



Web: www.2020Dreams.org.uk



LIFE, CRIME AND SOCIAL SURVIVAL

Pages 4-8

- Gun & Knife Crime Awareness
- Gang Prevention and Awareness
- County Lines & Gang Led Child Drug Trafficking
- Domestic Abuse and Violence
- Honour Based Abuse (HBA), Forced Marriage & FGM
- Stranger Danger & Grooming Awareness
- Peer Pressure (Saying 'No!')
- Drugs & Alcohol: Dependency & Addiction Awareness
- Human Trafficking & Modern Day Slavery
- Extremism & Radicalisation



SOCIAL INEQUALITY AND ANTI BULLYING

Pages 9-13

- Bullying & Conflict Resolution
- Racial Discrimination
- Promoting Cultural Awareness & Religious Diversity
- Gender Inequality & Misogyny
- Homophobic Bullying & LGBT Awareness
- Sexual Bullying
- Respect & Tolerance
- Human Rights
- Islamophobia



MENTAL HEALTH & WELLBEING

Pages 14-21

- Emotional Resilience
- Confidence Building
- Body Positivity & Dysmorphia
- Pandemics & Mental Health
- Managing Stress During Exams
- Mental Health & Positive Thinking
- Personal Hygiene
- Supportive Friendships
- Managing Emotions: Death & Bereavement
- Understanding Depression
- Eating Disorders
- Suicide
- Self-Harm
- Anxiety & OCD
- Understanding Cancer
- Healthy Eating



RELATIONSHIPS AND SEX EDUCATION (RSE)

Pages 22-27

- Consent, Rape & Sexual Harassment
- Teen Drinking: Alcohol & Sex
- Healthy Relationships
- Sexuality & Making Better Decisions
- STI Facts & Awareness
- Sex & Peer Pressure (Saying 'No!')
- Contraception Education
- Sexting & Online Privacy
- Puberty
- Teenage Relationship Abuse
- Pornography Education
- Teenage Pregnancy Choices



TECHNOLOGY, SOCIAL MEDIA AND ONLINE HARMS

Pages 28-33

- Apps, Social Media and Gaming
- Cybercrime, Phishing, Fraud and Online Scams
- Online Trolling and Cyber Bullying
- Social Media and Mental Health & Wellbeing
- Technology Addiction
- Fake News & Misinformation
- Inappropriate Content
- Online Pornography
- Online Reputation
- Privacy & Identity Theft
- Online Blackmail & Sextortion
- The Dark Web



BUSINESS, CAREER & MONEY MANAGEMENT

Page 34-35

- Enterprise
- CV Writing
- Financial Responsibility & Budgeting
- Job Search



2020 RISING

Pages 38-39

- Empowering Young People and Communities
- Life Coaching, Mentoring and Training



LIFE, CRIME & SOCIAL SURVIVAL

Gun & Knife Crime Awareness

Guns and knives ruin lives! The year-on-year increases in weapon-related crimes and the harrowing media stories of young lives lost on the streets are a constant reminder we need to work harder to reverse the trends.

Early intervention is vital if we are going to de-glamourise the gang lifestyle while educating young people that deciding to carry a weapon – even as protection – is never worth the risk.

With the help of a 2020 Dreams Gun & Knife Crime Awareness workshop, your school or institution can get the message through and help teach children to arm themselves with conflict reduction strategies instead.

We use age-appropriate role-plays, discussion forums and other proven tools to engage with young people and understand their perspectives.



Gang Prevention & Awareness

Gang culture, and the associated stabbings, shootings and drug dealing, is one of the most worrying trends affecting the health and wellbeing of young people and society in general.

Vulnerable schoolchildren and teens are being actively groomed by gang elders. At the same time, social media and music videos sell the gang lifestyle. Both work together to tempt children into making devastating mistakes (like carrying knives or delivering drugs).

2020 Dreams Gang Prevention & Awareness workshops can help schools to reach the hearts and minds of students before the gang groomers strike. With gritty role play exercises and candid discussion forums, we engage deeply with young people, helping them to make the decision not to join gangs or to leave gangs they may be associated with.



LIFE, CRIME & SOCIAL SURVIVAL

County Lines & Gang Led Child Drug Trafficking

City gangs are spreading out across the UK in networks of so-called 'County Lines' operations. There are thought to be thousands of such networks spanning the nation.

The foot soldiers are usually teens, often school children. Lured by gifts and attention from gang elders, these 'expendables' are packed off on trains with packets of drugs and burner phones. It's not long before they get sucked into a whirlpool of crime, violence and exploitation.

2020 Dreams support schools in educating their students about the perils of County Lines. Our County Lines & Gang Led Child Drug Trafficking workshops open young peoples' eyes to the reality behind the illusion, helping to prevent them from becoming hooked into these sinister drug trafficking networks.



Domestic Abuse & Violence.

Abuse that happens between adults behind closed doors is domestic abuse, whether the adults are partners or members of the same family, and the effects on children caught up in the midst are devastating.

This workshop introduces young people to the different types of domestic abuse, from physical violence to less obvious forms of abuse involving persistent texting, withholding money, humiliation, blackmail and coercion. It arms young people with the knowledge they need to understand and recognise abuse, keep themselves safe and access support if needed.

Sensitive, age-appropriate role-plays can help to ground the concept of domestic abuse in a safe environment, while supportive open forum discussions encourage children to talk about their own experiences and concerns.





Honour Based Abuse (HBA), Forced Marriage & FGM

Are you concerned about honour based abuse (HBA) affecting young people in your care? From forced marriage and domestic violence to female genital mutilation (FGM) and contract 'honour killings', HBA has many faces. However, all forms of HBA are harmful, and most are illegal under UK law.

If you're uncomfortable raising the issue of HBA in your school or institution, we recommend booking a 2020 Dreams Honour Based Abuse workshop. Our skilled facilitator are highly practised at delivering effective workshops on a range of sensitive subjects. We use proven engagement strategies such as scenario-based role plays and student-led open forum discussions.

We host workshops anywhere in the UK, with all content pitched appropriately for the age and cultural background of participants.

Stranger Danger & Grooming Awareness

The methods may have changed, but the danger posed by strangers is as high as ever – perhaps more so, because predators can hide behind mobile apps and pose as children. Grooming is where one person builds an emotional connection with another to prepare them for exploitation. Some adults or older teens groom younger children for sexual purposes while others groom them to join gangs and associated criminal activities.

