

Be the Change CWS – Year 13

Tuesday 16th May, 2017, 9am – 3.30pm

Worthing Assembly Hall, Stoke Abbott Road, Worthing, BN11 1HQ

Be the Change... working with young people to break down barriers and raise aspirations

Event Overview

This one day *Be the Change* conference is a ground breaking, inspirational day aimed at young people who may face challenges and difficulties within the learning environment or with life in general, and who perhaps lack confidence, but who with the right support have the potential to aim high with great results. The event will bring together approximately 20-30 business, university and college volunteers, with 100-120 college students (age 17-19) and focusses on **happiness, confidence, hope, relationships** and **employability**, encouraging students to identify their personal barriers to success, before helping them find ways of overcoming them.

Throughout the day, the students and business guides take part in emotional, interactive and engaging workshops and group activities led by *humanutopia's* founder and director Graham Moore. *Be the Change* focusses on qualities and life skills that support qualifications and success. In a mixture of larger group work, smaller breakout groups and 1-2-1 sessions, the young people and volunteers are able to share their views, day-to-day issues and concerns, and aspirations for the future. The students are invited to look at the influences of others, peer pressure and the culture of conformity and will reflect on their attitude, behaviour and impact on themselves and others.

Ultimately, *Be the Change* helps young people to understand what positive changes they need to make in order to realise their aspirations and what qualities are required to be successful in education, business and the workplace. Business, college and university volunteers will provide support and advice throughout the *Be the Change* journey, acting as role models and guides, helping to inspire the students with their ideas, experience and encouragement.

Activity Overview

Session 1 – Fixed or Growth?

During this opening session the young people will be encouraged to reflect on their lives to date and consider some of the issues that have been, and still are, holding them back. Initially the students will sit and work in pairs to create a truly interactive opening session in which they will discuss a variety of teenage issues and the subsequent relevance to their life. The focal point of this introduction is to expose confusion and accept that it is ok to feel confused. Once the young people understand that they are not alone and that many young people feel this way, it will help create a much clearer, less daunting picture moving forward. We will pay particular attention to the importance of developing and maintaining a healthy, growth mindset.

Session 2 –There's no I in TEAM

In session 2 participants will reflect on the realisations they came to in the first session, and will be given the chance to practically demonstrate the benefits of using a growth mindset. Students will be encouraged and empowered so that they can take their thought processes beyond the usual limitations. Students will be grouped into small teams and, with the help and support of their guides, will face two key challenges designed to test and develop a wide range of life skills and qualities. The students will take strong messages from these activities which will help them understand themselves better and better navigate any feelings of confusion and uncertainty to find greater clarity.

Session 3 – Step Forward

The final session will be specifically focused on giving students the tools they need to be able to take the next step. All young people will create their own short 'self-promo' video focusing on their strengths and qualities. Then, with the support and guidance of their guides, they will attempt to create a sharp plan in order to leave the event having a much better idea of what they want to do and the steps they need to take to achieve it. By the end of the day, our hope will be that every young person feels more positive, clear and confident about their next steps and have set themselves three goals to work towards.

In summary, this event will give students:

- A **greater understanding** of what is causing any blockages/barriers in their decision making, for example, levels of **confidence, happiness** and **self-belief**
- The chance to share and **discuss barriers** within a safe environment
- The rare **opportunity to briefly pause their life** for the day so that they can reflect and consider
- **Greater clarity and focus** on their next steps
- **Higher levels of motivation**, an improvement in attitude and effort levels and the development of a growth mindset
- Innovative techniques to **stimulate new responses** in their mindset

Be the Change helps open student's eyes to the world of work and wealth of the educational possibilities and career opportunities in their hometown and beyond. It acts as a springboard for young people, helping them to realise their full potential and providing them with the knowledge, confidence and skills needed to aim high and work towards successful careers.

Target no. of students: 120

Target no. of business volunteers: 20-25

Target Year Group: 13

Event Timings

08.00am:	Guides Arrive & Register
08.15am:	Guides Pre Brief
09.00am:	<u>Students Arrive & Register</u>
09.30am:	Session 1
11.15am:	Break
11.30am:	Session 2
01.00pm:	Lunch
01.45pm:	Session 3
03.00pm:	Students Evaluations & Close
03.15pm:	<u>Students Leave</u>
03.30pm:	Guides De Brief
04.00pm:	Event Ends

Lunch & Refreshments

A complimentary lunch and refreshments will be provided for students and staff throughout the day. **Any dietary requirements must be emailed to, BetheChange@LoveLocalJobs.com at least a week before the date of the conference.**

Role of Tutors

This is an interactive event, so the young people will be busy all day. They will be working in a mixture of large and small groups with business volunteers. Starting at 9am (prompt) and finishing at approx. 3.30pm, the day will be divided into three sessions with a complimentary lunch provided for students, tutors, college representatives and business volunteers in attendance. Throughout the day the students will be mixed and will not necessarily remain in their college groups.

Instructions for Students

No food or drink can be brought into the venue – lunch and refreshments will be provided on the day for staff and students. Students will be provided all necessary health and safety information on the day

Photography and Filming

There will be photography and filming at the event and some of the media we capture on the day will be uploaded onto the website for all who participate to access. If any students do not have photographic consent, we ask that you notify us on arrival. **PLEASE NOTE:** We can provide a draft consent letter on request.

Transport & Parking

There is parking available at the Civic Centre behind the Assembly Hall.

