

# You Matter

## You Matter in School

A life skills programme for secondary education settings.



Working with young people at risk of homelessness

## Money Matters

*Safe income, budgeting and how to prioritise expenditure.*



## Life Matters

*Advice on mental health and wellbeing, healthy relationships, domestic abuse, exploitation, on-line safety and making new friends.*

Head of Pastoral Care said: **“This is one of the best courses I have had delivered. The feedback is outstanding and the children are engaged well”.**

Jess, 15 said: **“It has made me communicate better and has taught me a lot of helpful things, especially the sessions about self-esteem and assertiveness”.**

Louis, 14 said: **“I think that managing money was important because it will help me in life”.**

Emily, 14 said: **“I now think more positively about myself”.**

Faye, 15 said: **“I know now that even little comments can chip away at someone’s self esteem”.**

Sophie, 15 said: **“I will take better care of myself using the self care plan we created in You Matter”.**

Sajed, 14 said: **“I know now that I matter”.**

**Call: 01264 360 589 Website: [www.ybrp.org.uk](http://www.ybrp.org.uk)**

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