



What is teen FLASH

Who is teen FLASH for?

teen FLASH was developed from listening to the voices of young people whose parents/carers were attending the Families Learning About Self-harm (**FLASH**) programme. Feedback from young people asked why there wasn't a group for them? So, **teen FLASH** was developed for young people aged 11 – 16 who cope with their difficulties by using self-harm.

What do we consider self-harm?

Any external physical self-harm like cutting, scratching, burning, pulling hair, hitting etc. And internal self-harm like self-poisoning and overdosing. Any food or drink related self-destructive behaviour. Obsessive negative thinking, overthinking, or engaging in repeated damaging relationships. And whilst we recognise drug and alcohol abuse as self-harm, we do not include these in **teen FLASH**, there are other organisations who are better equipped to help manage these behaviours.

What do we want to do?

teen FLASH aims to create better listening and communication in personal relationships between young people and their parent/carers and provide all those attending with tools for dealing with the impulse of self-harming and actual self-harm. In doing this we hope to reduce the emotional stress within your family and create more positive changes in behaviour from all those in your home. The group also aims to raise the self-esteem of young people and reduce their anxieties.

When is it on?

teen FLASH usually runs as four Saturday workshops on alternate Saturdays; with an introduction session to allow young people to see if the group is for them.

The dates for this group are

What about my parent/carers?

They can attend **FLASH** (Families Learning About Self-harm) whilst you attend **teen FLASH**, but if they can't attend the adult group this time around, we would still welcome and value your attendance.

We would very much like you to attend this group and welcome you to this introduction workshop. If you have any questions about the group, you are welcome to contact us. Our contact details are:

Facilitators details:

Name:

Mobile:

Email:



Introduction session

- What is **teen FLASH**
- Our group agreement
- Who are we?
- Common Feelings (about being here)
- Myths & Facts of Self-harm
- Other ways of managing distress/difficult emotions.

Workshop One

- Brain development
- Risk Taking
- Risk V Reward
- What are our needs

Workshop Two

- Listening & Communication
- Improving communication
- Styles of communication
- Saying what you need

Workshop Three

- Raising self esteem
- Confidence v Self esteem
- Praise & encouragement
- What makes me feel good?
- Good enough teenager

Workshop 4 (option 1)

- How well do I know me?
- Characters stories
- Why self-harm?
- Positive affirmations

Workshop 4 (option 2)

- How well do I know me?
- Emotions/anxiety & pressure
- Why self-harm?Mask Activity
- Our chemical brain

Facilitators appendix

- Scaling tools My mood scale & The Tree
- Roll and respond sheet
- Pebble bridge
- TRUE / FALSE sheets for wall
- True/false statements to read out
- Pre & Post evaluation forms



Happiness chemicals and how to get them



Dopamine

The reward chemical

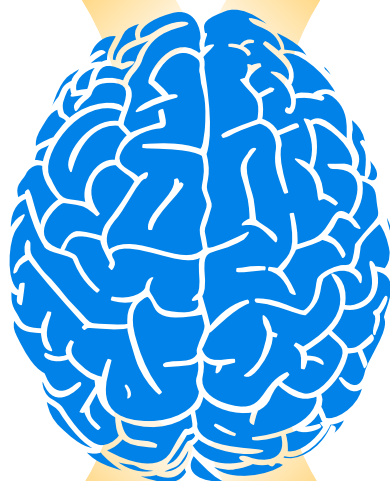
- Eating food
- Achieving a goal
- Getting enough sleep
- Having a bath



Oxytocin

The love hormone

- Socialising
- Physical touch
- Petting animals
- Helping others



Endorphin

The pain killer

- Exercising
- Laughing
- Listening to music



Serotonin

The mood stabilisers

- Being in the sunshine
- Mindfulness
- Spending time in nature



THE
MINISTRY OF
PARENTING



COMMUNITY
FUND

MY MOOD SCALE





Roll and Respond



Your name:

Roll and Respond

Name

1. Pet (& name) or fav animal?
2. Fav drink or snack
3. Fav band or music
4. Fav piece of clothing
5. Best movie or TV program
6. Hidden talent or most proud of

Random questions:

True

False