Sport Ireland Ethics

NCO Conference – October 23rd, 2024

Safeguarding Campaign Page

Scan Me

NCO Conference Digital Wall

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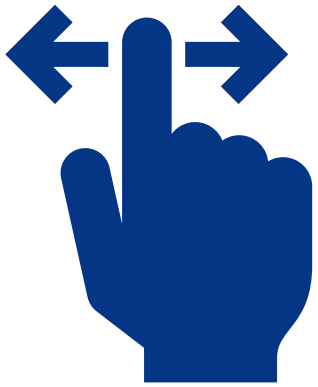
Overview

1. Safe Sport App
2. Safeguarding Digital Database
3. Young Voices in Sport
4. Safeguarding Snippets
5. Safeguarding Adults

Safe Sport App

Safe Sport App



Two Carousels

Latest news – linked to website

About Sport Ireland

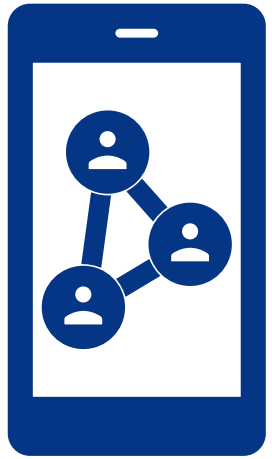
Tiles

Safe Sport

Reporting

References

Travel Tracker



Social Media

Future Features

Push Notification

Surveys

Digital Database/Certificates

Safeguarding Digital Certs

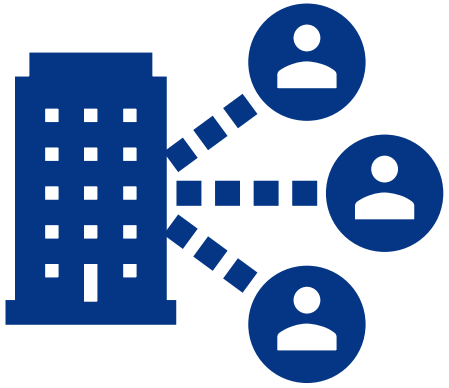
1 2 3

Workshops

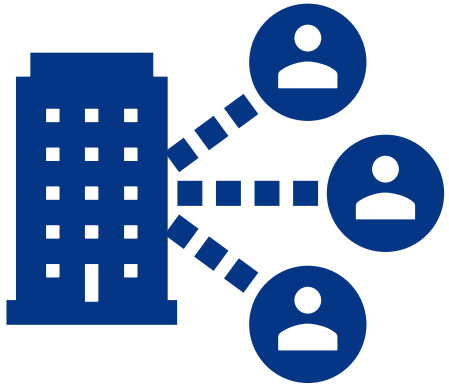
SPÓRT ÉIREANN EITIC | SPORT IRELAND ETHICS

SPORT:80

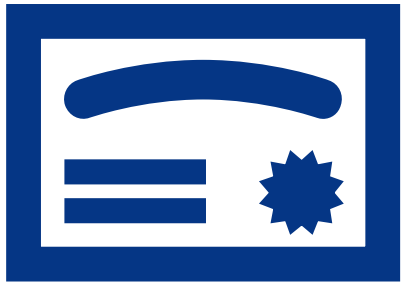
Administrators



42 NGBs



27 LSPs



5,000+ Certificates Issued

Young Voices in Sport

SPORT IRELAND ETHICS

Running the activities (Toolkit)

Begin

Safeguarding Snippets

Safeguarding Adults

Potential Overview

Sport Ireland Ethics internal conversations around Safeguarding Adults

Sport Ireland Ethics and Women in Sport Unit start internal working group around Violence against Women and Girls

Exploring and reviewing a plan for delivery – Ensuring key stakeholders and strategic partners are included.

Early stages of development with more information to follow.

Highlighting that safeguarding lead in organisations might be best placed for safeguarding adults.

Sport Ireland Ethics

ethics@sportireland.ie

Safeguarding Campaign Page

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NCO Conference Digital Wall

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SHIELD ANTI-BULLYING PROGRAMME

Elizabeth Kavanagh ISPCC

Agenda

- Overview of the ISPCC and the Shield programme.
- What Shield entails and resources available
- Self-evaluation feedback example
- What happens when you Achieve Shield Status!
- Anti-bullying procedures and aftercare
- The Point of contact, Anti-bullying coordinator, Bullying Prevention Coordinatin Committee.
- Cineáltas: Action Plan on Bullying
- Question & Reflection Time!

Co-funded by
the European Union

WHO WE ARE?

ISPCC is a national charity dedicated to enhancing the lives of children and young people; they are at the heart of everything we do. We do this by providing a suite of relevant services, all under the Childline brand.

Our child-centred services, programmes and supports focus on strengthening resilience and developing coping competencies.

Our Purpose
ISPCC is for children. We are here to build a nation of resilient children.

Our Vision
That every child has the skills to cope with life's ups and downs.

Our Mission
That every child who wants to connect with us can, when and how they want to.

CHILDLINE LISTENING

Childline is Ireland's 24-hour national listening service for all children and young people (up to and including the age of 18) in Ireland. It is private, confidential and non-judgemental and can be contacted for free from anywhere in Ireland.

Childline can be contacted by calling 1800 66 66 66 or chatting online at Childline.ie 24 hours a day, 365 days a year.

GET IN TOUCH

outreach@ispcc.ie to organise a talk for your organisation.

SCAN ME

WELLBEING PROGRAMMES

We offer FREE digital programmes aimed at reducing anxiety for children and young people and digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. A trained member of our Childline team guides and supports each participant through their programme confidentially. For more information, please email spacefromanxiety@ispcc.ie

SMART MOVES

The programme aims to support the emotional resilience of children as they prepare to transition from primary to secondary school. Smart Moves also provides a secondary school programme that supports young people as they begin their journey and transition into post-primary education. For more information, please email smartmoves@ispcc.ie

SHIELD ANTI-BULLYING PROGRAMME

The Shield Anti-Bullying Programme aims to support organisations in their efforts to proactively manage bullying and protect children and young people from its effects through prevention and intervention strategies. We offer a Self-Evaluation Tool that organisations can complete to receive Shield Status. For more information please email shield@ispcc.ie

YOUTH PARTICIPATION

ISPCC's Children's Advisory Committees currently operate nationally through online and face-to-face meetings. Group members range in age from 10 to 17 and meet with the ISPCC monthly. For more information, please email outreach@ispcc.ie

PARENTS HUB

By visiting ISPCC.ie parents and carers can access our dedicated "Parenting Hub" that offers support and provides helpful tools to parents/caregivers and professionals. The ISPCC's Support Line service can be contacted by email to parentingsupport@ispcc.ie or between 9 am – 1 pm Monday – Friday by calling 01 522 4300.

CHILDLINE THERAPEUTIC SUPPORT

Individualised therapeutic service based on a resilience-driven model to provide children, young people and families with therapeutic support to enhance coping capacity. We can meet children and young people where they are most comfortable, whether online, in your home, at a local community centre or their school. This service is subject to waitlist criteria, for more information, please email info@ispcc.ie.

- Childline
- Childline Therapeutic Support Services
- Covid-19 Resilience Hub
- Shield Anti-Bullying Programme
- Missing Children's Hotline
- Youth Participation
- ISPCC Support Line
- ISPCC Outreach Programme
- Teenline
- Smart Moves
- Digital Mental Health and Wellbeing Programmes

Our Services

The ISPCC provides a range more about these services here.

Childline

Missing Children Hotline

What is the Shield Programme?

- Digital Programme developed by ISPCC in collaboration with DCU's Anti Bullying Centre and Webwise.
- Programme content developed in line with up-to-date research on how to prevent and respond effectively to all forms of Bullying (including Cyber / Online Bullying).
- Self Evaluation Toolkit, with links to educational/further reading.
- Content – videos/ posters/ lesson plans/ live content through online delivery medium.
- Follow up support, randomized reviews, and guidance from Community Engagement Lead

The Shield Statements

- **1-Stand Up** - We acknowledge that bullying is an issue for all organisations and the wider community. N.B. Repetition no longer a requirement for bullying incidents.

- **2-Anti-Bullying Policy** - Our organisation has an effective anti-bullying policy in place which is open for all to see and passed on to all concerned. This policy will need to be reviewed and updated regularly. Who was involved in this?

- **3-Report and Collect** - Bullying incidences are recorded, analysed, and followed through consistently. What trends are you seeing? In line with recommendations from the Dept. of Education

The Shield Statements

- **4-It Takes a Village** - Our whole community approach to bullying is reflected in our policy which is a culmination of ideas and thoughts from the whole community in which our organisation is based in. What can we learn from Restorative Practice?

- **5-Inclusion not Exclusion** - Our organisation is inclusive, and our activities acknowledge diversity and individual difference among young people, staff, and the wider community. Giving each player regardless of their ability/skill a purpose/job.

- **6-No 'I' in Bully** - Our evidence-based intervention strategies are actively implemented on an on-going basis and address the multiple aspects of need that exist in each bullying situation. How do we look after all those involved & also keep an eye on the off pitch behaviour?