Ensuring young people are aware of these related dangers is critical, and 2020 Dreams Grooming Awareness and Stranger Danger workshops help schools deliver that message. Although stranger danger and grooming are frightening issues, we focus on empowering children, not scaring them. We equip them with the skills to recognise a suspicious approach, escape and get help.



Peer Pressure (Saying 'No!')

With popularity at stake, even the most sensible and self-confident child can succumb to peer pressure, making unwise decisions they would never make alone.

Usually, children survive and learn from their mistakes but when it comes to taking drugs and drinking; meeting strangers; having underage sex or joining gangs, the consequences of one moment of weakness can be severe.

2020 Dreams Peer Pressure workshops use interactive role-plays to engage students and push home the message that it's braver to say 'no!' than to follow the crowd. Students also get the chance to practise communication skills to ease the pressure-cooker situation. The agenda also includes open forum debates, giving students the opportunity to discuss their challenges and to come up with workable solutions for future situations.

Drugs & Alcohol: Dependency & Addiction Awareness

Did you know some primary age children experiment with alcohol and illegal drugs? We need to reach young people early and present them with the sobering reality of the effects of substance abuse and dependency in general, because patterns of dependency and addiction go beyond substances. People can also become addicted to social media, smartphones, video games, gambling, vaping and even shopping!

Our Drugs & Alcohol Awareness and Dependency & Addiction workshops present the cold, hard facts, in an age-appropriate way, and invite children to share their own concerns and experiences. Workshops also include sensible interactive role-play scenarios to act out common social situations involving substances and addictive behaviours. We can also signpost young people to sources of professional help.





LIFE, CRIME & SOCIAL SURVIVAL

Human Trafficking & Modern Day Slavery

Slavery didn't die out with the end of the empire. In fact, according to National Crime Agency estimates, there are tens of thousands of people working as slaves in every UK city and large town, some as prostitutes and beggars, others in seemingly legitimate trades under false IDs (and the threat of violence).

County Lines drugs operations, a particular menace for young people, is another example of human trafficking.

2020 Dreams Human Trafficking & Modern Day Slavery workshops can assist schools and other youth institutions in raising awareness about the dangers of trafficking while educating young people about the importance of protecting human rights. Our experienced facilitators use techniques such as engaging role play scenarios and open forum discussions led by the students themselves.

Extremism & Radicalisation

Is your school complying with Prevent, the part of the UK's counter-terrorism strategy aimed at stopping young people from being recruited by political and religious extremists?

The government have made it clear that being reactive is not enough and that schools are expected to be vigilant about the signs of radicalisation and any subversive influences on children.

2020 Dreams Extremism & Radicalisation workshops can support your school or institution in countering the harmful and inaccurate messages that lead students astray. They include participant-led open discussion forums which give young people a safe channel for talking about their experiences and concerns. We can also clarify where young people can source help if they are worried about anything specific in their lives.



SOCIAL INEQUALITY & ANTI BULLYING



Bullying & Conflict Resolution

Bullying is one of society's most enduring and pervasive ills and has an insidious effect on school culture and ultimately performance (not to mention the damaging effect on the mental health of bullying victims). Tackling bullying in schools and wider society requires a combination of zero-tolerance enforcement and effective anti-bullying programmes.

2020 Dreams can take care of the latter with our interactive Bullying & Conflict Resolution workshops. Our role-play activities present realistic but non-threatening scenarios to help keep students interested and give them the opportunity to practise the positive skills that will benefit them in the playground. Our open forum discussions are ideal for debating strategies that can be used for tackling bullying and resolving the inevitable conflict between developing young people.

Racial Discrimination

Are you concerned about the state of integration between people of different ethnic backgrounds at your school or institution? Do you need to react to OFSTED recommendations for greater diversity awareness?

From divisive politics to shameful scenes at football matches, the evidence of racism is all around us. We need to reach our young people at an early age to ensure they don't perpetuate the hate.

2020 Dreams Racial Discrimination workshops can achieve this objective through a unique combination of real world scenarios, involving role-play, and in-depth open debate. Children will receive valuable messages about respecting difference and the damaging effects of prejudice, including the different forms discrimination can take. They will also be encouraged to share experiences and ask questions.





SOCIAL INEQUALITY & ANTI BULLYING

Promoting Cultural Awareness & Religious Diversity

How do children learn about different cultures and religions? Often it's through the media, which tends to focus on our differences rather than how we share a common humanity.

2020 Dreams Promoting Cultural Awareness and Diversity & Religious Discrimination workshops can support your diversity and religious education programmes. We provide children with effective tools, including role-play scenarios and open discussion forums, to understand the issues that lead to discrimination and come up with their own workable solutions for improving the relationships between us all. All workshops are designed to be age and context sensitive while challenging students to move beyond their own experiences and opinions to consider those of others. This is the most effective way of breaking down the boundaries that separate people.

Gender Inequality & Misogyny

The #MeToo campaigns and mainstream media attention have raised the profile of gender inequality, especially misogyny, but more needs to be done.

Children grow up in a society which is constantly sending out overt and hidden messages about what it means to be a man or a woman. Gender-specific children's toys and TV shows, pictures of men and women in magazines and attitudes within the home combine to determine what our young people understand about gender roles.

2020 Dreams Gender Equality explores all of the above topics and more to help children to understand the concept of equality while respecting the differences between us. Our experienced facilitators provide age-appropriate role plays and managed open discussions to bring gender issues to life and stimulate constructive debate.



SOCIAL INEQUALITY & ANTI BULLYING



Homophobic Bullying & LGBT Awareness

Many school children, teenagers and young people are subjected to homophobic or transphobic bullying. For these people, the world can become a very frightening place with verbal abuse and inappropriate jokes common and violence and harassment an ever-present threat. The fear of homophobic or transphobic discrimination can even prevent young people from seeking help, increasing their isolation and the depth of their suffering.

2020 Dreams Homophobic Bullying & Discrimination and LGBT Awareness workshops describe what LGBT+ means, what homophobia and transphobia are and how they arise from the fear of difference and what effects they have on those targeted.

Our experienced workshop facilitators are skilled in designing age-appropriate role-plays and discussion groups which effectively tackle the themes involved without straying into unsuitable territory.



