

YES Programme -Youth Work Ireland

The **Yes Project** is a Europe wide initiative to provide young people with empowering sexual health and reproductive education in a community setting. Youth workers to deliver SRE to young people. This project is based on the need identified by Youth Work Ireland through a consultation with young people in Spring 2018, for young people to be involved in the development of a resource to support their learning around health and safety issues related to their sexual health.

The YES Project will consist of 3 one-hour sessions focusing on one topic with the aim of supporting youth workers and educators in their practice.

Sexuality Identity and Healthy Relationships
Communicating Consent
Wider Influences and Decision Making

Be Well Programme- Our Generation

Be Well is an emotional resilience programme which educates young people on feelings of anxiety and teaches coping strategies. The programme uses the 5-A-Day approach to help people build resilience. Be Well use the 5-day approach to mental wellbeing.

- Connect
- Be Active
- Give
- Take Notice
- Keep Learning