The Shield Statements

- **7-Training and Ongoing Upskilling** - Our organisation is open to the uptake of new ideas, learning new skills and a change of behaviour to combat bullying. Our young people are regularly taught new ways of responding to bullying and staff receive regular training and updates of evidence-based approaches to tackling bullying. (WebWise, DCU Anti-Bullying Centre, BelongTo, INAR, AsIAm, ITM)

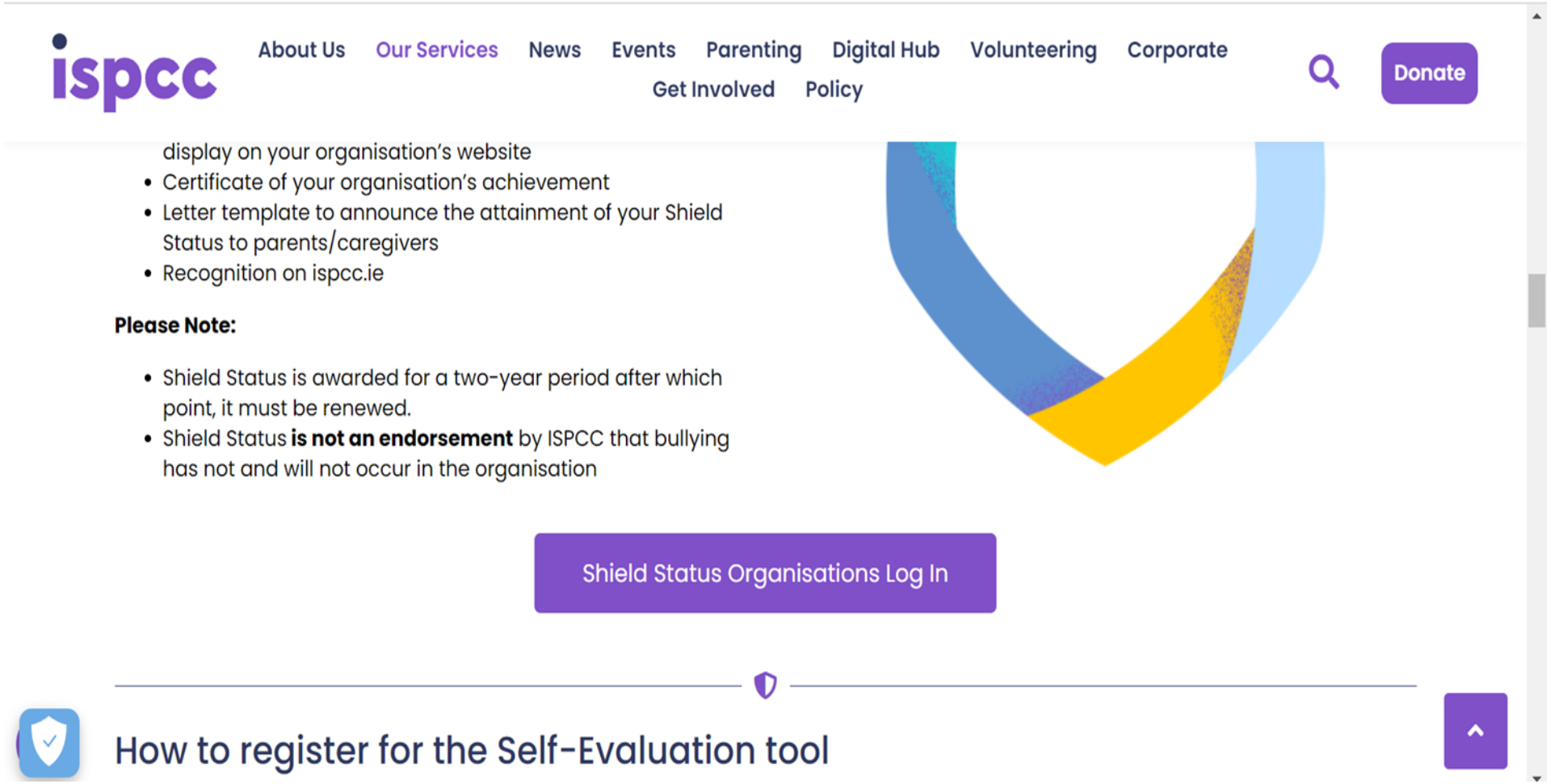
- **8-Raise Up Resilience** - Our organisation actively tackles bullying behaviour through awareness raising, tolerance and empathy building as well as improving general levels of resilience and self-esteem. Building up trusting relationships with the B.R.A.V.I.N.G model from Brene Brown!

The Shield Statements

- **9-Reporting Procedures** - Our young people and staff can report bullying concerns, they feel listened to and supported and we help build confidence to come forward no matter how small or big the perceived issue. Are you a proud Telling Organisation? Can you implement the 3E's Fairness from RP?

- **10-Online Safety** – Online safety and digital knowledge is imperative for young people growing up today. Cyberbullying is a contemporary problem facilitated in recent years by a rapid growth in information and communication technology. Our organisation is committed to protecting young people from both traditional forms of bullying and online or cyber bullying. Cyberbullying is a contemporary problem and adults do not have first-hand experience of being immersed in social media in their youth, therefore, the development of appropriate interventions requires a thorough understanding of the nature of cyberbullying from the perspective of young people. WebWise has courses for parents, staff/teachers and young people. There is a STAR program for young people with additional needs, and "Digital citizenship" reminding young people of their rights and responsibilities online!

Congratulations you have Achieved Shield Status!



Congratulations, you have achieved **Shield Status**! Welcome to the Shield Anti-Bullying Programme Resources

Downloadable Documents

Parent and Caregiver Resource 5-12 year Olds

Resource Guide for

Seasonal Depressive Disorder

Depression can lead to feelings of low self-esteem

Making Documents Accessible

When putting out content in your organisation on

Anti-Bullying HandOut for Parents of Teens

This is a

Self-Esteem Handout for Teens 13-18 years

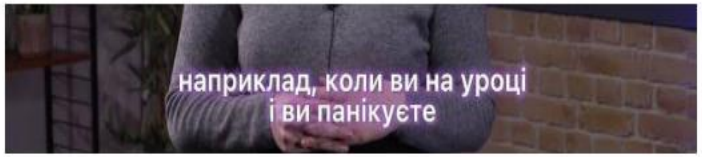
Self-esteem can be

Self-esteem Handout for Infants to 12 years

Self-esteem can be

Breathing Exercises For Staff and Carers

An Interview with positive coaching psychologist Sarah O'Flynn



Resources for Young People (12 Years +)

The Bully - Powerpoint for Young People 12+

Exclusion and Inclusion Explained For Staff Use

Shield Exclusion and Inclusion Slides

Webwise Cyberbullying Resources

Primary school leaders can learn about creating an anti-cyberbullying culture with a new 2 hour online course from Webwise Ireland and PDST Technology in Education.

Gain the knowledge, resources and confidence to teach about cyberbullying and deal with incidents as they arise. To find out more, visit www.webwise.ie/cyberbullying-guidance/

Anti-Bullying Guidance and Advice

Anti-Bullying Guidance and Advice

What NOT to say to a worried child who is being bullied

While it's important to raise resilient children, it's also vital that we don't dismiss their worries as 'silly' or an 'over

What to do if your child is facing Social Exclusion

Research has shown that social exclusion can have a detrimental effect on young people, including the loss of self-esteem.

Bullying and the role of the 'Bystander'

A bystander is someone who 'stands by' and watches something happen - like bullying - without doing anything to stop it.

https://www.ispcc.ie/what-not-to-say-to-a-worried-child-who-is-being-bulli

Shield Status Schools and Clubs 2022 - 2024:

Reflection as staff

- Hopes-What are your strengths& positives?
- Fears-What does bullying mean to you in the Worst case scenario?

Reflection as staff

- Who will be the Point of contact for each club?
- Who is the Anti-bullying coordinator?
- Can we create a Bullying Prevention Coordinating Committee, a Community of Practice and who will sit on what, inviting parents/caregivers/external staff and players appropriately?

What does your current anti bullying program and aftercare look like?

- What are the agreed consequences re: bullying?
- Does everyone follow through on these consequences?
- What seems fair? Is time given to Engagement, Explanation, Expectation?(RP)
- Are your organisation's policies and procedures covering areas such as…

1. **Prevention:**
2. **Support:**
3. **Oversight**
4. **Community:**
5. **Culture and Environment**
6. **Curriculum (Teaching and Learning)**
7. **Policy and Planning**
8. **Relationships and Partnerships**

Cineáltas: Action Plan on Bullying

Bullying is a children's rights issue. Bullying interferes with the following rights of the child:

- The right to freedom of expression (Article 13)
- The right to freedom of thought, conscience and religion (Article 14)
- The right to freedom of association and freedom of peaceful assembly (Article 15)
- The right to privacy (Article 16)
- The right to be protected from all forms of abuse and neglect (Article 19)
- The right to enjoy the highest attainable standard of health (Article 24)
- The right to education (Article 28)
- The right to enjoy their own culture, religion or language (Article 30)

ispcc

“They say if you want to go fast, go alone. If you want to go far, go together.”

—African Proverb

Any Questions?

Thank you so much for your attention !

Elizabeth Kavanagh shield@ispcc.ie
087-4894902

Athlete Voice

Kate Hills
Swim Ireland

Sport Ireland Safeguarding Campaign

23rd October 2024

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Challenges to hearing from YP

- Resourcing group to make a difference
  - Club – through CCOs
  - Regional – through RCOs
  - National – challenge
- Managing the connection across the country
- Validity in the eyes of the organisation
- Credibility to listening to views and opinions
- Autonomy for group to set programme and goals
- Providing support and budget
- Making a difference, not just tokenism

Swim Ireland Athletes' Commission

- 5 -9 members; appointed by Board; all 18+
- Joint chairs, must be OLY/PLY; appointed by CEO
- National level competitors within last 2 years
- Gender balance minimum 40%
- At least one rep from
  - Each region
  - Irish club
  - Overseas club/programme
  - Diving
  - Para-swimming
- Term is Olympic cycle; maximum two terms
- Appointed Secretary from Swim Ireland staff

Athletes' Commission

Background:

Jul - Sep 2022: AC formed & agreed terms of reference

Jan 2023: Official launch; own email address

Jan – Mar 2023: Development of Vision, Mission and Strategic Pillars

Jul 2023: Presentation to Swim Ireland Board

All through 2023: Presence at national competitions

Vision & Mission

- Vision: For Ireland's swimmers, divers and para-athletes to be the best represented within Irish sport and for our athletes to have a positive experience.

- Mission: To support and represent the voice of Irish swimmers, divers and para-athletes through:
  - Understanding and communicating the needs of our athletes without judgement
  - Supporting our athletes through the different career transitions (school, college, retirement)
  - **Advocate for the athlete's voice and welfare at all levels within Swim Ireland**

Athlete Voice

"Our goal is to represent the voice of our athletes from those competing at club level to our high-performance athletes"

Action Areas:

- To hear and understand the needs of our athletes
- To represent the voices of our athletes and to escalate issues to the appropriate level within Swim Ireland as necessary
- To be seen by our athletes as a confidential point of contact
- To serve as a strong link between Swim Ireland and our athletes

Athlete Voice

Challenges:
What to do with received information?
Who to pass this on to?
Identifying their role in dealing with an issue?

Solutions:
Become an additional listening ear, not a separate one
Develop a pathway for AC members to follow
Direct contact with key staff members
Understanding of critical issues v non-critical issues

Benefits & Considerations

Closer to athlete environment – better understanding?