Sexual Bullying

Sexual harassment is no laughing matter but too many people, both children and adults, think it's acceptable to behave disrespectfully towards members of the opposite sex. Sexual bullying and inappropriate touching can also have far-reaching effects on the perpetrators, affecting work prospects or putting them at risk of being arrested and put on a sex offenders' list.

2020 Dreams' Sexual Bullying workshops educate young people about what is and what is not deemed appropriate physical contact and language. We also make clear the position of the law with regards to sexual offences, including harassment and bullying. As with all 2020 Dreams workshops, students will engage in age-appropriate interactive activities and get involved in constructive debate where they can raise any concerns or questions they have.





SOCIAL INEQUALITY & ANTI BULLYING

Respect & Tolerance

Divisive politics and tabloid media headlines constantly emphasise the differences between people making it tough for schools to spread the message of respect and tolerance to their students.

With many schools now a diverse blend of cultures, faiths and ethnic backgrounds, there is no better place to build the foundations for a more cohesive future society.

2020 Dreams Respect & Tolerance workshops can support school staff in promoting these positive ideals.

Carefully designed role play scenarios can give students a fun yet powerful way to experience how other people view the world, helping them to develop empathy. In addition, open forum discussions, led by the students, can empower them to explore their own understanding of respect and tolerance and suggest solutions to bring people together.



Human Rights

With intolerance and populism seemingly on the rise across the world, could there be a better time to reinforce the importance of inalienable human rights as the foundation of a civilised and just society?

The Universal Declaration of Human Rights was ratified in Paris in 1948, over 70 years ago, but some fear that these important fundamentals are being taken for granted and may even be swept away on a tide of populism.

2020 Dreams Human Rights workshops can help promote a tolerant and nurturing school environment by educating your students on the importance of human rights in promoting peace, justice and equality. Far from a dry lecture, our workshops are fun and interactive, using role plays and student-led debates to deepen and reinforce understanding.

SOCIAL INEQUALITY & ANTI BULLYING



Islamophobia

Islamophobia is rooted in a widespread misunderstanding of the religion of Islam and Muslims, and it is having a devastating effect on the experiences of Muslim children in our schools. If you are a teacher concerned about the effects on Muslim students of political and tabloid media-fuelled Islamophobia, 2020 Dreams can help.

Our Islamophobia workshops can help ensure your learning environment is a safe and welcoming haven for Muslims by educating students about the reality of Islam and the need to understand and respect one another, regardless of our faith and cultural background.

Our powerful student-led open forum debates are the perfect vehicle for students to talk through sensitive issues, in a safe and supportive space, with others whose views and experiences differ.



Age Discrimination [Ageism]

The world is a very different place for the young and the old. For many families, communication between generations no longer occurs, so it is no surprise that age discrimination occurs in society with both young and old suffering the effects.

2020 Dreams Age Discrimination workshops help to tackle the situation by describing what age discrimination is and the different forms it can take, from disallowing young people the space to play to refusing to give up a seat on a bus to an elderly person.

Our fun but effective role-plays help children to think more deeply about age discrimination and how to combat it. Meanwhile, open forum discussions give them the opportunity to explore the issue in greater depth and come up with strategies.





MENTAL HEALTH & WELLBEING

Emotional Resilience

We all fail. It's what comes next that matters most! As all teachers will agree, emotional resilience is a fantastic quality for any young person to have, enabling them to bounce back from setbacks and drive on towards their goals. Emotional resilience is based around the concept of the 7 Cs (competence, confidence, connecting, character, contribution, coping and control).

2020 Dreams Emotional Resilience workshops are designed to help students become aware of their inner strength and to use it to overcome the many challenges of growing up, from exam stress to cyber bullying. Our skilled facilitators can engage in a positive way with all students, helping them to help themselves.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*

Confidence Building

Confidence is that magical ingredient that can transform the average student into the exceptional one. It boosts learning potential, drives achievement and protects mental health. But true confidence can be hard to find. Some young people are raised in a home environment where they are constantly told they're not good enough. Others mistake extroverted peers (or worse, gang members) as role models of self-confidence.

2020 Dreams Youth Confidence Building workshops are interactive sessions that explore what genuine confidence is, where it comes from and how we can use voice, body and behaviour to build self-esteem. Students will have ample opportunity to practise the techniques they will be taught, while open discussion forums will enable them to discuss their own concepts of confidence and ask questions.



MENTAL HEALTH & WELLBEING

Body Positivity & Dysmorphia

If young men and women tie their self-esteem to how their bodies compare with airbrushed 'ideals' flaunted in the media, we are in for generations of unhappy people. Some will even risk the surgeon's knife or develop eating disorders to more closely fit the 'perfect' model.

Lost amid the hype are less drastic approaches, like healthy eating, exercise and sleep, and the psychological skills of self-acceptance and positive thinking.

2020 Dreams Body Positivity & Dysmorphia workshops re-introduce young people to the beauty of being confident in one's own skin. Through open discussion forums, children can talk about the pressures they feel to look good and support one another to develop a healthy relationship with their bodies.

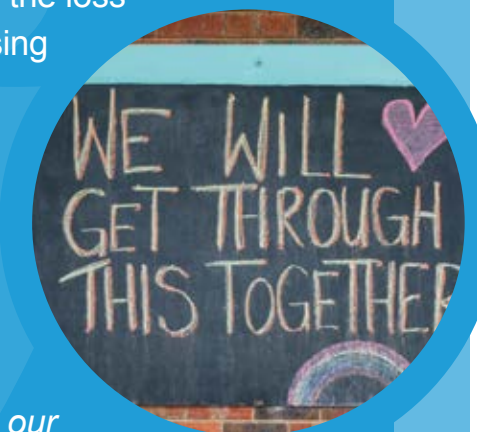


Pandemics & Mental Health

Since the arrival of COVID in 2020, we have all experienced what it means to live through a pandemic. But that doesn't mean we have learned how to cope with it. Are young people in your school, institution or group still struggling with difficult thoughts and feelings? Fear of infection, isolation from peers, anxiety of returning to social life, grief from the loss of a loved one... Young people need support in processing these issues.

2020 Dreams Pandemics & Mental Health workshops provide the ideal support to your post-pandemic debrief. Our sensitive and skilled facilitators will help students and other young people understand and talk about their experiences and concerns.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*





MENTAL HEALTH & WELLBEING

Managing Stress During Exams

Do your students perform well in the classroom but fall apart under exam conditions? Do some struggle to cope with exam stress leading to underachievement for themselves and for the school?

