



Children Our Ultimate  
Investment UK

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## **SUSTAINABILITY PACKAGE FOR THE TEENS & TODDLERS PROJECT 12 MONTHS**

### **Introduction**

Britain has the worst record of teenage pregnancies in Europe and the government has targeted significant resources into a 10-year plan to address the problem. Teenage pregnancy is often the tip of the iceberg. The causes of these early pregnancies are many – insecurity, lack of stability, lack of love and hope for the future, inadequate sex education and poor understanding of relationships, to name but a few.

### **Our Vision**

Our vision in delivering the Teens & Toddlers programme is to prevent teenage pregnancy and tackle the social disadvantage and exclusion that this brings through delivering the Teens & Toddlers programme. The project conveys the importance and the value of postponing pregnancy, providing the young person with an alternative vision of what is possible for their lives. Although a preventative programme, Teens & Toddlers asserts that the best way to achieve a reduction in teenage pregnancy is to give young people an experience of the enormous responsibility and hard work involved in having a child and to help them develop alternative goals to being pregnant, such as satisfying work and relationships.

### **What is Teens & Toddlers**

Teens & Toddlers is an innovative, practical teenage pregnancy prevention and mental health programme fostering greater awareness of the reality of conception and parenting for young people. We do this through providing the teens with intensive interaction with toddlers in a safe nursery environment and with classroom instruction that is highly interactive and experiential. The project includes three key elements:

- regular one-to-one contact between the young adolescent and a 'toddler', whom they 'befriend' and establish a relationship with;
- classroom time focussing on child development, parenting skills, sexual responsibility and relationships;
- life coaching and counselling for young people at most risk.

### **Aims**

Following the successful delivery of the Project in 6 Boroughs (Southwark, Greenwich, Brent, Camden, Tower Hamlets and Islington) and the significant outcomes that research and evaluation is producing, Children Our Ultimate Investment UK is initiating a Sustainability/Replication Programme for Boroughs who wish to mainstream this work.

The aim is for the Teens & Toddlers project to become a sustainable offering, delivered in schools and nurseries in local areas by local people. Support will be provided for the on-going quality assurance of this work.

### **Benefits of Sustainability Programme for Local Authority**

- COUI UK will train, 8 – 10 local Borough people to competently and professionally set up and deliver the Teens & Toddlers project.
- COUI UK's professional facilitation team will deliver four full Teens & Toddlers projects in your Borough.
- During this training up to 60 teenagers will have participated.
- The borough (with eight Teens & Toddlers Facilitators), if running two Teens & Toddlers projects full time will have the capacity to reach up to 600 at risk teenagers a year. If running three Teens & Toddlers projects a year, up to 900 at risk young people could be reached. (8 Facilitators delivering 5 afternoons a week.)
- If more facilitators are trained, (up to 16 in second training), costs of training 16 more facilitators goes down to total of £15,000. This would in turn lower the Unit costs per teen.
- Quality assurance through an on-going relationship with COUI UK, which includes supervision and staff development trainings. (Annual licensing fee)

### **Benefits of the Sustainability Programme for Teenagers**

- Lower teenage pregnancy rate, awareness about sexually transmitted infections, thereby resulting in significantly reduced financial burden on Social Services, social benefits, NHS and housing costs.
- Young people staying in the educational system longer, thereby raising their employment possibilities.
- Mental health Improvements for young people through increased emotional literacy – skills of self-reflection, self-management, relationship to others and relationship to society.
- Future parenting skills, breaking generational patterns of disadvantage.
- Crime prevention development work through anger management: work with self-valuing and self-assertion, awareness of choice, personal responsibility and future life goals.
- Citizenship skills through multi-cultural participation and the programme's promotion of an appreciation of difference and improved social behaviour
- Community engagement through working in and contributing to local nurseries and support for nursery staff.
- Early intervention with small children through the teens befriending process in the nurseries.
- Achieving an accredited nationally recognised National Award in Interpersonal Skills (Level 1).