

## Course Descriptor

### **UNDER PRESSURE**

Under Pressure is a training course for professionals working with young people. It is aimed at increasing awareness of the issue of abuse and sexual exploitation in young people's relationships, as well as equipping workers with skills and knowledge to address this problem in their practice.

Specifically targeting the residential care and informal youth sector, this training aims to skill up professionals working with young people who are often missed by education programmes taking place in Schools and more formal settings.

#### **Course aims:**

- To equip youth work staff with the knowledge, skills and confidence to deliver effective sexualisation awareness, abuse prevention and early intervention initiatives with young people.
- To enable youth work staff to incorporate prevention and early intervention activities into their work and which can go towards addressing abuse in young people's intimate relationships.
- To increase understanding of abuse within young people's intimate relationships.
- To increase confidence in addressing relationship abuse with young people they work with.

**Who it's for:** anyone who works with young people

**How long is the course:** Full day – 9-5pm

**Delivered by:** North East Health Improvement Team

Designed by: Zero Tolerance [www.zerotolerance.org.uk](http://www.zerotolerance.org.uk)

**Booking Contact:** [northeastyouth@ggc.scot.nhs.uk](mailto:northeastyouth@ggc.scot.nhs.uk) or tel. 0141 232 0172

**Catering:** teas & coffees provided. Although lunch is **not** provided, you are welcome to either bring a packed lunch or we can direct you to a range of local shops/cafes.