Whatever the root of their anxieties, 2020 Dreams can provide your students with practical help through our Managing Stress During Exams workshops. We introduce participants to a range of powerful strategies for getting on top of their exam fears. These include effective revision methods which will help students feel as prepared as possible on the big day.

Our skilled workshop facilitators will also assist students in leading their own solution-focused discussions on exam stress. This can help them to identify some of the root causes and put their heads together to propose workable solutions.



Mental Health & Positive Thinking

Are your students in good mental health? A positive attitude is critical for learning and achievement but sadly, many young people will develop a mental health issue which holds them back.

2020 Dreams Mental Health & Positive Thinking workshops help young people to recognise the symptoms of different mental health issues, both in themselves and others, so they can seek help or take appropriate action.

For people who are currently mentally well, the workshops teach positive thinking as a preventative measure to reinforce mental resilience. This unique UK-wide workshop also debunks some of the harmful myths around mental illness, and students are empowered to talk about their own experiences of mental health issues in a supportive environment with respect for their privacy.



MENTAL HEALTH & WELLBEING



Personal Hygiene

To succeed in life, young people have to master the basic skills of personal hygiene and grooming. Although bullying is never acceptable, many children are easy targets because of the way they dress; the state of their hair, nails or teeth and/or poor habits. Even if they are not picked on they are likely to be excluded by their peers. Poor hygiene and grooming will also affect job prospects as interviewers receive a poor first impression.

2020 Dreams Youth Personal Hygiene workshops help children and teens to understand the importance of self-care and introduce them to the basic hygiene skills they need. As with all 2020 Dreams workshops, there will be plenty of fun, hands-on activities as well as opportunities to discuss issues and experiences about hygiene.



Supportive Friendships

The importance of genuine friendship between peers can't be overstated. Children and teens have to face many challenges as they progress through school, and having someone to share the burden with makes all the difference. Having good quality friends will help students to stand up to bullies, say 'no!' to peer pressure and develop high levels of self-esteem and self-confidence (linked to better grades).

While some young people are naturally 'good friends' others need a little coaching to master some of the finer skills. These include being non-judgmental, practising active listening, being empathic and asking sensitive questions.

2020 Dreams Supportive Friendships workshops are fun and engaging, using proven techniques like role plays to help young people practise their new friendship skills.





MENTAL HEALTH & WELLBEING

Managing Emotions: Death & Bereavement

Bereavement is one of the toughest challenges a young person will ever have to cope with. It is also hard on the adults responsible for their care.

People handle grief differently, but children can find it particularly difficult to understand their feelings and how their loss impacts their physical and mental health. Ignored, it can lead to severe mental health problems and deteriorating schoolwork, friendships and overall quality of life. Young people may find it hard to open up to the people they know. Third party programmes like 2020 Dreams Managing Emotions: Death & Bereavement workshops can provide that comfortable and safe space they need to talk about their feelings.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*

Understanding Depression

All children experience periods of low mood, particularly when going through puberty, but if the situation persists for more than two weeks, or regularly recurs, depression is a possibility. Depression negatively affects all aspects of a young person's life, from school performance to relationships and mental health. It is therefore important that they learn how to recognise the symptoms of depression – in themselves and others – so they can take appropriate action.

2020 Dreams Understanding Depression workshops are collaborative sessions using a range of proven techniques to raise awareness of this common condition, help students support one another and learn when, where and how they can access professional services.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*



MENTAL HEALTH & WELLBEING

Eating Disorders

Anorexia nervosa and bulimia are the two most common eating disorders affecting young people, with older teens at particular risk. The causes of these devastating illnesses are complex and not fully understood, but are likely to involve a combination of factors. Social pressures, anxiety, genetics, biology and specific triggers could all play their part in causing people to abuse their bodies through their diet.

2020 Dreams Eating Disorder workshops can help young people to recognise the symptoms of eating disorders and support one another to seek appropriate help. Using sensitive role plays and discussions, our skilled and experienced facilitators can engage with students, helping them to explore the topic safely.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*

Suicide

Too many young people take their own lives, and the shadow of suicide lies over too many schools and communities. To reverse this trend, we must come together to understand how to recognise distress and intervene quickly and effectively. Booking a 2020 Dreams Suicide workshop is a proactive step you can take to tackle this public health priority.

Our content is carefully designed to help young people spot the signs of depression – in themselves and others – so they can support one another to access professional help. Sessions are sensitively handled by our experienced facilitators and any concerns raised by students will be treated with due care and professionalism.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*





MENTAL HEALTH & WELLBEING

Self-Harm

At least one in ten young people in any school will be self-harming. Contrary to the myths, people who self-harm are usually not seeking attention and often go to great lengths to hide their injuries.

How do you combat this secretive illness that is putting young people at risk of infection and even accidental suicide? The reasons behind the desire to harm the self are complex, but many young people are trying to express intense feelings they are unable to cope with. They often want to talk about their problems. 2020 Dreams Self-Harm workshops provide a safe and non-threatening space for young people to talk about and explore this issue.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*

Anxiety & OCD

Excessive anxiety and OCD are common mental health issues experienced by children, teens and young adults. How do schools, youth institutions and community groups tackle these profound and inter-related problems? The most important lesson for anxious young people is that help is available, and that healthy ways of managing anxious thoughts and feelings are possible.

2020 Dreams Anxiety & OCD workshops raise awareness of the biological factors that underpin anxiety and the differences between normal, performance-boosting anxiety and severe or chronic conditions that need professional support. The interactive workshops also cover the development of OCD as a coping mechanism for anxiety and where students can find help for the condition.

Important: *This workshop is not a type of therapy and our facilitators are not therapists.*



MENTAL HEALTH & WELLBEING



Understanding Cancer

Cancer is a sensitive area of health and young people and teachers alike are often uncomfortable talking about it. This can lead to the growth of myths and misunderstandings, some of which can lead to unnecessary fear.

To help support schools in complying with government PSHE guidelines, 2020 Dreams have created an Understanding Cancer workshop. This can help to reduce some of children's fears, while raising their awareness about the reality of cancer. This includes what cancer is, risk factors, protective factors and where to go for help if they have any concerns about their health or the health of someone they know.

