



boost

YOU GOT THIS!

WHAT DID THE KIDS DO AT SCHOOL TODAY?

BOOST PARENT GUIDE





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As a Police force we are often called to help young people struggling with their teenage years, particularly when this gets to crisis point and so in 2019 I brought together an exceptional group of experts from across Gloucestershire and beyond to discuss what we could do to help young people be more prepared for the challenges life throws at them. We know as adults that sooner or later tough stuff happens in life and we wanted to create a programme that could help young people between the ages of 10-18 feel more prepared to cope with some of those daily challenges.

That programme is called the **Boost self-leadership programme for young people**. It is offered to all schools in Gloucestershire and is funded by the Office of the Police and Crime Commissioner. Your child is just about to take part in the programme and this booklet is designed to give you a little bit more information about it and some useful questions you might want to ask them in support of their learning.

The programme is called **Boost** because its designed to do just that – give young people a boost of confidence in the way they handle certain situations whatever their circumstances and whatever their background. It gives them skills for life. It reinforces some they may already know and others they may not have thought about. It is not designed to solve all problems – it is designed to be a boost.

I hope you find this booklet helpful but should you have any questions not answered here, do have a look at the Boost website at www.beboost.co.uk or contact the team by email at boost@gloucestershire.police.uk



WHAT IS BOOST?

The Boost programme is all about self-leadership.

The programme is designed to increase understanding of how young people can regulate their own emotions and become positively self-aware. It helps them communicate effectively with others and show compassion including to themselves. It also helps young people think about their motivations, behaviours and social skills.

The programme is made up of **five modules**, each one building on the one before. Older students are trained to coach the younger pupils through the programme and they both really value this. They work in small groups of about eight and take part in fun activities with time to reflect on what they are learning between each activity.





WHY SELF-LEADERSHIP?

The beauty of self-leadership is that it can be practised in any area of life and needs no special tools. All that is required is the understanding that the self can be influenced. By taking part in the Boost programme, young people have a greater understanding of this and appreciate that even small steps in the right direction are valuable.

Boost encourages young people to focus first on themselves, then on their interactions with others, and lastly on the kind of impact they can have on their immediate surroundings and the world at large. Boost gives them the tools to put self-leadership into practice.



“ It has been wonderful to be involved in the Boost programme. It has brought a leadership focus to our Sixth Form pupils, giving them opportunities to reflect on their experiences growing up and consider how they can support younger pupils. The pupils have embraced the challenge to lead and are really excited to be working with the younger pupils.”

Will Parker Director of Sport and Physical Activity, Cheltenham Ladies College

HOW CAN PARENTS HELP?

Boost is designed to empower young people to take control of their response to situations, to develop the skills they need to manage challenges and to thrive. With gentle curiosity, ask your child to help you understand what they found helpful on Boost.

If you can, take a few minutes to read the appendices in this document to give you a broad understanding of what was covered in the programme but allow your child to be the expert and explain it to you. We have included some conversation starters in the appendix which you may find helpful. These may also be useful when your child is going through a particularly

challenging time and you could gently suggest they look back through their Boost journal at the topics they found most helpful.

Boost is specifically designed to help young people embrace independence so give them space and support as they practice their self-leadership skills. They will need to explore what best works for them and self-management comes from within so don't be tempted to tell them they are not applying the Boost techniques properly. Self-management is about finding that for themselves.



BOOST TOPICS AT A GLANCE

The following pages give you more detail on each of the five themes covered on the Boost programme.

The five themes are:



EMOTIONAL REGULATION

Breathe, regulate, co-regulate, respond

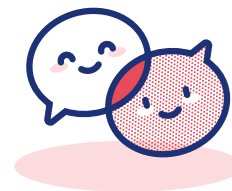
Grounding yourself will help you cope better with stress and emotional situations.



SELF-COMPASSION

Treat yourself with the same kindness you would offer to your closest friend

Discovering how to be more self-compassionate including speaking as positively to ourselves as we do others.



BUILDING RELATIONSHIPS

Nurturing relationships through effective communication

Exploring the different kinds of relationships we have in our lives and how we might improve them through considerate communication and conversations that restore and strengthen them.



SELF-CARE

Strength to rest, reflect and recharge

Increasing awareness of not just the benefit of taking care of our own physical health but our mental wellbeing.



BEING RESILIENT

Skillful navigation through challenges, thinking long-term about life

Understanding what it means to be resilient. The role of commitment, practice and your response to failure all play important parts.





Emotional REGULATION

THIS MODULE IS ALL ABOUT REGULATING OUR EMOTIONS AND THE BENEFIT OF CO-REGULATION

It helps your child understand what happens in their brain when they become overwhelmed. They can learn to notice the signs and take steps to ground themselves before their emotions get the better of them. It looks at the benefit of emotional co-regulation among friends.

