



AGENCY IS DEMONSTRATED BY...

- o Self-determination. Autonomy is a pillar of authentic wellbeing
- Empowerment. The teacher is in charge of proceedings but the aim is for every student to comes to their own conclusions.
- A pedagogy that is socratic rather than didactic asking good questions rather than providing answers.
- Questions posed in a variety of ways including role-play, hypotheticals and activities presented as games
- o Discussion, reflection, critique and analysis
- With agency comes responsibility

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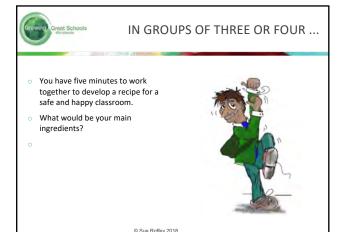


MIXING EVERYONE UP

- This means people are not always in discussion with those in their social circle. It breaks down barriers, reduces prejudice and broadens the conversations.
- o If you feel comfortable, stand up and change places if:
 - · You feel OK about giving up a Saturday to be here!
 - · You are optimistic about the future of British education
 - · You are curious as to what comes next!

This is known as a silent statement and shows what we have in common

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SAFETY IS DEMONSTRATED BY...

- o Giving students the right to stay silent
- Focusing on issues never incidents. This avoids the private, and personal.
- Use of the third rather than the first person eg it would make someone happy if...
- o Activities that are paired and in groups rarely individual
- No individual competition
- Acceptance of all ideas, opinions or stories. There are no putdowns - only personal positives.



THE STRENGTHS IN CIRCLES CARDS FOR SAFETY

- We are kind in what we say and do
- We build trust with each other
- We look out for each other
- We can get help
- We forgive each other
- We are reliable and honest
- We learn from our mistakes

 How would you use this resource to encourage young people to think about their values, who they were becoming and how they interact with each other?

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POSITIVITY IS DEMONSTRATED BY...

- Being solution focused. What we want rather than what we want to get rid of.
- o Actively promoting positive emotions and positive actions
 - · Feeling valued, connected, cared for, comfortable, calm....
 - Being kind, generous, forgiving, thankful, hopeful....
- Having fun together shared laughter generates oxytocin, resilience and belonging
- o Identifying strengths for the self and others
- o But ...accepting the important emotions of sadness and anger.

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INCLUSION IS DEMONSTRATED BY...

- o Giving everyone the opportunity to participate
- Regularly mixing people up so they interact outside of their usual social circles. This breaks down barriers and prejudice
- o Activities that enhance a sense of belonging
- Responding to challenges by giving choices and emphasizing that everyone matters

Feeling you belong is one of the main pillars of resilience and psychological well-being

Our most vulnerable students are those who most need connection

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RESPONSIBILITY FOR INCLUSION: HYPOTHETICAL

- My name is Lily
- I have been in this class for three weeks.
- My parents have split up and I haven't seen my dad for ages
- All the students have their own friends and groups
- No-one is unkind to me, but noone speaks to me much either
- I am on my own a lot and not sure what to do.
- o How might you feel if this was you?
- What would you want to be happening?
- What 3 things could this group do to help this student
- o What else might help?



RESPECT IS DEMONSTRATED BY...

- Listening to each other
- Not jumping to judgment
- Not making assumptions
- Not putting anyone down
- Taking people's contexts into account
- Being reliable and trustworthy
- Acknowledging difference, valuing uniqueness and exploring what is shared.
- Activity:
- Going around (perhaps following a paired discussion) everyone completes this sentence.
- Someone would feel respected if...

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EQUITY IS DEMONSTRATED BY...

- Not everyone being treated exactly the same but equal rights to participate and flexibility to ensure this happens
- The facilitator being a full participant the teacher does everything the students do.
- o The teacher being in charge but not controlling students
- Everyone having a turn
- Shared decision making
- Sharing time and space.
- o A democratic framework

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FURTHER INFORMATION

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Circle Solutions training on 18^{th} June in London. (Covent Garden) A worthwhile day or your money back!