Sensitively designed with expert input, this engaging workshop can be tailored to children of all ages.



Healthy Eating

Healthy eating should be an educational priority, but teaching good habits can be an uphill task for schools. Introducing nutritional meals and removing sugary temptations is a start, but this is often undermined by advertisers and unhealthy eating habits. The results are children who are either hyperactive, overweight or both, which has a damaging effect on learning and self esteem.

2020 Dreams Healthy Eating for Young People workshops help motivate children to value good nutrition and long-term good health over tempting treats. Our facilitators will provide plenty of hands-on activities and give students practise in making healthy choices around eating and drinking.

As well as providing the facts, facilitators will also answer questions and encourage students to talk about their own healthy eating ideas.





RELATIONSHIPS & SEX EDUCATION [RSE]

Consent, Rape & Sexual Harassment

The #MeToo movement has rightly put the issue of consent, rape and sexual harassment on the media agenda, and schools have their part to play in ensuring students understand the key messages. Sexual assault, harassment, bullying and inappropriate touching are unacceptable, but too many people, both children and adults, continue to violate consent when interacting with members of the opposite sex.

2020 Dreams Consent, Rape & Sexual Harassment workshops provide interactive and engaging content to help young people explore these controversial issues. Common myths about consent will be challenged in open forum debates, and students will also get the chance to act out common scenarios in sensitive role play exercises. These techniques have been proven to help deepen understanding.



Teen Drinking: Alcohol & Sex

With its ability to lower inhibitions and reduce anxiety, alcohol remains a big part of UK youth culture. Regardless of legal and moral issues, teachers, parents and other adults need to limit the risks. The most effective strategy is empowering young people to make sensible decisions around drinking.

2020 Dreams Teen Drinking: Alcohol & Sex workshops focus on the effects of alcohol on teen sexual activity. Students will be made aware of the factors that can increase risk such as impulsivity, impaired thinking, memory loss and poor judgement. Issues around alcohol and consent will also be explored as well as the consequences of mistakes.

Our workshops use engaging role play scenarios and student-led open forum discussions to ensure the messages are clearly heard and understood.



RELATIONSHIPS & SEX EDUCATION [RSE]

Healthy Relationships

2020 Dreams take relationships back to basics, helping children and teens to understand the mutual respect and trust that is needed to make them work.

Relationships based on power and popularity can be dangerous. We all know of examples where a well-behaved, respectful child has gone off the rails during their teenage years, sometimes becoming involved in bullying, drinking, drug-taking, underage sex and even gang activity.

2020 Dreams Healthy Relationships workshops teach students the basics of forming healthy friendships, cultivating self-esteem and resisting peer pressure.

Through intelligently-designed role-play scenarios, young people can practise skills such as assertiveness, recognising manipulation and finding good quality friends. Open discussion forums enable young people to talk about their own experiences and devise their own strategies for building healthy relationships.



Sexuality & Making Better Decisions

By the end of Primary school, many students are already talking about relationships and sex with their peers. With parents often unable to engage with their children on this issue, it is easy for the wrong messages to get through. 2020 Dreams Sexuality & Making Better Decisions workshops can support school RSE provision, correcting faulty facts and helping young people to think carefully before committing themselves to choices they may later regret.

These sensitive, age-appropriate workshops also use role plays, to play out common social scenarios, and open discussion forums, to facilitate further debate. Where it is clear that some teens are likely to be exploring their sexuality, the importance of contraception and the implications of catching STIs or becoming pregnant are covered.





RELATIONSHIPS & SEX EDUCATION [RSE]

STD Facts & Awareness



When puberty hits, the clock is ticking. We need to educate children on sexually transmitted infections (STIs) before someone with an agenda gives them false facts. STIs range from the uncomfortable to the deadly, and young people who engage in unprotected sex are playing a lottery with their health.

Our STI Facts & Awareness workshops introduce young people to different types of sexually transmitted diseases (e.g., chlamydia, gonorrhoea, HIV/AIDS, syphilis and herpes), their symptoms and their health effects.

The workshops also explain different forms of contraception including which ones are most effective for protecting people from STIs, and how even protected sex is risky. Like all 2020 Dreams workshops, students will be fully involved in discussions, adding their own experiences and ideas in a supportive environment.

Sex & Peer Pressure [Saying 'No!']

Peer pressure is natural and present in all schools. As children develop into adults they form peer groups, establishing both an individual and collective identity. Peer pressure occurs when the culture of the group influences an individual to act in a certain way. This can be overt or subconscious and can have both positive and negative consequences.

2020 Dreams have customised our Peer Pressure (Saying 'No!') workshops to focus on the pressure around sexual activity. Peer pressure should never be underestimated. It can influence the most sensible young person to engage in risky behaviours including putting themselves in vulnerable situations and engaging in unprotected and/or underage sex. Workshops use light role play exercises and student-led open forum discussions to best engage with young people.



RELATIONSHIPS & SEX EDUCATION [RSE]

Contraception Education

Protecting young people is everyone's responsibility and educating them about the role of contraception is now widely accepted as necessary. A

lack of accurate knowledge combined with hormones and a highly pressurised social environment can lead otherwise sensible young people to take risks. Those who are unlucky may end up with a sexually-transmitted infection or even become pregnant.

2020 Dreams Contraception Education workshops describe the different forms of contraception available, their effectiveness against both STIs and pregnancy and their advantages and disadvantages, including side-effects and contraindications.

The workshop will cover skills that can be used to overcome peer pressure and help teens say, 'No!' to unprotected sex. We also introduce age-appropriate role-play scenarios to give students the chance to practice their assertiveness skills in a realistic context.



Sexting & Online Privacy

Advances in technology and culture change regarding privacy have combined to form a 'perfect storm,' putting young people at risk in the playground and at home. 2020 Dreams Sexting & Online Privacy workshops introduce young people to the different kinds of threat that lurk behind the scene when they go online.

Specifically, we focus on the sending and receiving of intimate images and messages and how these can be abused for cyber bullying or grooming purposes. We drive home the importance of following fundamental safety and security measures as a first line of defence. Students will have plenty of opportunity to raise their concerns and ask questions in our open discussion forum, while realistic role-play scenarios will give them a deeper insight into the dangers.





