



Families Learning
about *Self Harm*

FLASH
Online Guidelines
Session 2

These Guidelines are **ONLY** to be implemented and undertaken by professionals who have undertaken the FLASH programme 3-day training.

For more information on the FLASH training please e-mail Jeannie Gordon at Jeannie.gordon@theministryofparenting.com or Debbi Barnes at debbi.barnes@theministryofparenting.com

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Session two – Teen development

Pre group

- Have session 2 PowerPoint uploaded onto desktop
- Brain & Teens development handout and myths and facts about cutting and self-harm (from FLASH manual) and 12 teen facts Brain Handout ready to email post group

Plan overview

Topic	Platform	Attachments
Introductions and rules reminder	Word files	Group online rules document
Agenda	PowerPoint	Session 2 PowerPoint
Feedback and group check in	Online Whiteboard	
Road to independent	PowerPoint	Session 2 PowerPoint
The Brain Explained	PowerPoint	Session 2 PowerPoint
Home tasks	Email to parents post session	Brain & Teens development handout (from FLASH manual) 12 teen facts

Session two more detail

Introductions and rules reminder

Reminder of the online housekeeping and group manners or group agreement – show group rules file.

Thank the parents for returning the pre online sessions evaluation forms.

Agenda

Show the PowerPoint slide of the agenda and explain agenda for the session

Explain to the parents that it is important that they look after themselves so they should be kind to themselves during and after the online sessions.

Feedback

Either in two break out room groups or as a whole group depending on the group size and dynamic ask the parents to feedback on their thoughts from the last session.

The Road to independence

Show PowerPoint slide of the Road to Independence. Explain that there are key milestones as we go from baby to adult. Put the group into 2 Zoom rooms, facilitators to each join a group. In each Zoom room facilitators to instigate a discussion on the milestones a teen

must go through from teen to adult. Share in large group key thoughts and show key milestones from PowerPoint.

Group leader considerations: the milestones for baby and child to be factual with limited discussion as the time should be used to focus on the key milestones a teenager has to go through before becoming an independent adult.

The Brain Explained

Show PowerPoint slide of brain with no labels. Click PowerPoint slides so the brain region sections are presented one by one; each time ask the parents if they know what that regions function is then either confirm their answer or give brief explanation. Once all the sections are on the brain picture, guide the parents towards understanding that the brain essentially matures from the back towards the front (or forehead area) – meaning that the prefrontal cortex (which controls reasoning and impulsivity) develops last (during the mid-twenties).

Group leader considerations: This activity is should be delivered in an interactive and collaborative style not in a formal teaching style. Draw and build from the group's knowledge ensuring that in the group discussions during this section that the key elements of the teenager brain are explained. Refer to FLASH manual handouts and information on the brain.

Home task

Parents to read the handout

Handouts to email to parents post session

Myths and facts about cutting and self-harm

Brain & Teens development

12 teen facts

Evaluation of the session