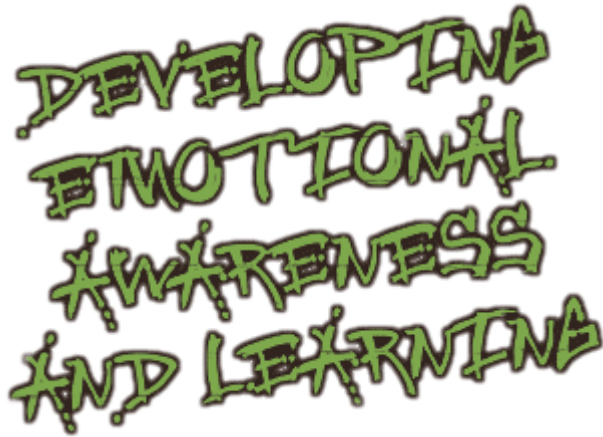


Developing Emotional Awareness and Learning (DEAL) Programme



This programme covers a range of issues relating to emotional health and wellbeing, including depression, self-injury, suicide, stress, bullying and conflict. It seeks to develop learners' awareness and skills in the areas of emotional health awareness, communication and sources of support. The lessons also try to help students to identify coping strategies for stressful or difficult situations they may face, and to reflect on the positive and negative consequences their choices could have.

The programme, which is perfectly suited to learners in the Youthreach / CTC context, was developed by the Irish and British Samaritans organisation. The programme and other resources are free to download from the Samaritan's website http://www.samaritans.org/your_emotional_health/work_in_schools.aspx. The resources include information booklets, staff training activities, lesson plans, factsheets, videos and audio recordings, while a 6-part interactive DVD is available on request from Sam Oakley by emailing schools@samaritans.org.

DEAL can be taught as part of a lesson on a range of subjects, including English literature, drama, RE and geography. The Samaritans developed DEAL so that emotional health would be seen as relevant to learning generally, rather than as being a specific area of the curriculum, reflecting the fact that emotional health-related skills are important to all parts of life.

This approach fits very well with the importance given to personal and social development in the Youthreach and CTC programmes.

DEAL materials are designed not just for use by PSHE specialists, but also by generalist teachers like class tutors or keyworkers, and can be used as a series of lessons or as part of a collapsed curriculum day.