Provides additional avenue for young people

Provides opportunity for young people who don't feel heard

Within budget constraints – autonomy to set programme agenda, athletes supports and workshops

Direct Swim Ireland staff support

Direct access to key Swim Ireland staff

Direct access to Swim Ireland Board

Can be hard to separate own experiences to take a macro view

HERMOVES

HER MOVES

2020

Research Conducted

Report Launched in 2021

2021 (April)

Girls Get Active Hackathon

2021 (Sept)

Test and Evaluate

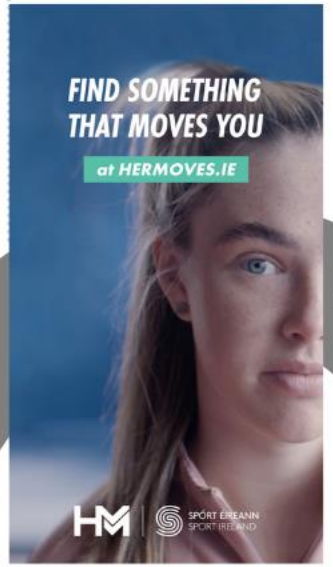
2022

- Brand Identity
- Funding Streams
- Stakeholder Engagement

HERMOVES

2023-present

- Her Moves Campaign
- PA and sport opportunities underpinned by 8 Guiding Principles
- Stakeholder engagement

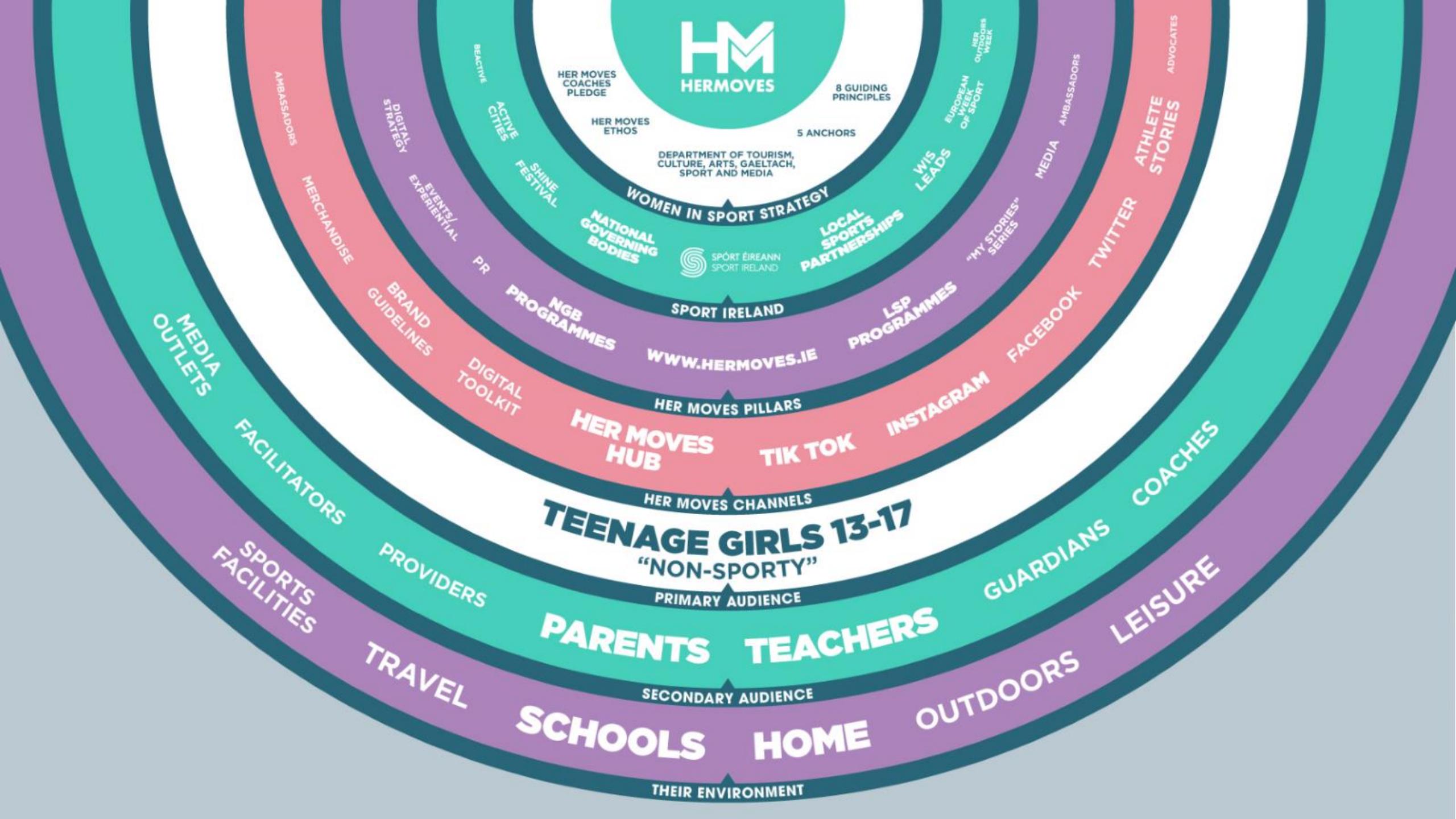


Insight

WE NEED TO INCREASE THE NUMBER OF TEENAGE GIRLS PARTICIPATING IN SPORT, INCREASE RETENTION MEASURES FOR THOSE AT RISK AND BROADEN WHAT SPORTY LOOKS LIKE FOR TEENAGE GIRLS.

OBJECTIVES

- Create a campaign that speaks to teenage girls, particularly those who are inactive or disengaged
- Reframe what sport is and open their eyes to more opportunities, to try something new
- Increase the number of teenage girls embracing sport and physical activity and wanting to share their experiences


HERMOVES
HER MOVES COACHES PLEDGE
8 GUIDING PRINCIPLES
HER MOVES ETHOS
5 ANCHORS
DEPARTMENT OF TOURISM, CULTURE, ARTS, GAELTACH, SPORT AND MEDIA
WOMEN IN SPORT STRATEGY
BEACTIVE
ACTIVE CITIES
SHINE FESTIVAL
NATIONAL GOVERNING BODIES
SPÓRT ÉIREANN SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS
WIS LEADS
EUROPEAN WEEK OF SPORT
HER OUTDOORS WEEK
SPORT IRELAND
DIGITAL STRATEGY
EVENTS/ EXPERIENTIAL
PR
NGB PROGRAMMES
WWW.HERMOVES.IE
LSP PROGRAMMES
"MY STORIES" SERIES
MEDIA AMBASSADORS
ATHLETE STORIES
ADVOCATES
AMBASSADORS
MERCHANDISE
BRAND GUIDELINES
DIGITAL TOOLKIT
HER MOVES HUB
TIK TOK
INSTAGRAM
FACEBOOK
TWITTER
HER MOVES PILLARS
HER MOVES CHANNELS
MEDIA OUTLETS
FACILITATORS
SPORTS FACILITIES
PROVIDERS
TRAVEL
PARENTS
SCHOOLS
TEACHERS
HOME
GUARDIANS
OUTDOORS
COACHES
LEISURE
TEENAGE GIRLS 13-17
"NON-SPORTY"
PRIMARY AUDIENCE
SECONDARY AUDIENCE
THEIR ENVIRONMENT

Results

15 million video views of Her Moves campaign content

2.5m 2.5 million of our target audience reached via social campaigns

40 Schools regularly engaging

21 Her Moves "My Story" Features Of The Girls – By The Girls

25% of target audience hit via TV, Radio and Regional PR

28,000 Unique visitors to the HM HUB

10m+ Estimated footfall during OOH Cycle

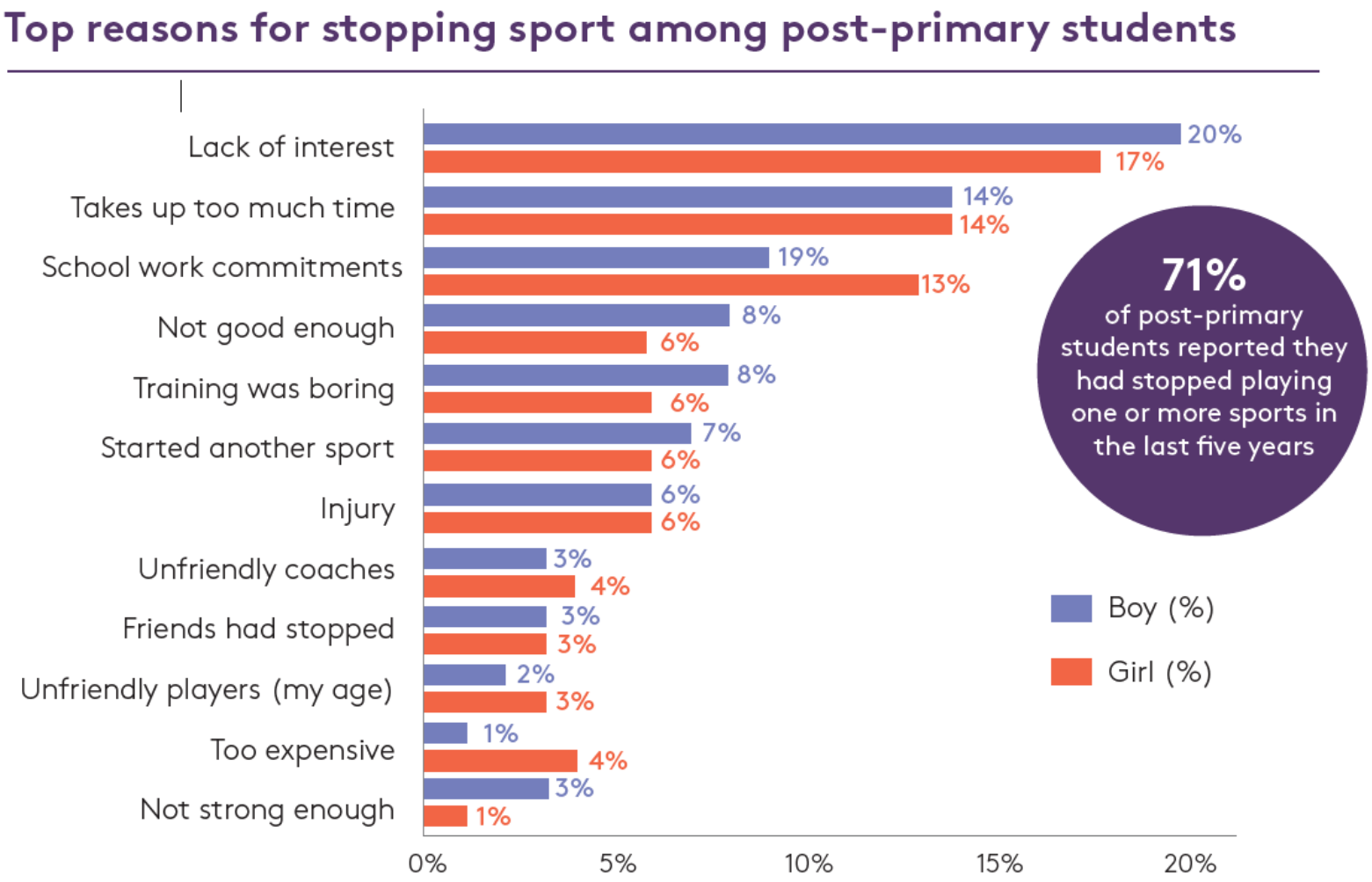
75+ LSP & NGB Programmes Across Ireland delivered to 8,000+ Teen Girls

