

## Students at St Martin’s School, Brentwood engage with innovative PSHE programme



### Background

St Martin’s Secondary School in Brentwood, Essex delivers a strong PSHE curriculum to its 1,784 pupils, seeing it as a fundamental component to the school’s overall commitment to the personal and social development of its pupils.

To widen this curriculum, the school commissioned The Training Effect to deliver its Risk-Avert programme as part of the Healthy Schools Enhancement initiative.

Risk-Avert was introduced to pupils in Years 7 and 8 in a bid to change their attitudes towards risk taking, empower their self esteem and help them make better choices.

### Solution

Students took part in the screening process which looked beyond behaviour to understand access points to risk taking.



Year 8 students with Head of Year 8, Ms Mary Casey (left) and SEAL Co-ordinator, Mrs Wilson (right)

Following this, risk profiles were generated for each child with those most at risk offered the programme which was woven through PSHE lessons.

During the Risk-Avert sessions, students interacted well with the trainers as well as through PowerPoint presentations, games and videos – all linked with teaching them about choices regarding risk taking, drugs, alcohol and tobacco consumption.

### Outcome

Staff at St Martin’s School have witnessed a noticeable change in the way pupils who engaged with the programme now behave and respond to certain situations.

Gaynor Wilson, the school’s Social Emotional Aspects of Learning Coordinator, said: *“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.”***

Indeed, Year 8 student Flynn, said: *“It’s completely changed my mind set, helped me through situations when dealing with friends and family and given me different options.”*

Risk-Avert will continue to form part of the school’s PSHE curriculum with training for teachers and surveys for Year 8 pupils starting in September 2015.

Take a look at what students at St Martin’s had to say about the Risk-Avert programme - [https://www.youtube.com/watch?v=\\_79dO5JHXU0](https://www.youtube.com/watch?v=_79dO5JHXU0)