

# #consequences

For Secondary Schools  
in the Epping Forest District

## Teacher Information Pack

2018/2019

**YOUTH  
SERVICE**

Inspire  
Enable  
Achieve

 Epping Forest  
District Council  
[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

# #consequences 2018/19

#consequences is a new community safety and awareness annual event aimed at year 9 pupils. It is tailored to address issues relating to young people that have been identified as a key concern in the Epping Forest district.

Hosted by Epping Forest District Council's Community, Health and Wellbeing Team, specialist service providers have been commissioned to deliver key messages about personal safety and wellbeing. They highlight the dangers of online safety, and they look at relationships and the consequences of gang activity.

It is envisaged to provide 1000 pupils in the Epping Forest district with the latest information and guidance to enable pupils to make the right choices regarding the issues facing them. The agencies use theatre and case studies to talk through the impact and consequences of the decisions and actions made, highlighting the consequences both positive and negative.

The presentation consists of a forum theatre production by Arc Theatre. This sets the scene, it is interactive, and explores issues relating to young people's relationships, awareness of peer pressure, grooming, sexting and online safety. Spark2Life follow the theatre production with a case study, a young male adult and former gang member talks about how he came to grow up in an abusive family, his family were related to gang life, corruption and violence. He talks about prison life, drugs and crime and how he turns his life around to help others to make them aware of the consequences of your decisions and actions.

The Spark2Life and Arc theatre can offer expert advice and support and are able to promote where, when and how pupils can access further help.

## The commissioned delivery agencies

### Arc Theatre



Founded in 1984, Arc specialises in creating and performing theatre that challenges assumptions and causes real change in the way that people relate to one another at work, at school and in the community. As a pioneering organisation we were instrumental in bringing the issue of racism in football to the forefront of public awareness.

The organisations that we work with are those that seek to move forward and achieve a lasting difference, whether it be in the field of diversity, inclusion, education, health, criminal justice or community cohesion.

We are expert in a range of learning strategies including theatre, storytelling, drama workshops and interactive Forum Theatre. The success of our work is underpinned by first-class facilitation and meticulous research and preparation. Our facilitators, performers, storytellers and workshop leaders are trained to the highest standards and bring passion, energy and commitment to this work

## Spark2Life



Spark2Life is an initiative coming straight out of the heart of the urban youth culture. Spark2Life is an acronym for: Sharing Positive and Relevant Keys to Life, and is pioneered by Dez Brown a Youth Worker from East London. Spark2Life work with disaffected young people in prison, transitioning out of prison and in the community. Our aim is to help eradicate crime and gang culture and give an opportunity to those transitioning out of a lifestyle of crime by encouraging a positive social and behavioural life style.

Spark2Life are the Past Winners of the National Youth Justice Awards

### The benefits of the #consequences for pupils:

- Pupils will be equipped with the latest information and able to make informed choices
- *Highlighting the Consequences of their actions, whether they be positive or negative*
- Pupils have the opportunity to hear and learn from the real life stories of ex gang members and ex offenders
- Pupils will feel confident to ask for help and support about issues they may encounter
- Pupils will know what agencies can offer further support, and how to access this
- The web links provided can be uploaded onto the pupil pages of the school's website, thereby enabling anonymous access to information on support services
- Pupils are asked to contribute to the discussion
- Pupils take part in an evaluation exercise, to assess their learning on the day.

