

Introduction to the Start Programme

Start

the Strengthening Families,
Strengthening Communities programme
for children and young people

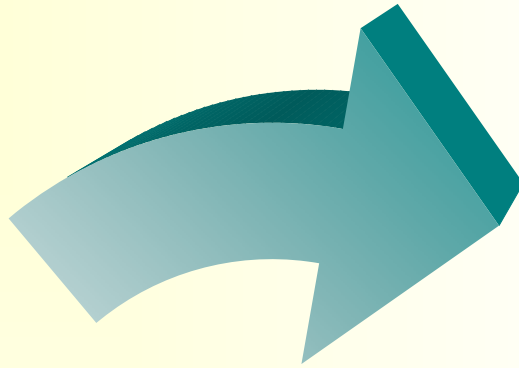
Jabeer Butt and Amina Lone

Start Programme Aims

- ◇ Exploring their relationships with their peers, families and their communities in order to develop supportive relationships;
- ◇ Exploring their identity to develop a positive sense of themselves;
- ◇ Developing their self-esteem and active citizenship skills;
- ◇ Developing appropriate strategies for coping with stress and conflict;
- ◇ Identifying risky behaviour and developing strategies for dealing with these, including solution building.

Start Programme Approach

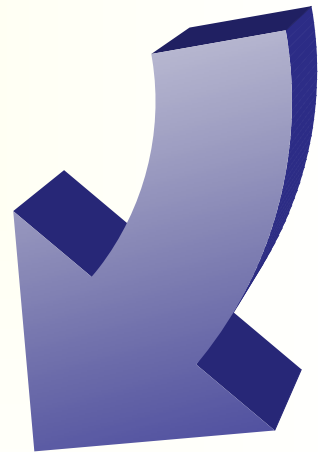
Promote
self esteem



Develop
social
competence



Extend
solution
building
skills



Start Programme Approach to Learning

- ◇ Providing clear information that is targeted to the child and young persons ability to understand;
- ◇ Making the information and the learning experience relevant, enjoyable and challenging;
- ◇ Presenting information honestly and with enthusiasm;
- ◇ Recognising and praising achievement;
- ◇ Avoiding patronising or condescending attitude to those engaged in learning;
- ◇ Using methods that encourage the development of skills in solution building.

Delivering the Start Programme

- ◇ Start is a thirteen week group based programme for children and young people.
- ◇ Each session lasts up to three hours and involves two hours exploring various aspects of their lives, exploring information, developing or enhancing skills.
- ◇ Accompanied by a further hour in an activity. This activity can be about learning a new skill or about participating in a team based activity.
- ◇ Start is a programme that use a co-facilitation model.
- ◇ A strengths based model is used to promote self-esteem, develop social competence and enhance solution building skills.

Support in delivery of the Start Programme

- ◇ A detailed facilitators manual
- ◇ Materials, including handouts and worksheets
- ◇ Signposting to other materials
- ◇ Further professional development opportunities
- ◇ Specialist support from Race Equality Foundation staff

Requirements of Start Programme

- ◇ Trained facilitators
 - Trained in SFSC
 - Trained in Start
- ◇ Child Protection Policy
- ◇ Criminal Records Bureau check
 - Standard
 - Enhanced

What next

- ◇ Accessing the Start training
- ◇ Developing new resources
- ◇ Revising the Start programme

Asking about your name

Our names are often the first thing other people find out about us. It can often tell me so much about us – our ethnic or cultural roots, our religion, the language we might speak and so on. Importantly, ensuring that you remember someone's name and that you pronounce it properly is a powerful way of indicating respect.

Finding out more about your name, therefore can be a useful way of thinking about who you are.

Ask a parent or a carer...

Who gave you your name?

Does your family call you by any other name?

Are you named after someone else in your family, or a religious or famous person?

Please turn over

What does your first name mean?

Blank space for writing the answer to the question: "What does your first name mean?"

Does your name come from a particular part of the world?

Blank space for writing the answer to the question: "Does your name come from a particular part of the world?"

This worksheet belongs to

It was completed on.....