



GRIT



# INTRODUCTION

West Sussex Fire and Rescue Service (WSFRS) is committed every day to prevent emergencies, helping everyone to be safe and improve lives in West Sussex.

One of the priorities set out in the community risk management plan for WSFRS is to help improve the health, safety and wellbeing of the people and communities most at risk.



## THE TARGETED EDUCATION TEAM

Using our influence as trusted role models and experience of working with young people, we deliver targeted education and early intervention programmes to support vulnerable young people in our local community.

Using the dynamic environment of the Fire Station and the local community, the aim of our work is to promote social and emotional development in young people. This is achieved through a diverse range of enriching, enjoyable, and engaging activities that are inspired by the role and responsibilities of a firefighter.



# WHAT IS GRIT?



GRIT is an early intervention programme led by the Targeted Education Team at West Sussex Fire and Rescue Service for young people aged 11-14 year olds.

The intended outcome of this programme is to see an increase in protective factors in young people, whilst reducing the risk of harmful behaviours by guiding them towards achieving better life outcomes and contributing to creating safer and stronger communities.

## COURSE CONTENT EXAMPLES:

- Drill Yard activities such as hose running.
- Firefighter simulation activities.
- Orienteering around the local community.
- Communication activities.
- Growth Mindset activities.
- Team Building activities.
- Fire Safety Education.

## OUR TARGET AUDIENCE:

Young People who are interested in improving:

- Self-Esteem
- Self-Confidence
- Personal Resilience
- Positive Wellbeing
- Relationships.
- Sense of belonging in local community.

# OUR CURRICULUM

The programme looks to promote personal resilience, increase positive wellbeing, strengthen relationships and build stronger communities. This is achieved through a combination of firefighter-simulated exercises and carefully crafted youth-oriented activities.

**01**

## **Personal Resilience**



Learners will experience an appropriate challenge which enables them to explore their personal resilience and observe how their emotions are affected.

By developing their awareness of their personal resilience and strategies to cope with adversity, Learners should feel more more confident to face future challenges.

**02**

## **Positive Wellbeing**



Learners will be introduced to the ideas of positive wellbeing and being able to express feelings. They will explore their wellbeing by participating in activities designed to increase their confidence and reflect on how it developed.

Learners will be develop a growth mindset to enable them to consider ways to deal with negative thinking.

**03**

## **Healthy Relationships**



Learners will understand how relationships affect and influence us and how they can develop and maintain healthy connections.

The learner will experience activities designed to build trust, develop respect and support their understanding of how relationships are connected to positive wellbeing.

**04**

## **Stronger Communities**



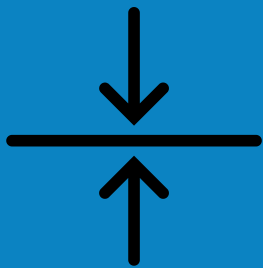
Learners will explore the benefits of being part of different, supportive communities and discuss the consequences of negative action in a community. They will work towards a common goal and use this experience to reflect on inclusion within wider communities.

Learners will take responsibility for their own and others safety and will be encouraged to make a pledge to contribute positively to their own community.

# MEASURING IMPACT

We aim to measure the impact of EVOLVE on the students' personal development and growth through the transitional period.

To gather this valuable data, we use a comprehensive evaluation tool which includes a 14-question survey, where respondents score on a likert scale (strongly disagree to strongly agree). We distribute this survey to YP, partners, and instructors.



## BASELINE ASSESSMENT

Before the course begins, we collect initial data from the students, and partners to establish a baseline assessment.



## END OF COURSE ASSESSMENT

At the end of the Evolve course, we gather feedback from students and partners to measure progress and outcomes.



## SUSTAINABILITY ASSESSMENT

6 weeks post course, we assess the sustainability of skills and progress made by the students. Again we gather feedback from the students and partners to measure progress and outcomes.



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