

Introduction

Working with young people has its rewards and its challenges. How do we maintain and develop our relationships with young people, and our self-confidence when challenges arise? Can we/should we avoid confrontation? This workshop is an opportunity to explore challenging behaviour in youth work and look at strategies and solutions for dealing with it.

The course is suitable for anyone working with children or young people.

Content

The Challenging Behaviour course looks at how you can deal with some of the difficult situations that can arise at your club or group.

The course is based around practical exercises and includes;

- Brainstorming
- Group discussion
- Group exercises
- Case studies
- Handouts

Outcomes

By the end of the course participants will have;

- Gained an overview of what constitutes challenging behaviour
- Gained an understanding of the workers role and influence in the context of challenging behaviour
- Gained knowledge of strategies and solutions for dealing effectively with challenging behaviour

Follow Up

Please answer all the questions;

- Briefly describe a situation which involved challenging behaviour.
- How did you deal with this situation? Did your approach work?
- If it arose again, could you deal with the situation in a different way?
- What support did you get from your colleagues?
- How confident do you feel to deal with challenging behaviour from the young people you work with?