RELATIONSHIPS & SEX EDUCATION [RSE]

Puberty

Puberty can be a distressing time for some children, particularly if they are unable to talk openly about it with family members. Many students will experience mood swings and feel uncomfortable with the way their bodies are developing. Things are worse for those who don't really understand what is happening to them and why.

It can be difficult – and even inappropriate – for teaching staff to personally support pupils through this process, but a 2020 Dreams Puberty workshop is something you can offer.

Our facilitators are skilled at creating a comfortable, supportive environment where young people are encouraged to share their concerns about what is happening to them. We can also provide students with facts to combat some common puberty myths and misunderstandings.

Teenage Relationship Abuse

Teenage relationship abuse (TRA) is widespread, but often goes unnoticed by teachers, parents and friends. Although physical violence is common, abuse takes on many forms, from humiliation and name-calling to emotional blackmail and controlling behaviour. Abuse affects all areas of life, including school performance and relationships. Even where people do suspect a problem, they may not know how to bring it up or tackle it.

Booking a 2020 Dreams Teenage Relationship Abuse workshop is an ideal way to raise awareness of this form of abuse without approaching students directly. Our highly engaging format includes role play activities and student-led discussion forums. Together, they help young people to understand the core elements of healthy relationships, recognise the signs of abuse and know where to seek help if needed.



RELATIONSHIPS & SEX EDUCATION [RSE]

Pornography Education

Schoolchildren are exposed to pornography much earlier in life than in previous generations, and three-quarters of parents support in-school pornography education. We all want to protect children's innocence, and this has to be balanced with providing reliable information about the distorted (and sometimes abusive) forms of sexuality featured in pornographic imagery.

It's clearly difficult – and often inappropriate – for teachers and school staff to talk about pornography with young boys and girls. 2020 Dreams can provide an effective buffer through our Pornography Education workshops. Our structured, age appropriate sessions are designed to clarify the differences between healthy sexuality and pornographic exploitation. We present the content in a non-explicit way and provide a safe space for young people to ask questions and explore their own understanding.

Teenage Pregnancy Choices

Reducing teenage pregnancy rates is everybody's responsibility, and many teachers will know from experience how early motherhood can disrupt academic prospects for promising young students.

It is therefore crucial that all teenage girls and boys are provided with accurate, up-to-date information about the implications of early parenthood from a physical, social, educational and financial perspective. 2020 Dreams Teenage Pregnancy Education workshops explore why teenage girls decide to have babies and the benefits of waiting until after they have completed their education. Teens will be given information on different forms of contraception and their effectiveness for preventing both pregnancy and STIs.

Our student led open forum discussion format empowers young people to voice their experiences and opinions about teen pregnancy and underage sex.





Apps, Social Media and Gaming

Are smartphone apps, social media sites and gaming platforms enticing children and teens into making dangerous connections? These digital features and services are here to stay, but we still have a responsibility to keep young people safe from online harms. Harms such as grooming, accessing inappropriate content, cyber bullying and being drawn into sexting.

A 2020 Dreams Apps, Social Media and Gaming workshop will support you in fulfilling your duty of care to young people. We use engaging role play exercises to raise awareness of potential dangers. Through student-led open forum debate, young people will develop their own practical solutions to staying safe online. By the end of the workshop, children and teens will be armed with a suite of digital survival skills.



Cybercrime, Phishing, Fraud and Online Scams

Did you know that fraud and cybercrime are the crimes most likely to affect the average person? And that human error is still the most common cause of online security breaches? It's a sobering thought when a new generation of digital natives are logging into shared networks on a daily basis. It only takes one wrong click to bring a network down!

To future proof our digital world, and our children's online health, we must educate young people on how to recognise and defend themselves against cybercrime.

A 2020 Dreams Cybercrime, Phishing, Fraud and Online Scams workshop is the ideal way to install that protection. We use proven youth engagement strategies to help young people understand the risks and develop their own security strategies.



Online Trolling and Cyber Bullying

Are you concerned about the actual or potential effects of cyber bullying or trolling on the mental health and wellbeing of young people? Cyber bullies and trolls have different motivations and children and teens urgently need to learn how to handle their attacks. For example, blocking and ignoring trolls is usually the best course of action, while cyber bullying requires a more strategic approach.

You can help by booking a 2020 Dreams Online Trolling and Cyber Bullying workshop. In a safe and supportive group environment, our trained and experienced facilitators will present role play exercises and moderate student-led open forum discussions. They will emerge with an arsenal of effective tools and strategies for defending themselves from online hostility of all kinds.



Social Media and Mental Health & Wellbeing

Over 97% of UK teens use social media to make connections and express their unfolding identities. Using technology as part of their development into adults is perfectly natural. But those same teens are telling researchers that their experiences are leading to anxiety, depression, cyber bullying and addiction. Doesn't it make sense to include social media in any mental health and wellbeing interventions?

2020 Dreams Social Media and Mental Health & Wellbeing workshops can play an important role in helping young people to understand how social media impacts mental health. Through sensitively designed role plays and student-led debate forums, children and teens can learn how to enjoy a happy, healthy digital experience through mastering the skills to manage their social media activity and presence.





Technology Addiction

Is technology addiction causing problems for the young people you are responsible for? As with other addictions, technology addiction can take over a child, teen or young adult's life, affecting their education, work life and relationships. Physical health issues such as sleep deprivation, malnutrition and poor posture can also be a result. Young people can become hooked on video games, social media, smartphones or internet shopping. Psychiatrists have even officially recognised 'gaming disorder' as a specific problem.

2020 Dreams Technology Addiction workshops can help young people recognise the signs of addiction - in themselves and others - and access appropriate help. Our skilled and experienced facilitators connect with participants using proven engagement strategies. These include scenario-based role plays and student-led open forum debates.



Fake News & Misinformation

Are you worried about the effect of fake news and misinformation on the young people you teach, parent or supervise? Fake news is becoming more insidious than ever and has a profound effect on peer relationships, political viewpoint and ideology. To protect young people, and society as a whole, we need to put protective measures in place.

