



# SECONDARY PSHE AND CITIZENSHIP PROGRAMMES

Bigfoot has been creating and delivering PSHE and Citizenship projects for KS3, KS4 and post 16 students since 2000, with schools and organisations across the country benefiting from a creative and imaginative approach to exploring a wide range of issues. Young people are provided with a creative forum in which they can confront sensitive and controversial issues, allowing them to develop a greater understanding of the world in which they live.

Programmes include a range of innovative performance based presentations and interactive workshops, which encourage young people to use their imagination when considering their own and other people's experiences.

Forum theatre, role-play, improvisation and unique drama exercises are used as a vehicle for young people to develop their skills of enquiry and communication.

The programmes aim to:

- Develop young people's social, emotional and behavioural skills
- Promote an innovative, interactive and engaging approach to PSHE and Citizenship
- Challenge prejudice myths and stereotypes
- Explore the role that young people can play as active citizens in their school and wider community
- Investigate the positive and negative choices and consequences available to young people
- Raise awareness of the issues facing young people
- Provide teachers and staff with a range of techniques and ideas to enrich their teaching of PSHE and Citizenship

Bigfoot's PSHE and Citizenship programmes have been researched and developed by a team of PSHE Consultants who have extensive experience of working with young people in a wide range of settings, as well as training teachers and other professionals in teaching PSHE and Citizenship. All our programmes have been piloted and evaluated in a variety of schools and Bigfoot has consulted with teachers and young people to ensure that the programmes are as beneficial, enjoyable.

**“ The Bigfoot facilitators did a fantastic job yesterday. The drama was really well focused and the boys responded well to the workshops. The range of ideas and questions that got discussed was great - the facilitators seemed to be so good at letting the workshops be pupil-led and focused in many cases. I'm tremendously grateful to you and your team for all that you've done. ”**  
**Roger Meadowcroft, Royal Grammar School**

## PERFORMANCE PROGRAMMES

**Bigfoot deliver a range of performance based presentations, workshops and plenary programmes exploring a range of issues, which gives students the opportunity to experience and reflect upon realistic and relevant situations.**

A typical format consists of a thirty minute presentation at the beginning of the day to a whole year group. Presentations explore each issue through the experiences of various characters, and students are encouraged to reflect upon the action throughout. Students are then divided into smaller breakout groups to participate in a one hour workshop with a Bigfooter during which they forum the scenarios and explore the issues through a variety of drama exercises. The day concludes with a plenary session where all students come together to discuss their conclusions. The day is usually delivered by two Bigfooters, although additional Bigfooters can be added to deliver multiple workshops if required.

Schools and organisations can choose from our range of set programmes:

- **Take a walk in my shoes...** (Anti-bullying)
- **Under Pressure** (Peer Pressure)
- **Only the Once** (Sexual Health)
- **Grown up Enough** (sexual Relationships)
- **Taking a Risk** (Drugs Awareness)
- **In the habit** (Smoking Awareness)
- **Increasing the Risk** (Personal Safety)
- **Let's talk about it** (Emotional Health and Wellbeing)
- **Seize the Day** (Dreams and Aspirations)
- **Families, Marriage and Stuff** (Marriage and Relationships)
- **Cyber Safe** (Cyber Safety)

Bigfoot can also devise and deliver bespoke performance programmes about any topic or issue, should schools or organisations have specific requirements. Full scripts and plans are sent to schools and organisations prior to our visit, along with suggestions for follow up work, ensuring sustainability.



***I would like to take this opportunity to thank you for your support in delivering such a dynamic programme for the Riddlesdown Collegiate anti-bullying conferences ; your workshops allowed our students to work confidently with others, adapt to different contexts, and take responsibility for their own roles.***

**Danielle Woolman, Pegasus College**

Costs quoted are for a whole school day. Shorter and longer projects can also be booked; please contact Bigfoot for a quote based on your specific requirements.

\*Travel costs will be added to those venues located outside of London.

## WORKSHOP PROGRAMMES

**Bigfoot has developed a range of workshop programmes, which encourage students to actively participate in exploring a range of issues though a variety of techniques and exercises.**

Set programmes include:

- **Citizenship**
- **Environmental Issues**
- **Bullying**
- **Cyber Bullying**
- **Sexual Bullying**
- **Sexual Relationships**
- **Sexual Health**
- **Teenage Pregnancy**
- **Emotional and Mental Wellbeing**
- **Drugs Awareness**
- **Smoking Awareness**
- **Healthy Eating**
- **Crime and Punishment**
- **Conflict Resolution**
- **Discrimination**
- **Interview Skills**
- **Brain Training**

Bespoke workshops can also be created and delivered on any other topic.



**FOR MORE INFORMATION OR TO  
MAKE A BOOKING PLEASE CONTACT**

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