



RSHE Training and support programme

Empowering young people to make better choices

Programme developed by



How Risk-Avert works for your school

Risk-Avert involves:

- **training and ongoing support** to empower teachers to deliver sessions in their own schools
- **online surveys** to create individual risk profiles to identify vulnerable pupils
- complete **RSHE scheme of work** and **online resources** including lesson plans, videos, PowerPoint presentations and factsheets
- **evaluation reporting** to measure impact and effectiveness.

Primary Schools

Risk-Avert Primary helps prepare Year 6 pupils for the transition to Secondary School.

Four sessions for targeted groups or whole class, focused on what safety feels like, protective behaviours for personal safety, how we can identify risk and what practical steps we can to minimise and manage risky situations.

Tailored online resources to support delivery of the four sessions and a **RSHE** scheme of work to support whole school approaches.

Year 8 (Recommended)

Training to support an unlimited number of staff.

Online survey to create risk profiles for individual pupils, access to online resources, on-going teacher support and evaluation as standard.

Six session intervention for pupils vulnerable to multiple risk-taking behaviours (identified through survey).

Additional Support Programmes – Schools also have access to emotional health and RSE interventions as standard.

Secondary Schools – PSHE Support

Unlimited access to online resources and scheme of work to meet statutory **RSHE** requirements.

Plus – optional

- unique school survey links for each year group
- training for an unlimited number of staff.

Helping children and young people to understand and manage risk

Risk-Avert is an early intervention and prevention approach, designed and developed by The Training Effect – a leading provider of award-winning health-based interventions for children and young people, and originally commissioned by Essex County Council.

The programme supports children and young people aged 9 - 18 to make positive choices that can help them navigate life and avoid situations and behaviours that may be harmful to their health or well-being.

Understanding development of the teenage brain and how young people make decisions is key to helping them to better manage risk.

Whilst positive risk-taking is essential to healthy development, Risk-Avert explores ways of helping young people to develop the skills which allow them to identify, understand and manage negative risk-taking.

Risk-Avert gives young people the skills and confidence to make better choices to navigate life choices about issues such as:

Smoking
Drugs
Alcohol

Online Risks
Bullying
Body Image

Youth Violence
Mental health
Relationships



St Martin's Secondary
School, Brentwood,
Essex

'The programme has had a really positive impact on students' attitudes. It's clear they are making better choices to reduce risk. We are noticing that if students think there might be an issue, they are more willing to share and approach staff with their concerns. Risk-Avert is an outstanding resource. It's easy to use and I think it should form part of every school's PSHE curriculum.'

Gaynor Wilson
SEAL Co-ordinator

'It's completely changed my mindset, helped me through situations when dealing with friends and family and given me different options'

Flynn Year 8 Student

Get involved

Proven to work

Risk-Avert is independently evaluated by academics at the University of Bath and University of Essex.

Wellbeing

79%
experienced improved
mental health

Self-efficacy

88%
experienced improved
ability to make
independent decisions

Resilience

79%
better prepared to
overcome adverse
situations

Evaluation reports have also shown
consistent improvements in:



Longitudinal Outcomes

Behaviour and conduct

Relationship and communication skills



Confidence and trust



Connection to shared school culture

Perception and awareness of risk



Understanding of decision-making processes

Responsibility for own actions



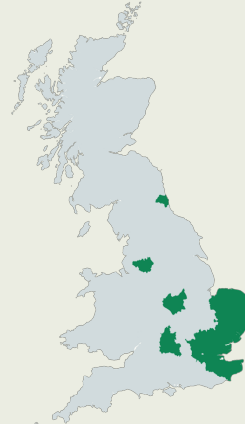
Solutions to real-world challenges

Understanding of early-warning signs



Almost **50,000** pupils have engaged
with Risk-Avert since May 2013 at
over **300** schools.

The programme has been delivered in the
following areas Bolton, Cambridgeshire,
Essex, Hertfordshire, Leicestershire, London,
Medway, Norfolk, Oxfordshire, Suffolk and
Tyne-side:



Contact us for more
information about how
schools, academies,
independent schools
and local authorities
can get involved with
the Risk-Avert programme:

Risk-avert.org
07527350160

mail@thetrainingeffect.co.uk