



For the last 7 years as a school we have taken part in a programme called Risk Avert. This is a programme commissioned by Essex County Council with the aims to educate, inform and reduce risk-taking amongst young people. The programme has been developed by The Training Effect, a consultancy service provider to councils across the UK. As a school we were awarded the RISK AVERT award for 2015/16 in March 2016 for NE and Mid Essex.

The project is focused on early intervention and prevention. Initially Year 8 students will be identified through a survey. As we do not expect many young people to be engaging in risky behaviours at this age the project is about supporting young people to make positive choices as they get older.

## Risk-Avert helps young people:

- **Build resilience**
- **Improve their emotional health and well-being**
- **Make better decisions and positively manage risk**
- **Become more connected to school**

All students currently in Year 8 will be asked to complete a short survey by the 19<sup>th</sup> November. The survey will ask them about their experience of a range of issues including Internet safety, friendships and any risk-taking experience they may have been exposed to socially, including alcohol or smoking. A percentage of young people surveyed will be offered the chance to take part in a 6-session programme to educate them about risk-taking and offer support to help them make positive choices as they get older. Others may be offered a 6-session programme to support their emotional wellbeing.

Risk Avert also provides further surveys for Years 7, 9, 10 and 11. These are completely anonymous but will provide us as a school with social norms data that is used to inform our PSHE Education programme. We would also extend the targeted work to students in all year groups where behaviours indicate they would benefit from the Risk Avert programme.

As a school we are very excited about how the programme helps us to tailor our support to meet the needs of all students in helping them to make informed decisions. We are therefore inviting parents to **inform** us if **they are NOT happy for their children to take part in these surveys and/or projects across the school.**

For any further information on the project please contact **Mrs P Deighton, PSHE and Careers Leader.**

Further details for The Training Effect can be found at [www.thetrainingeffect.co.uk](http://www.thetrainingeffect.co.uk) and further details on Risk-Avert can be found at [www.risk-avert.org](http://www.risk-avert.org)