



www.nuknow.co.uk

**Working Together
To Improve
Adolescence**





Nu Know

**Our mission is to
improve adolescents'
wellbeing and safety
by making reliable
specialist education and
support freely accessible
to parents, carers, staff
and young people.**



Working Together To Improve Adolescence



Nu Know

Speak to us today about how **Nu Know** can support **your community**

Are you...

An Employer?

- Bespoke one-to-one sessions for **parent & carer employees**.
- A **brand-new staff benefit**.
- Opportunities for impartial **research with employees**.

A School Leader?

- Bespoke one-to-one & group sessions for **parents and carers**.
- **Staff** virtual helpline and CPD
- Workshops and interventions for **students!**

A Local Authority?

- Bespoke one-to-one sessions for **resident parents & carers**.
- **Targeted or borough-wide** delivery.
- **Collaborative integration** alongside existing services.

Partner with us!



**Are you interested in
partnering to work together to
improve adolescence?**

Get in touch today to discuss:

Joint Campaigns?

Research Projects?

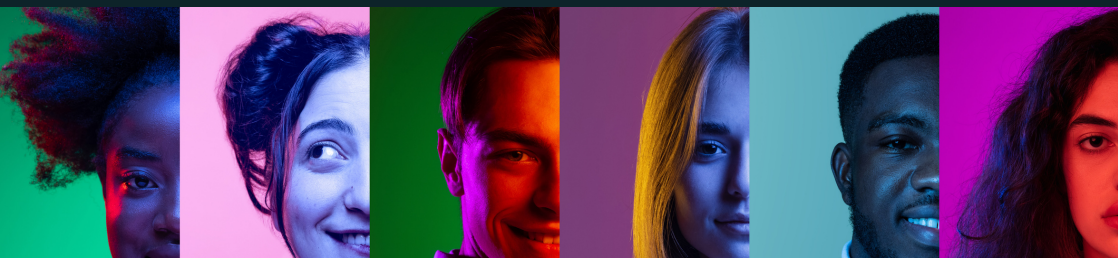
Community Projects?

Creating New Programmes?

Funding Free Sessions?

Hosting Community Events?

Working Together to **Improve Adolescence**

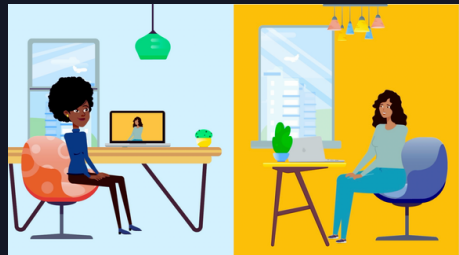


Our Support for Parents and Carers

We offer one-to-one virtual sessions for parents and carers across your community.

We work closely with local authorities, schools, employers and other organisations to ensure that parents and carers can access free educational support sessions with experts and practitioners .

During online sessions parents and carers can learn about issues impacting their teens and ask their questions directly to a specialist.



Our sessions aim to support parents and carers to feel:

- more **equipped** with accurate information surrounding issues affecting young people today.
- more **confident** to spot the signs of adverse experiences.
- **empowered** to have meaningful discussions with teens about these issues.
- **aware** of sources of support in their local community.

Through Our Service Parents and Carers Can Speak to Various Specialists including:

- Adolescent, Child, and Educational Psychologists
 - Researchers
 - Healthcare Professionals
 - Social Workers
 - Teachers and Headteachers
 - SEND and EHCP Specialists
 - Education Advisors
 - Careers Advisors and Work Coaches
 - Youth Offending Specialists
 - Speech and Language Specialists
- plus many more**

Topics our specialists can discuss in sessions include but are not limited to...

Education

Worry & Stress, Post-16 Options, Preparing for Secondary School, EHCP'S

Risky Behaviour & Crime

Risk Taking, Gangs and County Lines, Exploitation

Mental Health

Anxiety, Depression, Post-Traumatic Stress, Eating Disorders

Adolescent Development

Puberty, Developmental Milestones, Emotional Development

Relationships

Parent-Child Dynamics, Romantic Relationships, Partner Violence, Bullying



From Booking To Delivery

4 Simple Steps!

How Your Community Can Access Our Support

1



Your organisation wants to offer parents and carers in your community access to Nu Know specialist sessions.

2



You select a **Delivery Time Package** unlocking bookable session time for your community.

3



The service can then be **advertised** to your community **or integrated** into your existing services/systems.

4



Parents and carers can **submit their queries** to Nu Know and **start booking sessions** with our specialists.

We will send you all the communication templates you'll need!



Get in touch today!

hello@nuknow.co.uk
www.nuknow.co.uk

Book a Meeting

