difficult situations in the classroom

Contact Us:

For further information about the programme please contact Noelle Hollywood, Community Health Development Practitioner, South Eastern Health and Social Care Trust by email at noelle.hollywood@setrust.hscni.net