### The benefits for the school and teaching staff:

- Schools can select a date that is convenient for them
- With EFDC doing most of the organising, the event does not over burden school staff
- The information provided will inform and support the school curriculum
- Teachers will have up to date information and be able to support pupils to access further help.
- Links will be established between the school and specialist agencies, who can offer further support if necessary
- Schools are provided with evaluation feedback from pupils and teaching staff on the event – this can be useful evidence to support Ofsted's Inspection

For further information contact:

Di Gilson-Butler

Youth Engagement Officer

Community, Health & Wellbeing

Epping Forest District Council

Tele: 01992 564 365

Email: [dbutler@eppingforestdc.gov.uk](mailto:dbutler@eppingforestdc.gov.uk)

## #Consequences

### A – Z Further Information and support

<p>Useful links and resources</p>	<p><b>A</b></p> <p><b>ADAS - The West Essex Alcohol &amp; Drugs Service - Making positive, lasting change.</b> If you are struggling with alcohol and live in West Essex, we can help you <a href="http://www.adasuk.org">http://www.adasuk.org</a></p> <p><b>Alateen</b> For teenage relatives and friends of alcoholics. Alateen is part of Al-Anon. They believe alcoholism is a family disease that affects everyone in the family. Alateen meetings are attended by 12-17 year olds. They meet to share their experiences of having, or having had, a problem drinker in their lives. They help and support each other. <a href="http://www.al-anonuk.org.uk/public/what-alateen">http://www.al-anonuk.org.uk/public/what-alateen</a></p> <p><b>AlcoHelp</b> AlcoHELP is a charity that seeks to prevent alcohol abuse through information &amp; education. We aim to inform young people about how harmful alcohol is as a drug. <a href="http://www.alcohhelp.com/index">http://www.alcohhelp.com/index</a></p> <p><b>The Amy Winehouse Foundation</b> Working to prevent the effects of drug and alcohol misuse on young people. They aim to support, inform and inspire vulnerable and disadvantaged young people to help them reach their full potential. They also provide Resilience Programmes for Schools. <a href="http://www.amywinehousefoundation.org">http://www.amywinehousefoundation.org</a></p> <p><b>Angelus Foundation</b> The aim of the is to educate, encourage and assist individuals to be more knowledgeable about the risks to their health and wellbeing of using 'legal highs' and other new psychoactive substances, so they may be more responsible for the choices they make, and lead more wholesome and safer lives". <a href="http://www.angelusfoundation.com">http://www.angelusfoundation.com</a></p> <p><b>Arc Theatre</b> Founded in 1984, Arc specialises in creating and performing theatre that challenges assumptions and causes real change in the way that people relate to one another at work, at school and in the community. As a pioneering organisation we were instrumental in bringing the issue of racism in football to the forefront of public awareness. The organisations that we work with are those that seek to move</p>
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Telephone: 020 8595 8509

[www.arctheatre.com](http://www.arctheatre.com)

## **B**

### **Brook**

Brook has been at the forefront of providing wellbeing and sexual health support for young people for over 50 years. Our services in local communities, our education programmes, our training for professionals and our campaigning work means that young people are better equipped to make positive and healthy lifestyle choices.

Brook has services across the UK providing free and confidential sexual health services to young people under 25. Our Find a Service tool lets you search all services in England - not just Brook. If you haven't visited Brook before, our visiting Brook page will tell you what to expect and if you need help urgently, we've got all the key numbers you need.

[www.brook.org.uk](http://www.brook.org.uk)

### **Bursting the bubble**

This website helps you to work out what's okay in a family and what's not. It tells you what you can do if someone in your family is hurting or abusing you or another member of your family.

We are an organisation called Domestic Violence Resource Centre (DVRCV) and we make websites, videos, apps, brochures, posters and lots more to help people understand what family violence is, why it happens, how to recognise it and how to help others who are experiencing it.

We also run training classes for people who work with family violence victim/survivors and professionals who work to prevent more violence from happening.

<http://www.burstingthebubble.com>

## C

### **Catch 22**

Has more than 200 years' experience of providing services that help people turn their lives around. Read some of our service user case studies.

<http://www.catch-22.org.uk/case-studies>

### **ChildLine**

You can talk to us about anything. No problem is too big or too small.

Call us free on 0800 1111 or get in touch online. However you choose to contact us, you're in control. It's confidential and you don't have to give your name if you don't want to. When you call us on 0800 1111 you'll come through to our switchboard. This is where someone friendly will ask if you want to speak to a counsellor. If you log in for a 1-2-1 counsellor chat online, you might wait a little while before being connected with a counsellor. You can also send us an email from your locker.

