

# Interpersonal Skills



A short, accredited course in 'Interpersonal Skills'. Young people taking part in the course will understand stress and healthy ways to deal with it; bullying and ways of responding to it; their own self-esteem and how to improve it; and basic sexual health and drugs awareness.

TARGETTED

<b>Target Group</b>	Age 12-21, Mixed or single gender
<b>Group Size</b>	Up to 10 Students
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• One credit at Level 1</li> <li>• Identify their own symptoms of stress</li> <li>• Recognise bullies and victims</li> <li>• Examine their own self-esteem</li> <li>• Be aware of risks associated with substance misuse</li> <li>• Be aware of the risks of sexual behaviour and how to protect themselves</li> <li>• Work effectively in a group setting</li> </ul>
<b>Format</b>	Small group work Interactive exercises Discussions Worksheets
<b>Key Skills</b>	Communication Working with others Reasoning skills Evaluation skills Creative thinking skills
<b>Duration/time</b>	Average 5 x one hour sessions
<b>Required Environment</b>	Flexible Seating, Whiteboard or Flipchart
<b>Evaluation Method</b>	Young Person's evaluation form Photographs Sample portfolios

InfoBuzz Ltd  
 Unit 15/17  
 City Works  
 Alfred Street  
 Gloucester  
 GL1 4DF

Tel 01452 381770  
 Fax 01452 524773  
 admin@infobuzz.co.uk  
 www.infobuzz.co.uk  
 Charity No. 1113171