20m+ Impressions across all paid digital campaigns

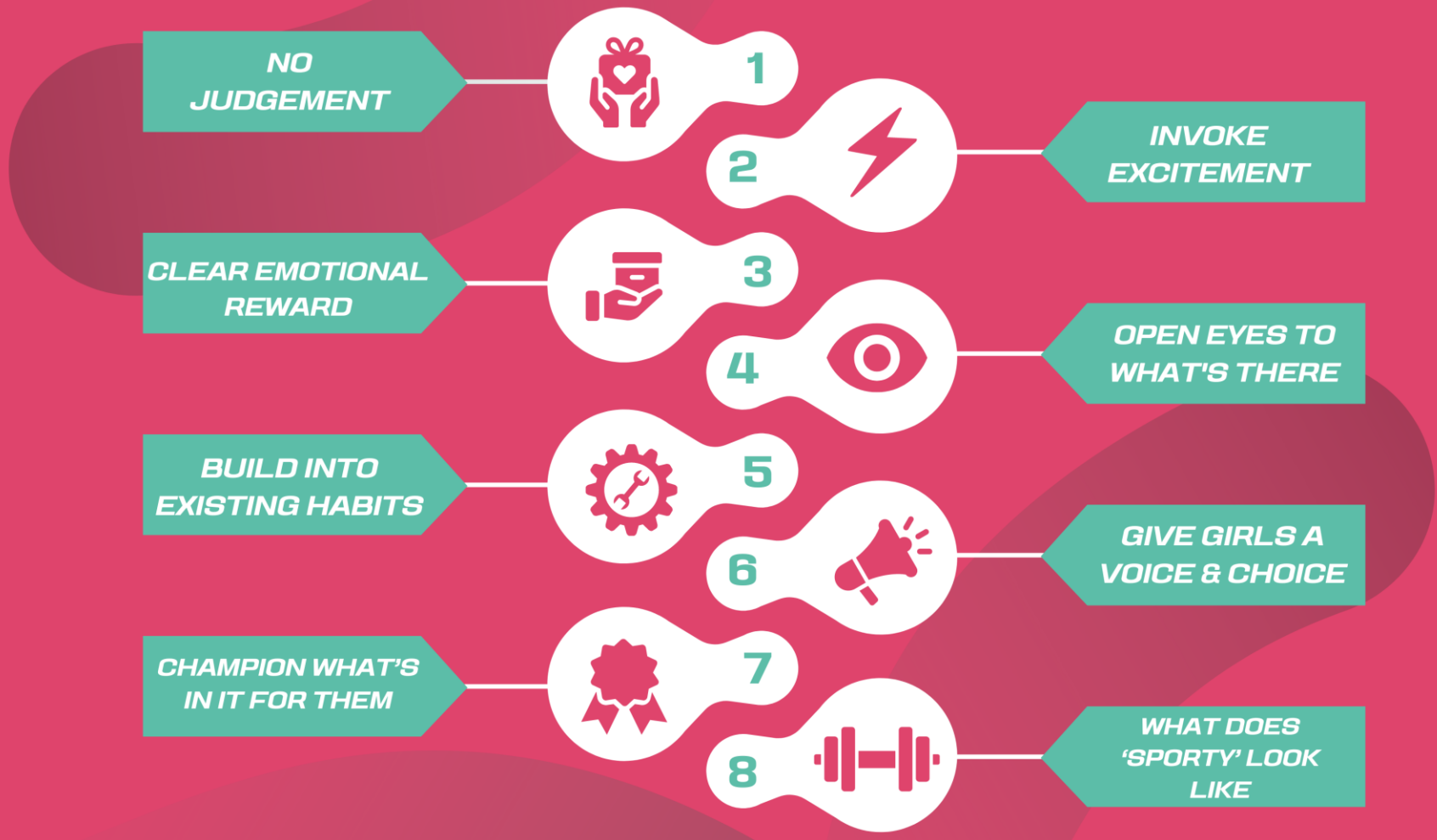
4,000 Followers of HM Channels

HERMOVES

Participation Research (CSPPA 2022)



8 GUIDING PRINCIPLES FOR SUCCESS



A GLUAISEACHTAÍ HERMOVES

SPÓRT ÉIREANN
SPORT IRELAND

A GLUAISEACHTAÍ
HERMOVES

Developed following research with teenage girls, the 8 Key Principles for success will help to…

REFRAME	REFRAME sport in the mind of girls as something that inspires and motivates
REDEFINE	REDEFINE their experience, to be broader and better than what they've ever experienced
REINFORCE	REINFORCE the enjoyment of physical activity and sport, and how it adds real value to their lives

Behaviour Change in Action

HERMOVES

Period Positive Posters

KNOW THE FLOW

There are ways to work with your cycle and make things easier.

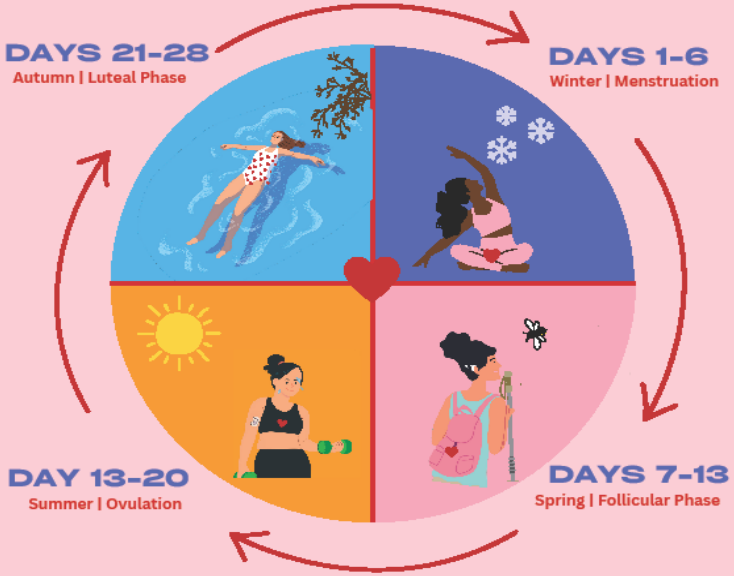
Scan here for helpful advice and tools to track your cycle

SPÓRT ÉIREANN SPORT IRELAND

HM A GLUAISEACHTAÍ HERMOVES

GO WITH THE FLOW

Get to know how your period affects you & find out what movement suits you best during each 'season'.



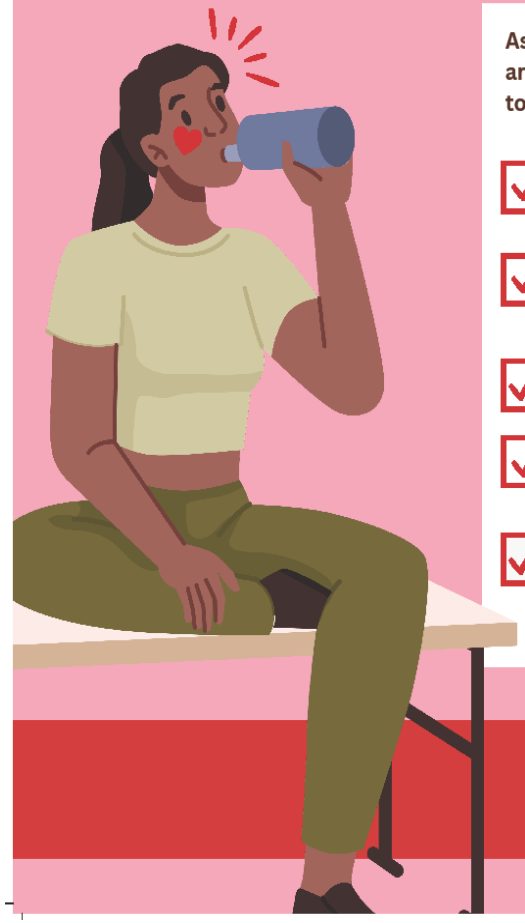
Tracking your period can help. Scan here for advice.

SPÓRT ÉIREANN SPORT IRELAND

HM A GLUAISEACHTAÍ HERMOVES

GET WITH THE FLOW

It's helpful to understand how a girl's period might affect how they participate in sport and movement.



