**Magnet Young Adult Centre**

**Youth Engagement Service**

***Self Care Sessions Programme***

***Guidelines for Parents/Carers***

**Dear Parent / Carer,**

We are delighted your son/daughter has expressed an interest in participating in the Self Care Sessions programme. The main aim of the programme is to enable us to continue to provide opportunities for young people to participate in youth work programmes that supports their health and wellbeing; and to interact with each other in a safe and secure online environment, through ZOOM. These sessions will aim to promote self care upkeep and postive mental health through interactive weekly workshops for 6 weeks.

***Please note:*** We also have a Facebook and Instagram page which is monitored and updated daily by members of the YES staff team. Young people can also find on our pages information and advice to support their health and wellbeing.

**Guidelines for Self Care Sessions**

* We will only be online via ZOOM during the times made available to the particpants via the link emailed to them weekly.
* We will require consent to let young people participate in the Self Care Sessions and have access the programme. No consent, No programme!
* The young people will be invited into the session each week with details sent via email by your contact within the school.
* All members of Self Care Sessions will be asked to:
  + Complete a group contract
  + Adhere to the use of appropriate language and that there is zero tolerance on bullying.
* Find a safe and appropriate space as feasible to engage online with group members.
* Wear appropriate clothing.
* Make use of ZOOM background facility if feasible
* Not share links to other sites; this includes (Facebook, Twitter, Instagram, Tik Tok, WhatsApp, Online sites, etc.)
* Not share personal information; this includes phone numbers, addresses, online names, photos etc.
* Not share discussions of any matters which have happened outside of the group or discussions about people who are not in the group.
* Not record data, e.g. take pictures or record conversations or otherwise from the group sessions.

**Although this is a confidential and private group please be aware that the**

**Magnet YAC – Youth Engagement Staff Team have a duty of care and must report any safeguarding issues in keeping with our Safeguarding policy.**