Telephone: 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

## D

### **Drink Aware**

Provides evidence based information about drinking alcohol and its effects. You can check facts, calculate unit intakes and calories, understand your drinking patterns, and get tips to help make a change.

<http://www.drinkaware.co.uk>

### **DrugWise**

The mission of DrugWise is to provide drug information which is topical, evidence-based and non-judgemental – and to promote this through media work, public speaking and lecturing.

<http://www.drugwise.org.uk>

### **Drugscope**

A young people's website offering information and advice on drugs and keeping you safe.

<http://www.drugscope-dworld.org.uk>

## E

### **Essex Safeguarding Children's Board**

The Essex Safeguarding Children Board is a statutory body which acts as a mechanism for agreeing how relevant organisations in Essex co-operate to safeguard and promote the welfare of children and young people.

The aim of the Board is to improve outcomes for children by co-ordinating the work of local agencies to safeguard and promote the welfare of children and ensuring the effectiveness of that work. The ESCB works with Essex County Council, Essex Police, Essex Probation Services, Education Services, Health Services, City, Borough and District Councils, and the Voluntary Sector. We also work with the Southend and Thurrock Local Safeguarding Children Boards.

Telephone: 0345 603 7627

[www.escb.co.uk](http://www.escb.co.uk)

### **Essex Sexual Health Service**

A new app is set to revolutionise the way young people access condoms in Essex. The exciting initiative will allow 16 to 24-year-olds to access FREE condoms, using their smart phone to track down a convenient condom collection point from a choice of more than 80 outlets across the county. This currently includes all our clinics and most community pharmacies, with additional values being added over the coming months. *The list of collection points is growing all the time.*

Telephone: 0300 003 1212

[www.eshs.org.uk](http://www.eshs.org.uk)

### **Essex Young People's Drug and Alcohol Service (EYPDAS)**

Based in Chelmsford but works across Essex, supporting young people up to their nineteenth birthday, and their families, who are affected by drugs and alcohol, whether it's their own use or someone else's. Our support is free and confidential and is there whether you need it once a week or more.

Telephone: 01245 493311

[www.childrensociety.org.uk/EYPDAS](http://www.childrensociety.org.uk/EYPDAS)

## H

### **Healthwatch Essex**

Healthwatch Essex is an independent voice for the people of Essex. We gather and represent your views about health and care services in the county to help improve them. We undertake high-quality academic research and public engagement to uncover your lived experience of services.

We also help people to find out about, access and navigate health and social care services through our Information Service.

Telephone: 0300 500 1895.

[www.healthwatchessex.org.uk](http://www.healthwatchessex.org.uk)

### **The Hideout**

Stop domestic violence now. Women's Aid has created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

[www.thehideout.org.uk](http://www.thehideout.org.uk)

### **M**

#### **Milife**

Milife is a national award winning project commissioned by young people for young people, exploring how everyone can experience better emotional wellbeing and mental health. If you'd like to find out more about who got it started, click on their logos below or follow the Parent/Teacher links.

[www.milife.org.uk](http://www.milife.org.uk)

### **N**

#### **NACOA**

The National Association for Children of Alcoholics (Nacoa) is a registered charity (No. 1009143), to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages. FREE HELPLINE 0800 358 3456

<http://www.nacoa.org.uk/young-people.html>

#### **NHS**

NHS website where you can search local sexual health services via postcode

<https://www.nhs.uk/Service-Search/Sexual-health-services/LocationSearch/1847>

### **P**

#### **Papyrus**

We provide confidential help and advice to young people and anyone worried about a young person. We Help others to prevent young suicide by working with and training professionals. We also campaign and influence national policy

Telephone: 0800 068 4141

[www.papyrus-uk.org](http://www.papyrus-uk.org)



### **Prison! Me! No Way!**

Set up by volunteer Prison Officers from the No Way Trust to educate young people about the realities of prison life. They provide prison visits, offender insight workshops, crime & safety awareness days, and educational resources packs for schools.