As an adult, there are things you can do to help girls out:

- ☑ Be able to talk about periods more openly
- ☑ Ensure a visible & accessible supply of free period products
- ☑ Adequate disposal bins
- ☑ Share helpful resources
- ☑ Tell the girls you have period products in First Aid Kits & Away Bags

SPÓRT ÉIREANN SPORT IRELAND

HM A GLUAISEACHTAÍ HERMOVES

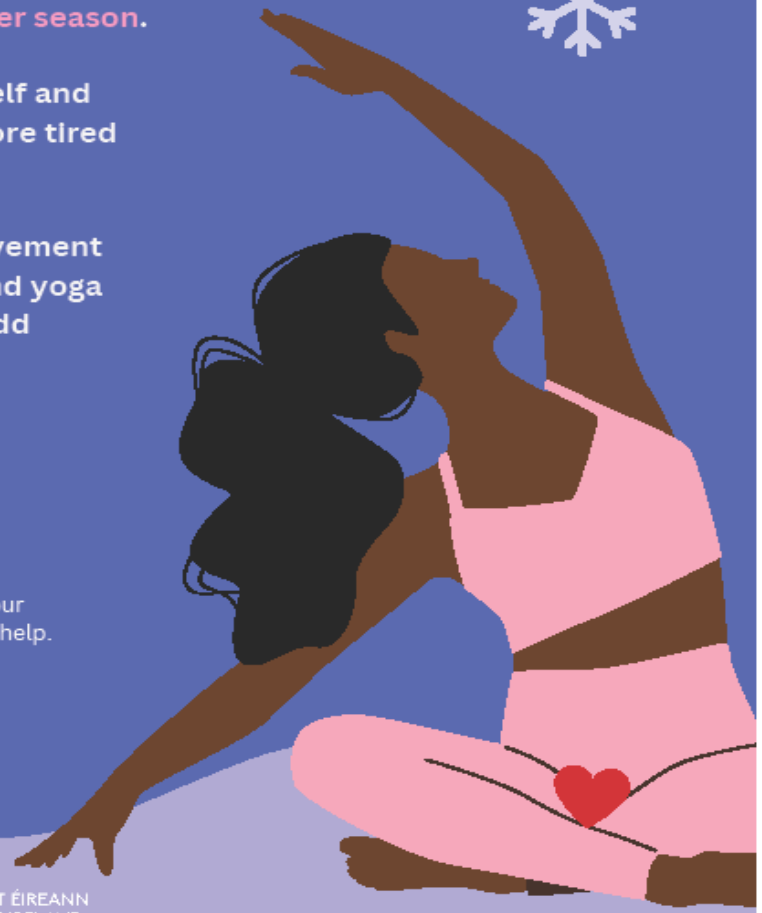
Bloody Gorgeous

Days 1 - 6 are like going through the winter season.

Be kind to yourself and expect to feel more tired than usual.

Some gentle movement like stretching and yoga can be good to add to your routine.

Tracking your period can help. Scan here for advice.



HM A GLUAISEACHTAÍ HERMOVES

SPÓRT ÉIREANN SPORT IRELAND

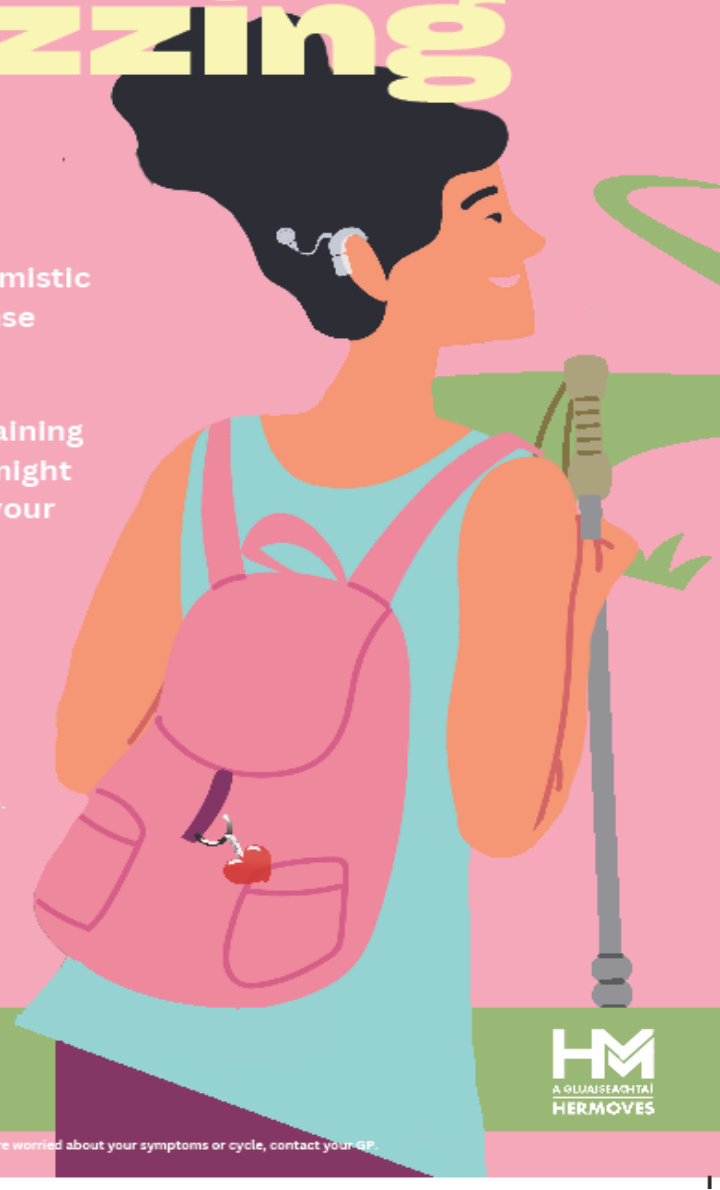
*If you are worried about your symptoms or cycle, contact your GP.

Just Buzzing

Days 7 - 13 of your cycle are like your spring season - you might feel optimistic with a renewed sense of energy.

Cardio, strength training and new activites might be good to add to your routine.

Tracking your period can help. Scan here for advice.



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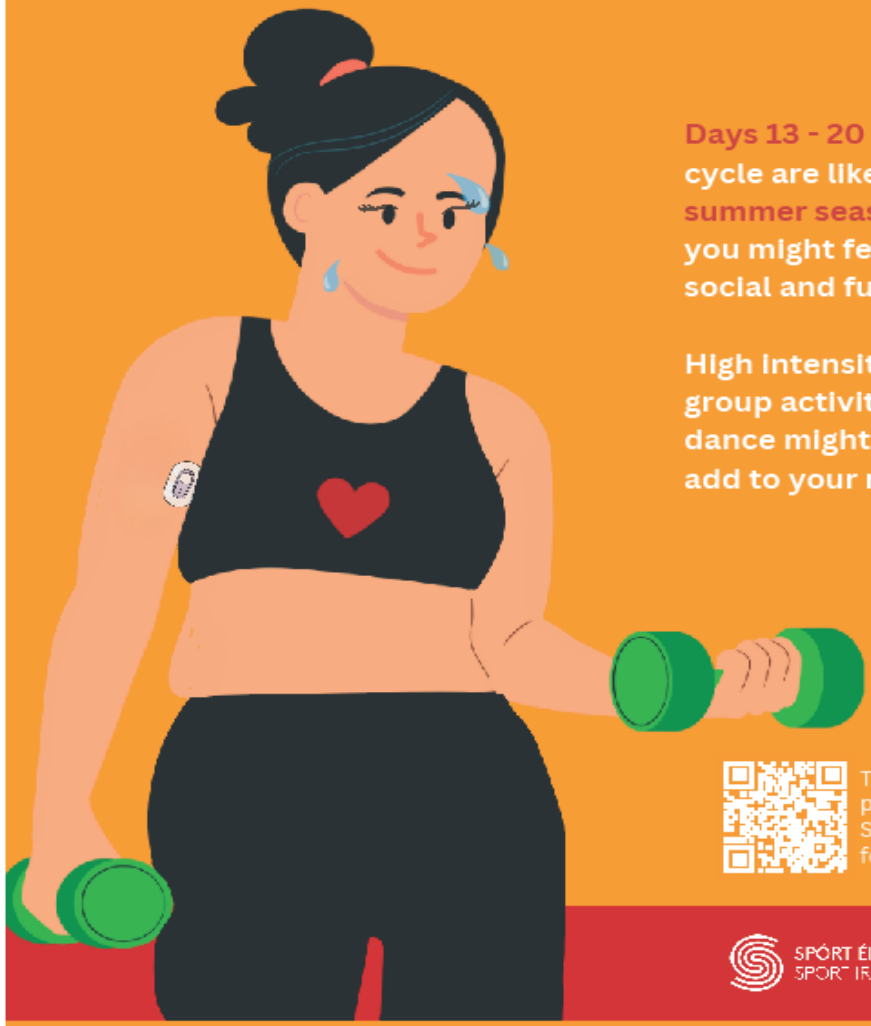
Absolutely Slaying



Days 13 - 20 of your cycle are like your summer season - you might feel confident, social and full of energy.

High intensity workouts, group activities and dance might be good to add to your routine.

Tracking your period can help. Scan here for advice.

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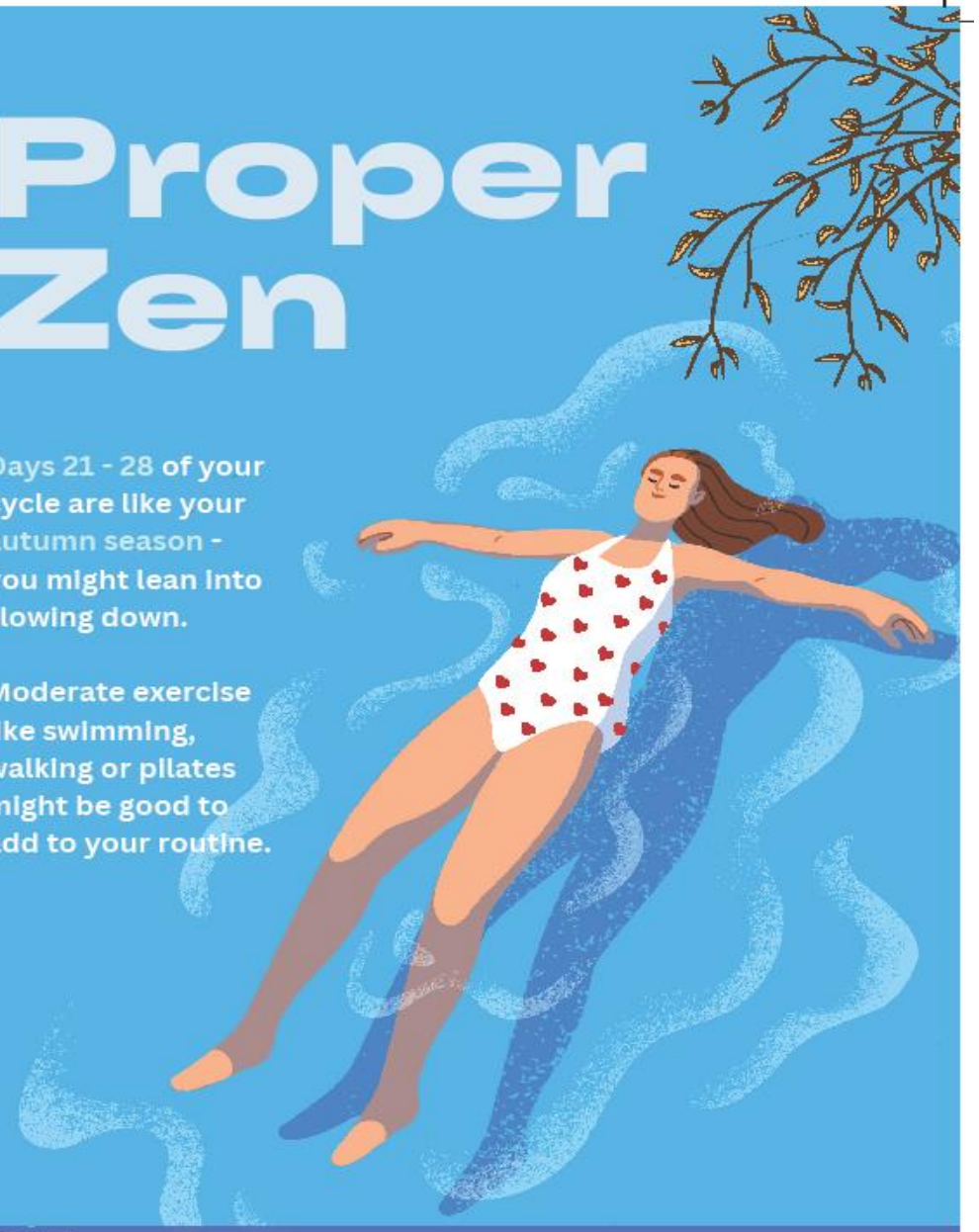
Proper Zen



