

## **Transitions Programme**

The Transitions Programme was developed by Education Authority Youth Service to assist young people in the transition from primary to post primary school. This year the programme will be delivered by the local Youth Engagement Plus youth worker Paddy Mc Colgan in Fountain Street Community Centre, commencing on Friday 23<sup>rd</sup> June, from 3pm-4.30pm and will run once a week for 6 weeks. The Transitions Programme runs at no cost to any of the participants. The topics covered in the Transitions Programme are as follows;

1. **Session 1- Getting to Know You**
  - a. Increased knowledge of the programme content and why they are taking part
  - b. Developed teamwork skills and placing trust in others
  - c. An understanding of own hopes and fears about moving to post primary education
2. **Session 2- Who Am I?**
  - a. Increased knowledge of how to enhance confidence and self- esteem
  - b. Develop an understanding of self- awareness
  - c. Skills in identifying their own and other talents and abilities
3. **Session 3- Communication**
  - a. Increased knowledge of different types of communication including verbal and non- verbal
  - b. Developed skills in distinguishing between good and bad communication
  - c. Understanding of how awareness of communication methods can lead to effective communication
4. **Session 4- Social Skills Development**
  - a. Increased Knowledge as to what makes a good friendship
  - b. Understanding of what it means to have respect for themselves, others and property
  - c. Have increased confidence and skills in developing and building good relationships with others
5. **Session 5- Responsibility**
  - a. Increased understanding of responsibility for self and others
  - b. Knowledge of how own actions can affect themselves and others
  - c. Enhanced skills in building confidence to take on responsibilities
6. **Session 6- Images of Self/ Positive Transitions**
  - a. Knowledge of positive self- image
  - b. Skills in identifying strengths and qualities that they can utilise when starting post primary
  - c. Increased understanding and awareness of their own confidence about the move to post primary

To register your young person please return an expression of interest to or if you have any additional queries contact;

- Email: [youth@fountainstreetcda.org](mailto:youth@fountainstreetcda.org)
- Tel: 028 71885100
- Facebook: Youth Engagement Plus Strabane

### **Expression of Interest**

- **Young Persons Full Name**
- **DOB**
- **Address & Postcode**
- **Parent/Guardians Name**
- **Parent/Guardian Contact Number**