<http://www.pmnw.co.uk>

## **R**

### **Realiteen**

Realiteen stands for reality of teenage lives. Realiteen have produced an educational DVD for parents of teenagers in particular. The DVD -THINK ABOUT IT....aims to make people think about and bring awareness to these taboo and sometimes ignored subjects and to give parents confidence to approach their children regarding these issues.

<http://www.realiteen.co.uk>

### **Respect not fear**

Website for young people about healthy relationships, with games and activities. When it comes to sex, what do consent and consequences mean? Find out in the Consent and Consequences game.

<http://respectnotfear.co.uk>

## **S**

### **Safer Places**

If you think you are suffering from domestic abuse then you probably are... Safer Places offers a range of different services to support you and guide you through an abusive relationship. If you are not sure click here to find out more about what we can offer you, or to contact us for support right now, call 03301 025811.

[www.saferplaces.co.uk](http://www.saferplaces.co.uk)

### **Schools - Pastoral Support teachers**

- |                               |                 |
|-------------------------------|-----------------|
| 1. Davenant Foundation school |                 |
| 2. Debden Park High School    | Lauren Mason    |
| 3. Epping St Johns            | Sammy O' Brien  |
| 4. King Harold Academy        | Lesley Kennedy  |
| 5. The Ongar Academy          | Anthony Camillo |
| 6. Roding Valley High         | Fintan Ryan     |
| 7. West Hatch High School     | Rob Tester      |

### **Spark2Life**

Spark2Life is an initiative coming straight out of the heart of the urban youth culture. Spark2Life is an acronym for: Sharing Positive and Relevant Keys to Life, and is pioneered by Dez Brown a former Youth Pastor in East London.

Spark2Life comprise of a dedicated and a passionate team of workers who have vast experience around the issues we address, through having formerly been in a lifestyle of crime or having worked closely with those who have. Spark2lifes project started in Waltham forest and has now expanded across borough and beyond, encouraging positive social and behavioural life style choices for a better community.

Telephone: 020 8619 1355

[www.Sparks2life](http://www.Sparks2life)

### **T**

#### **Talk to FRANK**

Facts, advice and information on drugs for young people, including stories, videos, live chat, and confidential support via email, text and helpline.

<http://www.talktofrank.com>

### **V**

#### **VICTIM SUPPORT**

As an independent charity, we work towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. We help people feel safer and find the strength to move beyond crime. Our support is free, confidential and tailored to your needs.

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### **W**

#### **Why not find out**

This website is designed to provide you with the information you need to help you make informed decisions about legal highs. The content of this site is provided by independent advisors including leading experts in toxicology.

<http://www.whynotfindout.org>

### **Y**

#### **Young people friendly**

Local sexual health information and advice website with search facility to find local services.

<http://www.youngpeoplefriendly.co.uk>

### NEWS Stories and short films

Link to news story regarding the death of Jimmy Guichard, age 20 who it is believed died following the use of synthetic cannabis which is sold as a legal high.

<http://www.kentonline.co.uk/kent/news/my-son-is-not-going-11636>

“Not what it says on the tin” – video on legal highs shown in ADAS workshop

<http://www.youtube.com/watch?v=Gac2MCqgc6g>

An interview with Jason Rock published by the London Evening Standard in April 2014. Jason plays the male lead in BABY/LON, a play by The Big House theatre project for young people who have grown up in care.

<http://www.standard.co.uk/lifestyle/london-life/jason-rock-in-my-house-people-took-heroin-and-sold-it-all-day-long-there-wasnt-time-to-be-a-child-9267117.html>

<http://vimeo.com/74581093>

A short film telling Jason Rock’s story about growing up in care, drugs & prison.

For further information contact:  
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Email: [dbutler@eppingforestdc.gov.uk](mailto:dbutler@eppingforestdc.gov.uk)

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