Days 21 - 28 of your cycle are like your autumn season - you might lean into slowing down.

Moderate exercise like swimming, walking or pilates might be good to add to your routine.

Tracking your period can help. Scan here for advice.

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HM A GHLUAISEACHTAÍ HERMOVES

*If you are worried about your symptoms or cycle, contact your GP.

OUR CAMPAIGN ACKNOWLEDGES
IT'S COMPLICATED
AND STARTS WITH A FILM
HM
HERMOVES

Irish Wheelchair Association SPORT

Inclusion Champions

Joanne Wall Foley
Kelly Mc Grory

Inclusion Champions

- The programme is run in partnership with the UCC Physical Education Department and 3rd Year students in PE from UCC.
- The programme is funded by Sport Ireland

Irish Wheelchair Association SPORT

Aim of the programme

- Target school aged young people between the age of 15-18 years who wish to develop leadership skills.

- Identify champions within the target age group who can then use the skills and knowledge they have received to ensure their community/school/peers etc are more inclusive to individuals with a disability leading to more inclusive communities.

- Provide participants with a blended learning approach to suit a wider range of learners through practical and theory-based content.

Irish Wheelchair Association SPORT

Rationale

- Lack of supports nationally for our network of clubs and members.
- Lack of Knowledge and Understanding in the community in relation to disability and inclusion, impacting on individual development.
- To provide Disability Inclusive leadership training to the target group as it is not currently provided.

Irish Wheelchair Association SPORT

Programme Design

Background-What IWA-Sport do	10 minutes
Who we work with and the sports pathway	10 minutes
Language and Etiquette	30 minutes
Break	10 minutes
Programme planning and considerations for PWD (i.e accessibility, equipment, time)	30 minutes
APA Practical	60 minutes
Coaching and team management	30 minutes
Total duration	3 hours (180 minutes)

Irish Wheelchair Association SPORT

Next steps

- UCC PE students Community-Based Physical Activity module
- Research to examine the long-term benefits of the programme

Irish Wheelchair Association SPORT

Irish Wheelchair Association SPORT

Irish Wheelchair Association SPORT

Thank You

Let’s Talk About Suicide

Ailish O’Neill – Education and Training Manager, HSE National Office for Suicide Prevention

email: ailish.oneill3@hse.ie

Connecting for Life

Presentation Content and Trigger Warning

This presentation details information, content or discussion relating to suicide and/or self-harm, that may be emotive for some people.

- You could find it upsetting or disturbing
- You could overly identify with it - personally or professionally
- It might have a negative impact on you in other ways.

With this in mind, it is advised that you;

- Are mindful and aware of your own needs and self-care in this space
- Take a break, opt out or mute the conversation, at any point you feel you need to
- Talk after the meeting, with the host or moderator.

Visit www.yourmentalhealth.ie for information on how to mind your mental health, support others, or to find a support service in your area. You can also call the Your Mental Health Information Line on **1800 111 888**, anytime day or night, for information on mental health services in your area.

Connecting for Life

Sensitive Language

Be mindful that many people here, will have been impacted by suicide in some way, either personally or professionally. Always use sensitive and non-stigmatising language when discussing suicide and self-harm. For example;

- Remain non-judgemental throughout and try not to make assumptions about others.
- Don't identify a person solely by their mental health difficulty and never use "a suicide" as a noun to describe a person.
- Use neutral and simple terms like;

"Died by suicide…" or "ended his/her own life…"	rather than	"Committed suicide…" (dying by suicide is not a criminal act)
"A death by suicide…"	rather than	"A successful / completed suicide…"
"An attempt on his/her life…"	rather than	"An unsuccessful suicide / suicide attempt…"
"Self-harm…"	rather than	"Deliberate self-harm…"

Visit www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/language-and-suicide for information on how to us sensitive and non-stigmatising language when engaging in a conversation, talking or writing about suicide.

Connecting for Life

Connecting for Life, Ireland's National Strategy to Reduce Suicide

Strategic journey

2009

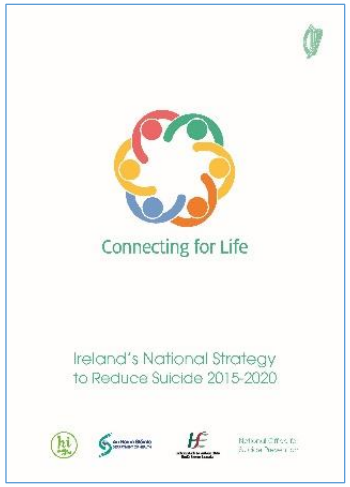
2013

Healthy Ireland
2013-2025

2015

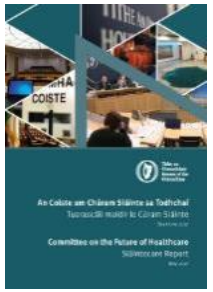
Connecting for Life, Ireland's National Strategy to Reduce Suicide
National Implementation Plan

17 x Local Action Plans



Initial strategy period 2015 to 2020
Extended to 2024

2017

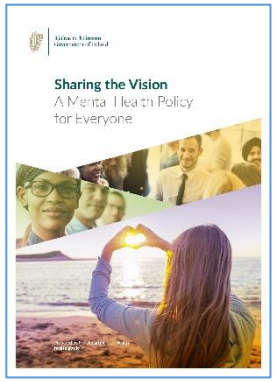


Sláintecare Report
Committee on the Future of Healthcare

2019

Connecting for Life
Interim Strategy Review

2020



Sharing the Vision
A Mental Health Policy for Everyone

2024

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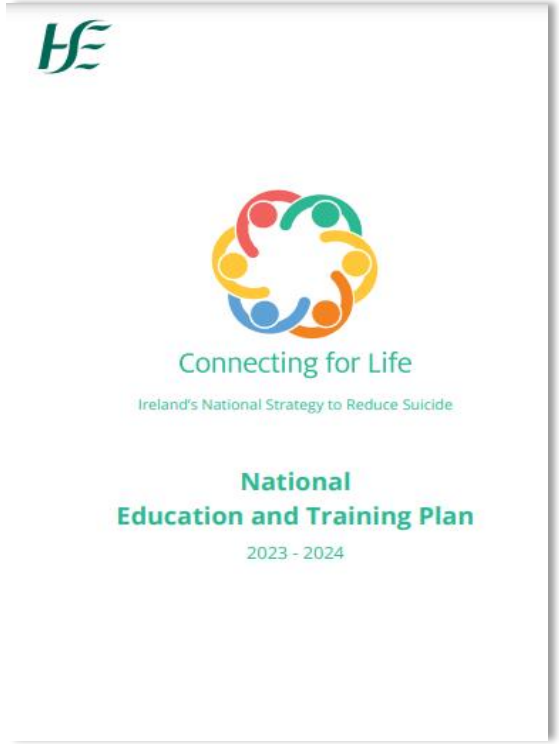
Commencement of an **overarching evaluation** of the strategy, and planning for post 2024

Strategic Context:
Suicide Prevention Gatekeeper Training



- Suicide is complex and so are its solutions – suicide prevention training is one of the tools used to support objectives of the strategy and reduce suicide rates.

- When people are thinking about suicide, they can send out invitations for help – suicide prevention gatekeeper training is effective in improving participant's knowledge, skills and confidence to intervene when someone is in suicidal distress.

- Challenge the stigma & myths around suicide.

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Suicide Prevention Gatekeeper Training - Why is it important

Designated Gatekeepers

We all have a role to play in suicide prevention.

Emergent Gatekeepers

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Context for Development:
Build the capacity of emergent gatekeepers

- How do we build the capacity of a population of Emergent Gatekeepers?
- How do we present the topic of suicide in a way that honours its sensitivity and communicates its importance?
- How we build integrity and authenticity into the material that we develop?