Developing emotional-regulation is important because:

- regulating our emotions helps us pay better attention which in turn makes learning easier
- it helps us control our impulses, which is a necessary step in developing our social-emotional skills
- it helps us talk about and show how we feel in a healthy way
- it helps us make good choices about how we respond to situations
- it helps us appreciate that we sometimes need to delay immediate satisfaction in favour of long-term gain, which is a key to success later in life.



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CONVERSATION PROMPTS

Did you learn anything new about how best to manage your emotions when you are feeling, upset, angry or overwhelmed?

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CONVERSATION PROMPTS

Can you share with me any grounding techniques that you have learned and found helpful from the Boost programme?





Self- COMPASSION

THIS MODULE IS ALL ABOUT SELF-COMPASSION

When we practice being kind to ourselves (self-compassion), it shows in our actions, how we treat others and how we are treated in return.

Practicing constructive self-talk instead of self-criticism is really important because:

- it boosts positive self-image, which in turn boosts feelings of self-worth and wellbeing
- self-compassion and positive self-talk are emotional intelligence skills
- a positive self-image promotes healthier social connections
- it reduces fear of failure and increases resilience
- it allows us to embrace our humanity and imperfections by practicing self-kindness and being patient with ourselves.

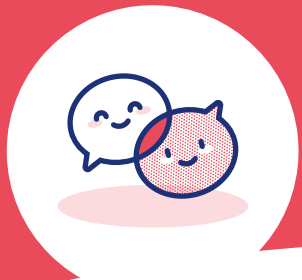


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CONVERSATION PROMPTS

I was interested to read the Boost programme promotes being kind to yourself as really important. Having compassion for ourselves is not always easy. Do you find it easy?





BUILDING relationships

THIS MODULE IS ALL ABOUT RESTORATIVE PRACTICE

To build strong relationships, we must choose our words wisely and respond to conflict constructively.

Understanding the effect our communication style can have on our relationships is important because:

- it helps maintain the good relationships we have and can make them even stronger
- it helps maintain the good relationships we have and can make them even stronger
- we can build and maintain positive relationships by resolving conflicts in thoughtful and restorative ways
- we can remove ourselves from negative relationships in a constructive way
- it allows us to appreciate the opinions of others and gain new understanding
- conflict management skills can help us move forward with both group and individual goals



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CONVERSATION PROMPTS

Did you learn any new strategies for resolving conflict with others that you found helpful?

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CONVERSATION PROMPTS

It can be tough when we don't see eye-to-eye with someone. Did you learn anything new about how to listen to others and try to understand their point of view?





Self-CARE

THIS MODULE IS ALL ABOUT HOW YOU CHOOSE TO CARE FOR YOURSELF

Self-care means paying attention to not just what you eat or how much exercise you take but also how to look after your mental wellbeing.

Understanding the concept of self-care is important because:

- it improves our general health and vitality, giving us the strength to better deal with life's challenges
- it boosts our mood and emotional wellbeing, promoting a positive outlook on life
- self-care helps us handle stress better and lessen its negative effects
- it supports personal growth and self-discovery, encouraging a sense of balance and fulfillment in our lives
- it helps prevent burnout and exhaustion, enabling us to sustain our efforts and pursuits over the long term.
- self-care cultivates self-compassion and a healthy self-image, leading to increased self-esteem and confidence.



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CONVERSATION PROMPTS

I know you learned about self-care and wondered what you find really helps your mental wellbeing?





BEING resilient

THIS MODULE IS ALL ABOUT RESILIENCE

This module completes the programme by focusing on what it means to be resilient and the important role of commitment, practice and response to failure.

Understanding the concept of resilience, perseverance and commitment are important because:

- fulfilling our goals, objectives, and passions requires time and patience, and is a process
- things take time, and reflection and recuperation are crucial components of any journey
- resilience can often lead to personal growth and development through learning from and overcoming challenges
- building resilience is a valuable trait for effective self-leadership
- having resilience can help us find creative ways to get around problems



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CONVERSATION PROMPTS

What advice did you get from the group leader about being resilient?

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CONVERSATION PROMPTS

Resilience is an important quality to have. Did you learn anything new about how to bounce back from setbacks and keep going?



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“I thought the programme
was really important, the Y7’s
I worked with still approach
me for advice”

Year 12 student, April 2023

**never
give
up!**

If you would like to know more
about Boost:

Website: www.beboost.co.uk

Email: boost@gloucestershire.police.uk

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PROGRAMME



OPCC

Office of the Police &
Crime Commissioner
for Gloucestershire

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