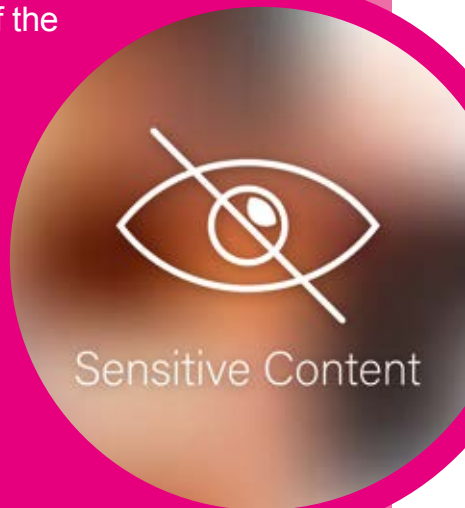
We have rolled out our effective 2020 Dreams Fake News & Misinformation workshops for precisely that reason. We give young people, of any age, hands-on practise in separating fact from fiction, using clever role-play scenarios and in-depth student-led discussion. By providing children, teens and young adults with robust research skills and an awareness of how truth can be manipulated, they can become mentally healthy, well-adjusted adults.



Inappropriate Content

Do you worry about children or teens stumbling upon inappropriate content they are not ready to face? Are you concerned about some of the messages young people are picking up from websites and social media? Inappropriate content covers a wide area, including pornography, violence, hate speech, obscene language and fake news.

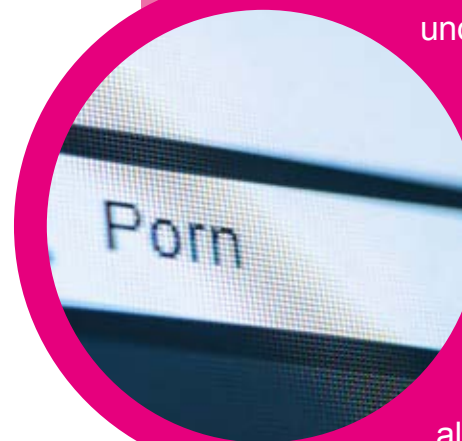
2020 Dreams Inappropriate Content workshops explore the concept of appropriate and inappropriate material, looking into online harms, censorship and the responsibility of young people to look after their own mental health and wellbeing. The workshops include our popular student-led discussion forums. Students can raise issues they have experienced, or that are important to them, and can generate solutions that work for them. We also run role play scenarios which always add a fun and interesting angle.



Online Pornography

Are you concerned for the mental health and wellbeing of young people that access online pornography? Do the messages they are picking up about relationships, consent and body image worry you? You can't put the genie back in the bottle, but you can help children, teens and young adults understand the reality behind porn, and limit their exposure to more extreme material.

Booking a 2020 Dreams Online Pornography workshop will be more effective than giving a stern lecture about visiting naughty websites. We don't judge young people for their interest in sex and nudity, but we do open their eyes to the damaging effects of excessive and/or extreme pornography content. Through moderated, student-led discussion forums, we also explore deeper issues around the messages that porn spreads in society.





Online Reputation

Do you worry that young people are harming their future prospects by being reckless with their online reputation? Everyone makes mistakes, but with digital technology, an inappropriate video or angry text can instantly spread far and wide. It can also be difficult for children, teens and young adults to restore their online reputation by getting content removed.

2020 Dreams Online Reputation workshops are here to help. By the end of the session, students will understand the importance of their 'e-reputation' and have learnt some skills for managing and restoring it. Through student-led discussion forums, they will have plenty of opportunity to talk through issues that concern them. In addition, scenario-based role play exercises will give them some food for thought - and help drive home the message!



Privacy & Identity Theft

Are you concerned about the amount of personal information young people are revealing via social media and other online platforms? The current generation have grown up in a world where sharing is natural and privacy is an alien concept. Sadly, there are criminals who will target children and teens in order to steal from them. Some young people will even become victims of identity theft, often without realising it. How can we protect them?

To fight back against the cyber criminals, 2020 Dreams offer a Privacy & Identity Theft workshop. Using proven youth engagement strategies, such as student-led discussion forums and scenario-based role plays, we help students to understand the importance of online privacy and build their own 'mental firewall' to keep predators at bay.



Online Blackmail & Sextortion

Have media stories about online predators and grooming gangs got you worried about the dangers our young people face online? While most young people enjoy a relatively safe and positive experience, it can only take one mistake or bad decision to put a child or teen in harm's way.

2020 Dreams have rolled out our Online Blackmail & Sextortion workshops to educate young people about how to protect themselves from one of the 'net's gravest threats. Our content is engaging and relevant, using student-led discussion forums to highlight the issues that young people are coming across themselves. Our workshops also include fun, age-appropriate role play exercises that encourage students to explore responses to hypothetical situations. We also provide information on how to access appropriate support.



The Dark Web

Does the idea of young people accessing the Dark Web send a shiver down your spine? The Dark Web is a real, but often misunderstood, online destination. Although not all of what happens there is illegal, it is not a place young people should be exploring.

If you're not confident about educating young people about the dangers, a 2020 Dreams Dark Web workshop can fill the gap. Our skilled facilitators will dispel the glamour of the Dark Web, while at the same time highlighting the risks of visiting (mainly being hacked, losing money or being tracked by the police!)

We use moderated student-led discussions and fun role play exercises to maximise engagement and no, students will not be taught how to access the Dark Web!





BUSINESS, CAREER & MONEY MANAGEMENT

Enterprise

Successful businesspeople emerge from all sectors of society, with some people coming from the most disadvantaged backgrounds and overcoming significant personal problems to achieve success.

2020 Dreams believes that the skills and personal qualities needed to thrive in business are within the grasp of every young person regardless of gender, ethnic background, nationality or social class.

Our Enterprise workshops are a catalyst, mobilising young people into turning their dreams and aspirations into reality.

We introduce students to the foundational skills of entrepreneurship including identifying opportunities; branding; financials; business plans; pitching; dealing with problems and more.

Young people get to generate their own business ideas and test them out in engaging role-plays, while open forum discussions enable them to expand upon their own concepts of success.



CV Writing

What is a CV? Who needs one? How are they structured? What information do they contain? All these questions and more will be answered in the 2020 Dreams CV Writing workshop.

By the end of the workshop, students will be able to demonstrate a thorough understanding of the importance of their CVs, how it fits into the job application process and how to distil their academic achievements and employment history into a concise and logical format that will maximise their chances of being invited to job interviews. This hands-on course also deals with writing a cover letter and preparing for a job interview.