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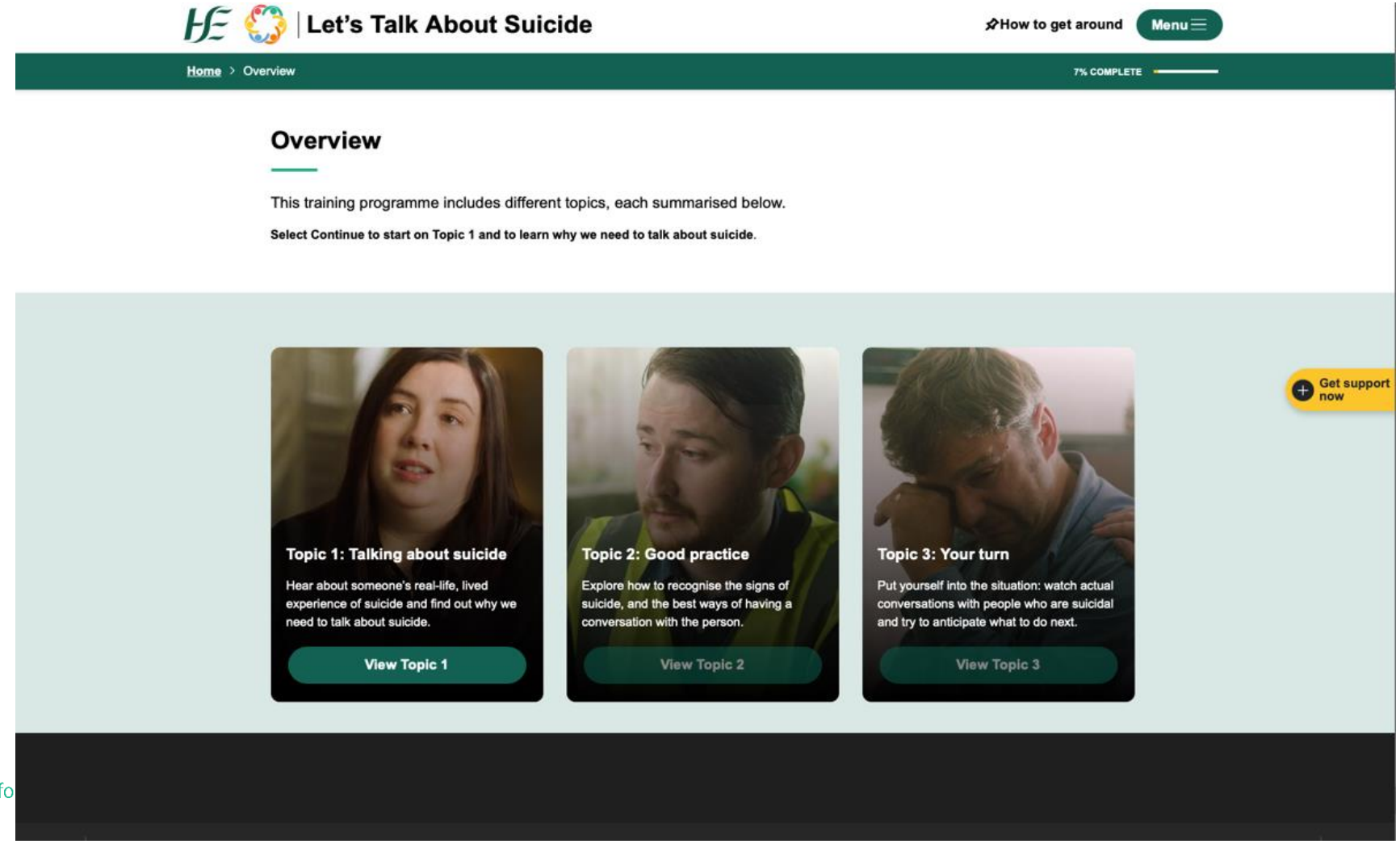
Let's Talk About Suicide - Online suicide prevention training programme



Connecting fo

Let’s Talk About Suicide – Learner Stages

Connecting for Life

Let’s Talk About Suicide

A free, online suicide prevention training programme, from the HSE.
traininghub.nosp.ie

Learn to recognise the signs that someone may be thinking about suicide.

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Let’s Talk About Suicide – Learner Stages

<u>Recording Function</u>
Asking clearly and directly about suicide.

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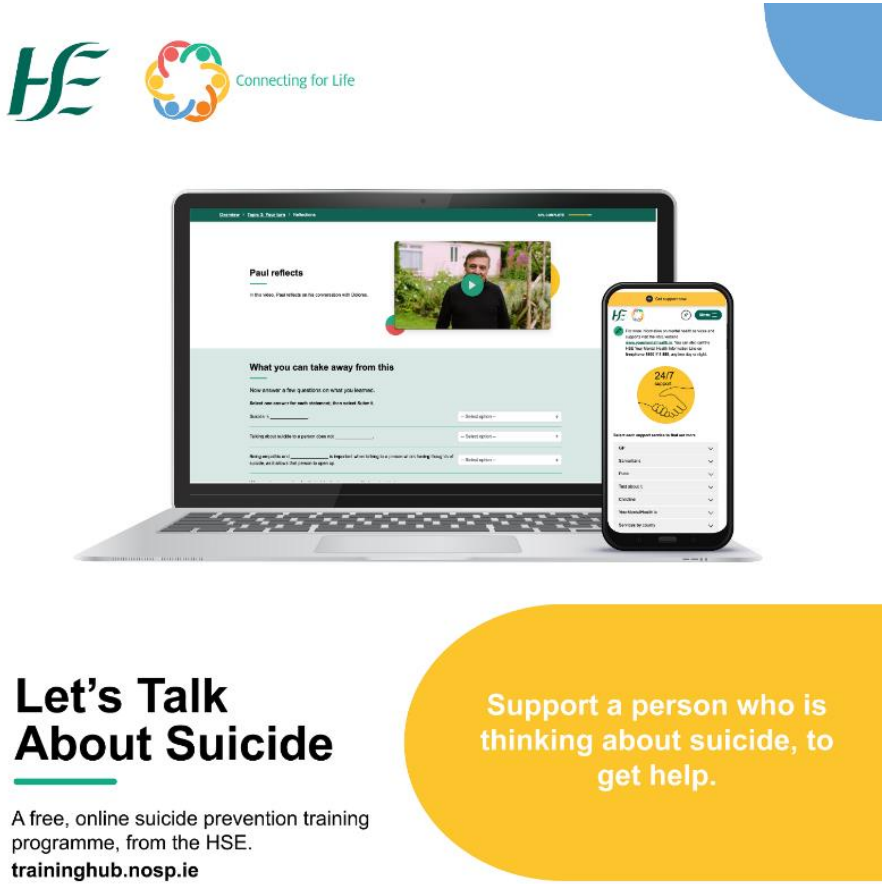
Let’s Talk About Suicide – Learner Stages



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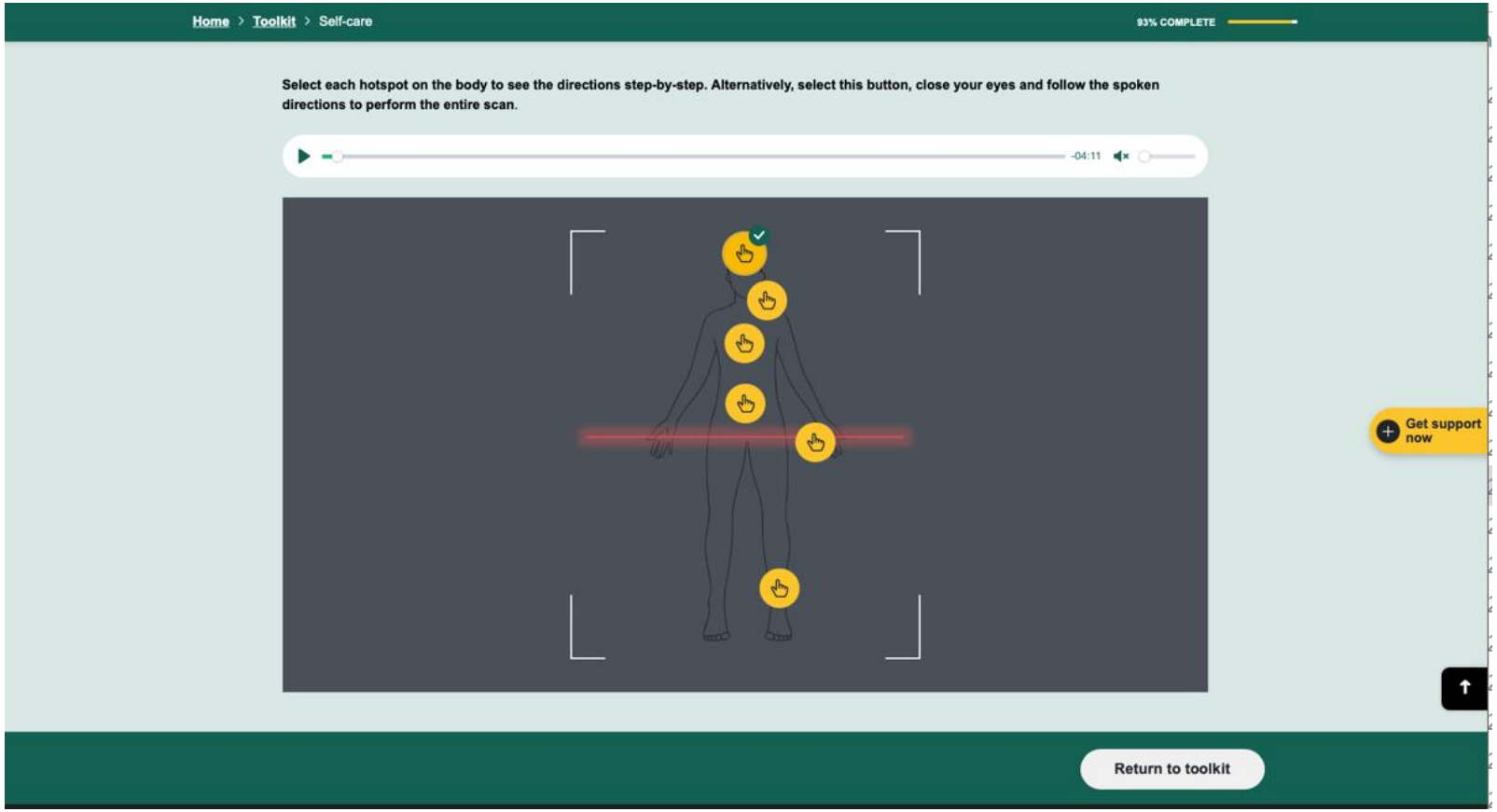
Let’s Talk About Suicide – Programme Stages



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Feedback & Advancement:

- The programme was launched on May 9th
- 5000 enrolments to date
- Setting specific scenario development
- Evaluation October, 2024.

