

What is the Friends Resilience Intervention?

We are excited to introduce you to the Friends Resilience Intervention. This is an effective evidence-based programme designed to support and empower young individuals in building emotional resilience, fostering positive relationships, and developing essential life skills. As parents and carers, your insights and support are crucial in ensuring the success of this project.

The Friends Resilience Intervention, endorsed by the World Health Organisation, draws on principles from attachment theory and Cognitive Behaviour Therapy (CBT) to provide a nurturing environment for growth. Evidence shows the Friends Resilience Intervention:

- Reduces anxiety.
- Helps young people understand and manage their emotions.
- Establishes life-supporting social networks and encourages positive role models for healthy development.
- Develops friendship skills, enhancing social interactions and connections.
- Improves confidence, the capacity to relax and develop empathy.
- Provides young people with strategies to rise to life's challenges, and bounce back from setbacks and adversity.

Your child's participation in the Friends Resilience Intervention could significantly contribute to their overall well-being, personal growth and long-term educational achievement.

How does the Friends Resilience Intervention Work?

The programme is divided into age specific lessons. Your child will attend the intervention as part of a group for typically one hour session a week over 10 weeks. This will be delivered by assistant educational psychologists, trained and supervised by an educational psychologist who is a Friends Resilience programme trainer.

Children and Young People Suitable for Friends Resilience Intervention

The young people suited to this intervention may present with some anxiety or low mood and may not be able to reflect on themselves or the impact of their actions on other people. School will select young people from their knowledge and observations of them and through completion of questionnaires linked to social and emotional wellbeing, in collaboration with parents/carers.

Further information

Further information and an introductory video outlining the programme is available at the following website: <https://friendsresilience.org> The school will have access to research articles regarding the effectiveness of the programme in reducing anxiety and depression and increasing resilience. The school also have a synopsis of the programme, should you wish to receive further details about the programme.

To proceed with your child's involvement in the Friends Resilience Intervention, please complete the consent form attached. We understand the importance of your involvement, and your support in this matter is highly valued.

Request for Involvement Form for Friends Resilience Group

- Normalising states of emotional distress.
- Building life-long emotional resilience.
- Building life-supporting social networks and positive role models.
- Promoting self-confidence and empathy.
- Reducing bullying and teaching constructive peer relationship skills.
- Developing friendship skills.
- Empowering young people, families and teachers.

Young Person's Name:		School:	
Gender:		Preferred pronoun:	
Dob:		Year Group:	
Parent / Carer Names:		Home address:	
Parent email and telephone number:		Is the young person Care Experienced?	
Other agencies involved (please tick as appropriate): <input type="checkbox"/> CAMHS (Child and Adolescent Mental Health Service) <input type="checkbox"/> Bexley Early Intervention Team <input type="checkbox"/> Social Care <input type="checkbox"/> Bexley Moorings <input type="checkbox"/> Other(s) (please state) _____			
Reason for Involvement:			

<p>I consent to my child taking part in the Friends resilience programme. I agree that my child may be discussed with the class teacher and senco so that progress can be monitored. I acknowledge that data regarding the intervention may be collected for the purposes of measuring impact which will be shared anonymously with other agencies (DfE). I understand that I can withdraw my consent at any time. Parent / Carer Consent Signature:</p> <p>_____</p> <p>PRINT Name: _____</p> <p>Date: _____</p> <p>For further information on how your data is used and stored please visit https://www.bexley.gov.uk/services/privacy-notice</p>	<p>I consent to taking part in the Friends resilience programme.</p> <p>Young Person's Consent Signature (if 16 years plus):</p> <p>_____</p> <p>PRINT Name: _____</p> <p>Date: _____</p>
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<p>Hopes for Friends Resilience Group</p>
<p>Young person's hopes:</p>
<p>Parent/ Carer's hopes:</p>
<p>Teacher's hopes:</p>