BUSINESS, CAREER & MONEY MANAGEMENT

Financial Responsibility & Budgeting

Young people from disadvantaged backgrounds come into the world with fewer financial resources and are rarely taught the money management skills needed to steer clear of debt and make the most of the little they have. Even children from average or high-income families can squander their advantages if they don't get a grip on budgeting.

2020 Dreams Financial Responsibility & Budgeting workshops introduce the concept of budgeting and help young people to develop the skills to manage their finances. Topics include filling out a budget sheet; separating needs from wants; prioritising payments; tackling debt and making money work for you.

Hands-on activities help students to apply the theory taught to everyday life, while open forum discussions give them the opportunity to expand their understanding.

Job Search

Learning how and where to find employment should be a high priority for young people who are coming up to the end of full-time education or have already left. The labour market is fiercely competitive and looking for work requires adequate preparation, perseverance, time management and a positive attitude.

2020 Dreams Job Search workshops cover the entire employment seeking process including self-assessment of skills and abilities; identifying suitable jobs within a target industry, claiming benefits, organising a realistic application schedule and how to maximise the chances of being shortlisted for interview.

Students will be given plenty of hands-on practice along the way, cementing the knowledge they have learned, and facilitators will also focus on the importance of maintaining a positive frame of mind.





TRAINING & CONSULTATION PACKAGES

The most efficient way to benefit from 2020 Dreams skill and experience is to book one of our training or consultation packages.

Create a Quality In-House Training Team

You will be creating a network of workshop facilitators throughout your school, institution or organisation. This will give you the flexibility to arrange workshops at your convenience, saving time and money.

Learn our Winning Formula

Role play scenarios, adapted to fit the relevant age group and context, are powerful tools that help young people to make the connection between the concepts discussed and the real environment that children experience every day of their lives. Trainees will learn how to come up with their own. They will also learn how 2020 Dreams supervise open forums to create a positive, supportive atmosphere and to ensure everyone has the opportunity to speak.

Choose a Broad or Narrow Focus

We can create a training day focused specifically on one of our many individual topics, as detailed in this brochure and on our website). If you prefer, we can design your training to cover one of our overall topic areas:

- Life, Crime & Social Survival
- Social Inequality & Anti Bullying
- Mental Health & Wellbeing
- Relationships & Sex Education (RSE)
- Technology, Social Media & Online Harms
- Business, Career & Money Management



TRAINING & CONSULTATION PACKAGES

Mentoring and One-to-One Training Options

Does your child, or a young person in your care, require extra support in understanding and coping with the topics covered by 2020 Dreams? Speak to us about our mentoring packages, where we can provide intensive, one-to-one support, backed up by a structured development programme. Alternatively, book a one-to-one training package, whereby we coach you in how best to work with a particular issue affecting a child - or children - you have responsibility for.



Virtual Delivery Options

While we always recommend booking face-to-face workshops, training and consultation where possible, we can now offer recorded or live-streamed content as an alternative. We developed and refined this mode of content delivery during the COVID pandemic and can work across different technology platforms (Zoom, Microsoft Teams, etc.) as needed.



To find out more about 2020 Dreams Workshops, Training, Consultation or Mentoring, or to book a package, please contact us today:

Tel: 0800 471 4983

Email: hello@2020dreams.org.uk

Web: www.2020dreams.org.uk



Empowering Young People and Communities

2020 Rising is a project at the cutting edge of 2020 Dreams. We are bringing our people and skills to the communities that need them most, those blighted by poverty, gang activity, knife violence, mental ill health and drug addiction.

Community problems need a community solution with young people, teachers, parents, community leaders, politicians and businesspeople all pulling together.

Our mission is to improve the lives of young people at risk of gang involvement, county lines operations and violent crime. We aim to reach those youths who are hardest to engage, rescuing those who have already strayed and preventing those who we are in time to save from taking that self-destructive path.

Every young person we successfully engage with becomes a part of the solution rather than a part of the problem. Over time the balance will shift until our communities are.



Life Coaching, Mentoring and Training

2020 Rising offers several approaches to directly helping young people to turn fear and disadvantage into hope and plans for the future.

Many young people grow up in poverty and without role models of success. They may come from homes where violence, drugs and crime are normal. They are vulnerable to developing mental health problems and have numerous risk factors associated with criminal activity including gang membership. →



...cont'd

Our life coaches can reach out to and support these disadvantaged young people, helping them to develop the social and practical skills they need to open doors for themselves and persevere towards a brighter future.

For those who need extra support, we also offer mentorship. 2020 Rising mentors can take troubled young people under their wings and help them through the tough times.

We are also empowering communities through comprehensive training packages for those people who want to join the fight to reclaim our streets.

These include Gang Culture Training and Knife and Gun Crime Awareness.



Asking Tough Questions

Part of the 2020 Dreams Rising project involves asking the tough questions that are often pushed to one side. Only through honesty and openness can we move beyond blame and get to the root of community problems.

To find out more about 2020 Rising training days or to book a package, please contact us today:

Tel: 0800 471 4983

Email: hello@2020rising.org.uk

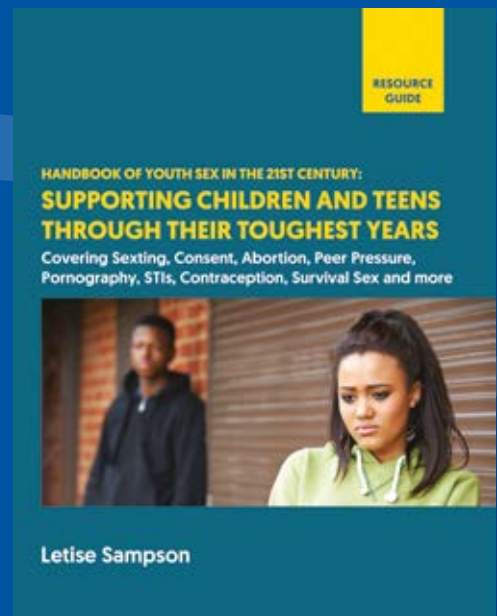
Website: www.2020rising.org.uk



Publications for Raising Awareness



Getting Real with Guns and Knives



Youth Sex in the 21st Century



Getting a Grasp On Youth Mental Health



Getting to Grips with Gangs

To support our work, we have published a number of books packed with research, case studies, activities and discussion points on the most serious issues facing young people today.

Call: 0800 471 4983 Email: hello@2020dreams.org.uk

www.2020dreams.org.uk