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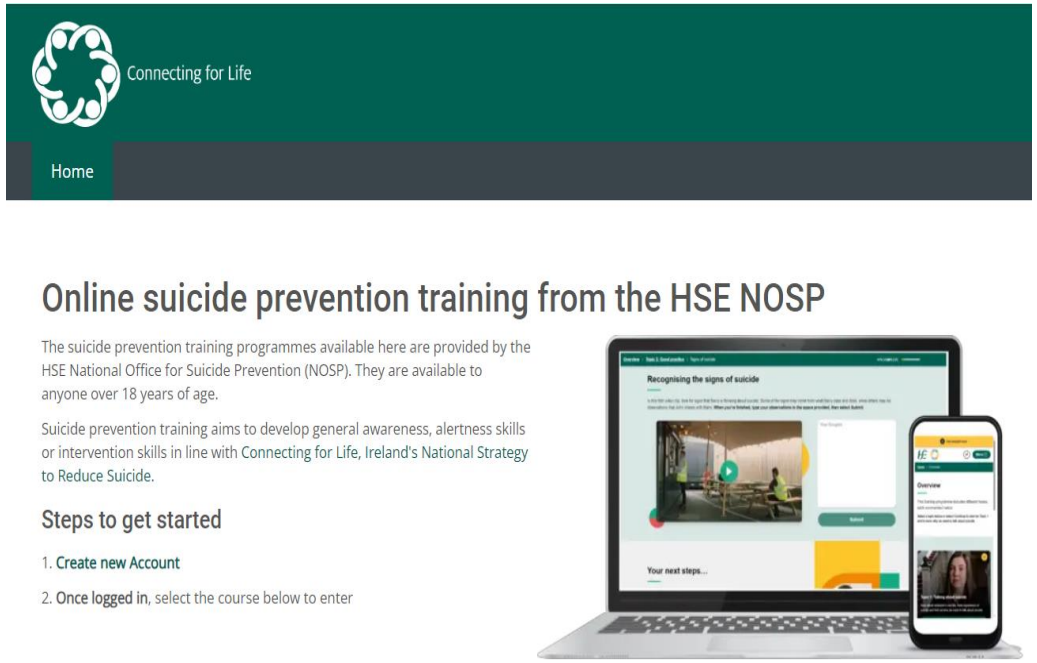
Let's Talk About Suicide – Call to Action



www.traininghub.nosp.ie

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HUB na nÓg

YOUNG VOICES IN DECISION MAKING

Kate Jones

Including Children and Young People in Decision Making in Sport

An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth

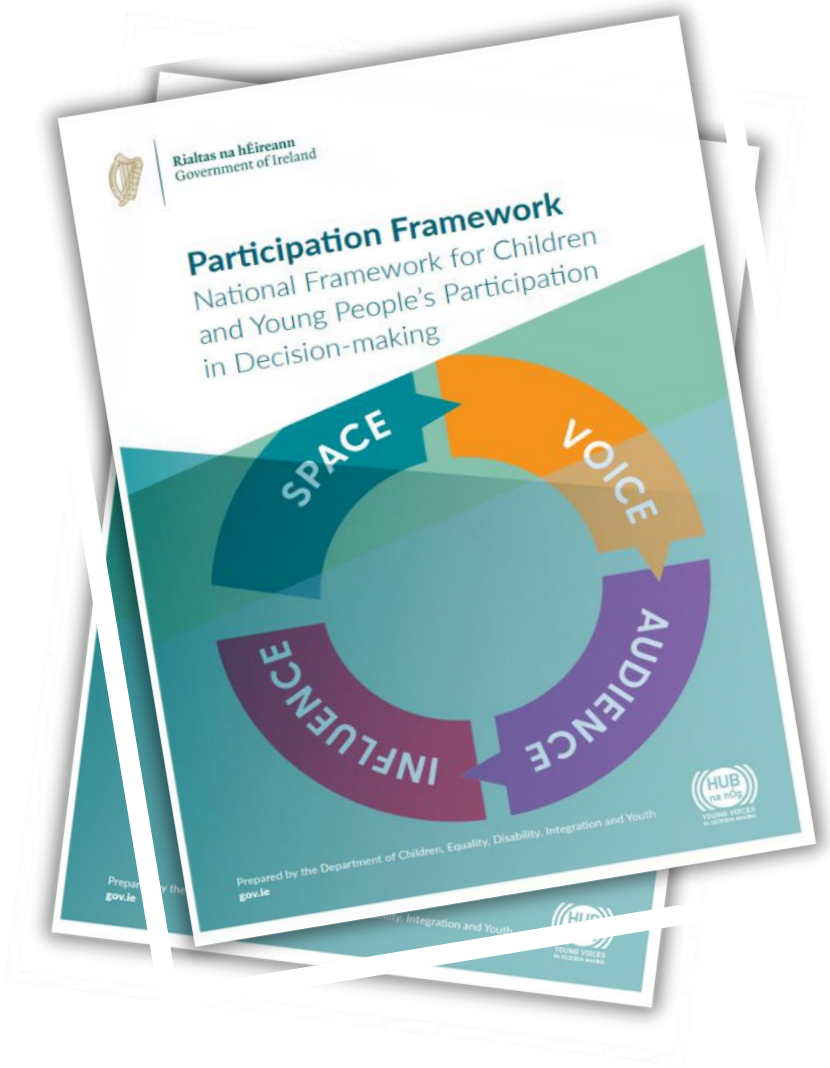
What is Hub na nÓg?

National centre of excellence on children and young people's participation in decision-making with a particular focus on seldom heard children and young people

Supports Government Departments, State agencies and non-government organisations by providing training, coaching, development, advice and support to organisations

Initiative of the Department of Children, Equality, Disability, Integration and Youth (DCEDIY)

An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth



The National Participation Framework

Lundy Model of Participation in Decision Making

This model provides a pathway for conceptualise Article 12

Participation with Purpose:

- Views are listened to
- Taken seriously and giving due weight
- Intention - their views will influence an outcome or initiate change

Including Children and Young People in Decision Making in Sport

- **Every day**—every time you engage with a child or young person, for example, in a training or coaching session or activity one-on-one or in a group.
- **Club level-** for example, within the structures, procedures, rules, plans, programs, uniforms or events or in changing the physical indoor or outdoor space.
- **National level-** for example, strategy, policy, developing new programmes, new funding support, new guidance for your sport organisation.

What is Children and Young People's Participation in Decision-making?

- The right to a voice on decisions that affect them in everyday situations and strategic developments.
- Believing children and young people are capable of and have a right to agency.
- Understanding children and young people are not only the future of society – they are their own present.
- Knowing children and young people have unique perspectives that are as important and valuable as those of adults.
- Listening to children and young people is the key to understanding their present lives.

What Participation in Decision-making is not:

Handing over complete power to children and young people

- Instead it is giving due weight to their the views by acknowledging what they want and discussing the safest, most realistic and best decision(s) with them

Believing that they are the only experts on their own lives

Allowing them to do things that are unsafe or violate their other rights

- Children and young people are entitled to have decisions made with their best interests as the primary consideration

The 9 Overarching Principles:

1. Transparent and Informative
2. Voluntary
3. Respectful
4. Relevant
5. Child Friendly
6. Inclusive (non discriminatory)
7. Supported by training
8. Safe and sensitive to risk
9. Accountable

Lundy Model

This model provides a pathway to help conceptualise Article 12 of the UNCRC. It focuses on four distinct, albeit interrelated, elements. The four elements have a rational chronological order.

The Lundy Model

Space

Ensuring safe and inclusive environments for all voices.

Voice

Empowering children and young people to share their opinions and ideas.

Audience

Identifying who will listen to and act on children and young people's input.

Influence

Ensuring that youth input has real impact.

Checklists and Feedback Forms based on the Lundy Model

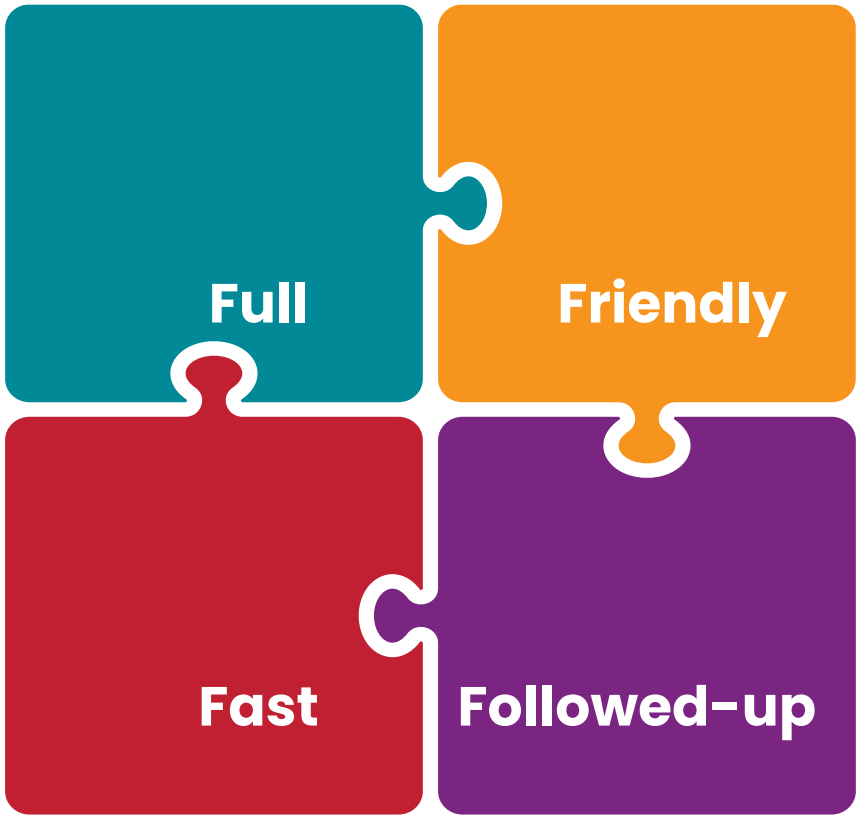
Planning Checklist

Evaluation Checklist

Everyday Spaces Checklist

Child & Youth Feedback Forms

Giving Feedback to Children and Young People (Lundy's 4 Fs):



HUB na nÓg

YOUNG VOICES IN DECISION MAKING

Any Questions?

Visit Our Website or follow us on twitter/Linkedin

www.hubnanog.ie