<http://www.eventim.co.uk/worthing-assembly-hall.html?affiliate=EUK&doc=venuePage&fun=venue&action=overview&venueGroupId=16568>

Insurance and Risk Assessments

A risk assessment and proof of venue and organiser Public Liability Insurance will be provided in advance of the event on request.

Safeguarding

Be the Change recognises the importance of safeguarding when working with young people. All *Be the Change* event team members have enhanced DBS certification. Safeguarding info (DBS disclosure reference numbers and event team identity badges) for the team will be provided via email before the event for your records.

All mentors, although not DBS certified, have been provided with the *Be the Change* Child Protection and Safeguarding Policy and have read and signed this to confirm their understanding. They will, however, never be left with any student unaccompanied at any stage during the Programme.

Disability Access

Please inform us if you need to arrange special access for wheelchairs etc.

Measures/Evaluation

To enable us to measure the success of the event and the impact of the programme, we will be running evaluations with the students both before and after the event. Your help with the completion of these forms would be appreciated.

If the college employs any other relevant measures, we would be grateful if you could share the results so that we can better measure the impact of the activity. For example, attainment in class, no. of detentions, reports of bullying, absenteeism, etc.

Please email BetheChange@LoveLocalJobs.com with any dietary requirements or the need for disability access, as well as any other special requirements at least a week before the date of the conference.

Contact

Project Director: Rosanna Farrar, LoveLocalJobs.com

Email: Rosanna@LoveLocalJobs.com or BetheChange@LoveLocalJobs.com

Telephone: 01273 65 11 00 (Office) / 07977 079496 (Rose) / 07824 645123 (Christina)

What people are saying about *Be the Change*

*Beautiful, beautiful people! I cannot quite express the gratitude for all the wonderful work put in and the opportunities you've made available to our students. You guys have made us laugh and made us cry; as professionals and human beings, you've confirmed that what we truly believe in does matter; and whether that's today or tomorrow or sometime in the future, these young people will remember the simple message, and be the change. From myself and on behalf of our students and all others here at ICC who've seen and benefited from the positive changes from this course, a MASSIVE THANKS. **David Curran, Ifield Community College***

*"An amazing event that encouraged students to move out of their comfort zones. Hugely emotional and engaging from the beginning. The only shame is that we cannot have ALL students participating. BRILLIANT." **Mark Monahan, Assistant Principal. Sir Robert Woodard Academy***

*"Thank you so much for putting on an inspirational, fulfilling and emotive event. You have given hope to these young people. We work hard to instill these messages into young people but the opportunity to remove them from their normal environment has been really positive. The young people have learned to reflect, stand away from the crowd and understand their self-worth." **Siobhan McCurdy, Early help Co-ordinator. Hove Park School***

*"An incredible day, I've been bowled over by how thoughtful and impressive all the students have been. I wish all young people could have this opportunity as it benefits everyone involved. It's been both emotional and inspirational. Thank you!" **Sophie Morris, Hove Park School***

*"What a day! Watching the young people I work with gain so much confidence as the day went on and conduct themselves with such maturity was an absolute pleasure. This day will transform lives. Thanks for putting on such an inspiring and engaging day." **Gary Shilladay, Dorothy Stringer School***

*"I'm jealous this opportunity wasn't available when I was at this age. Many of the 'barriers' touched a nerve and it was an emotional experience seeing it relived through the eyes of others. Well done 'Be the Change' I applaud you!!! Very impressive – students brilliant, brave and insightful!!" **Simon Newell, Brighton and Hove City Council***

*"Many of our students have low aspirations and they really need to believe in themselves. Today was inspiring for them and for us as teachers - we saw our students in a different light. Be the Change has made them more confident, inspired, respectful and compassionate." **Christine Bradley, Child Protection/Community Coordinator BACA***

*"I can't tell you how much I was impressed by the event, and am really pleased to be involved in the project. Best wishes, and thanks to you and the team for organising such a great programme – I am positive lives will be changed as a result." **Gino Graziano, Joint Head of Widening Participation, Widening Participation, University of Sussex***

*"What an incredible day! 'Be the Change' had many teachers both utterly inspired and bawling their eyes out. What a phenomenal occasion for our most vulnerable students... Thank you LoveLocalJobs and humanutopia for literally changing the lives of our young people." **Danielle Cook, Head of Boarding, Steyning Grammar School***

*"The session with the students was utterly inspiring to see how brave and willing there were to take on board the concept of change, talk about the issues they face and gain the confidence to raise their aspirations. A very emotional and moving experience! I look forward to working with you in the future." **Mo Wyrill, Business Improvement Manager, National Careers Service, CfBT Advice and Guidance***

*"Superb. As a 'grown-up' I could totally relate to what was being delivered to the students. It was good to see the students being able to share their thoughts and feelings in a public forum. It was engaging and clear to see 'all' students participating in the activities that they wouldn't have done in their own school environment. Graham was extremely motivational, inspiring and a 'laugh', all at the same time. The way he instilled confidence in the students is remarkable and he made every conversation personal to each student." – **Lynda Griffiths, Ark Helenswood Academy***

*"What a great day for our students to be involved in, so lucky. The day has got them thinking about who they are and do they need to make changes. The day has been inspiring and it will help them with confidence, aspiration and self-esteem. These qualities will help with their future and employability skills" – **Jackie Wallis, Robertsbridge Community College***