

Course Prospectus

2021 TO 2022

Reg Charity No: 1141794
www.themarstrust.co.uk



Welcome

Nick Ellis – Chief Executive Officer

It is with great pleasure that I have the chance to introduce this course prospectus to you. I joined The MARS Trust in 2021 and genuinely believe that the courses that we offer can have a significant impact on the lives of young people. Throughout my professional career I have seen the damage that poor relationship skills have and the potential for significant long-lasting damage.

The courses are built around learning outcomes that reflect teaching on 'Love your neighbour' and they form part of the PSHE programme, thus are part of the curriculum for schools. For many years the programme has been presented in large scale workshops with the support of a committed group of volunteers, however with the events surrounding COVID 19, the programmes have been remodeled and I am really excited to introduce our 'Next Generation' of courses which involve some new content and can be presented in a wide range of formats.

If you have any questions, please do get in touch.



The MARS Trust

Modelling Active Relationship Skills for young people

The MARS Trust is a Relationship Skills Charity passionate about empowering young people to build healthy, safe relationships in every area of their lives.

Making and keeping good relationships is at the heart of a fulfilling life and a sense of belonging. Relationships don't always go to plan and skills are needed to build, keep and repair them. The good news is that these skills can be learnt and improved! The MARS Trust interactive **workshops** allow students to explore their own views and opinions on what is important to them where they are now in their lives, and what they are looking for in their future lives. They can go forward into adult life with tried and tested relationship skills and 'soft' skills for employment.

***“There was an excellent range of stimulus material
and students were thoroughly involved.”***

Limited positive relationship role models impede the ability of young people to build healthy, fulfilling and long-term relationships. This affects every area of life: personal, social, the workplace and sports field. The MARS Trust programme seeks to inspire students to use the key skills that will help them thrive and achieve their own aspirations.

We at The MARS Trust are committed to providing evidence-based content that is effective, memorable and interactive with the aim to provide the life skills that young people need to live fulfilled lives.

The MARS Programme

Years 8 to 11

Our current programmes are based around six workshops, each lasting about one hour. This can be delivered in a variety of different styles to meet the needs of the individual school or group.



"It was a superb mix of talk, entertaining clips and group work. Very relevant to pupils now and in their future."

Advanced Skills Teacher

Please find below a weblink to our latest promotional video, showcasing our workshops.



Relationships and Friendship



We all need fulfilling relationships.

In this workshop, the meaning and desired qualities of a friendship are explored and students reflect on their own behaviour as friends. How do we choose friends who will support us and build self-esteem? We can be surrounded by relationships but still feel isolated or lonely.

Friendship and Choice



Our choices can make or break relationships.

In this workshop, students learn about supporting friends in need and ways of mending relationships. There's a look at how very different people can form great relationships and the importance of being open minded. Some time is spent identifying things students don't want in close relationships and how to be confident in making choices.

Communication



Poor communication is the primary reason for broken relationships.

Poor communication is one of the most critical skills gap in young job applicants. This workshop aims to build confident, respectful communication by using good listening and good speaking skills. To build connection with others, students explore listening to hear and understand others' points of view and consider when they speak how much information and to whom that is safe to give.

Conflict Management



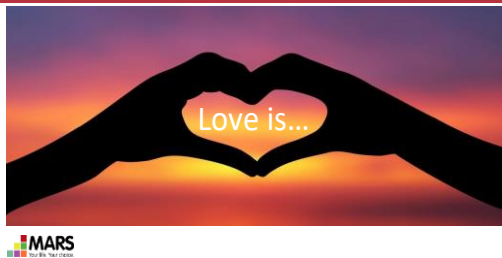
Most relationships go through differences, disagreements and arguments- that's just life!

This workshop looks at how to manage conflict. By understanding ourselves, our emotions and our differences we can then develop confident, respectful negotiation skills built on mutual understanding. Management of conflict is practised in different scenarios, demonstrating how working together can deepen a relationship.



Everyone has the right to make their own choices.

This workshop looks at the dynamics of developing romantic relationships and commitment. Students explore the outcomes of drifting into the next stage of a relationship compared to making an informed personal choice. It also explores the impact of commitment in relationships we do not choose: the workplace, sports field and the family.



... happily ever after?

Difficult life experiences and media portrayal can skew understanding of what constitutes a loving relationship. This workshop considers objectively "What is Love?" Students look at the loving things we can do to build relationships through difficulties, using the qualities of a good friend to handle different life situations and to work as team.

Next Generation MARS

The MARS Trust has been working with the Theatre Company 'Beside Ourselves' to create a fantastic series of videos that have been embedded throughout the programme. This has shifted the video media from snippets from film and television to videos involving young people themselves. The content itself has also been fully reviewed to ensure that it is current and appropriate. The MARS Trust is extremely proud of its previous content, however we believe that the new material brings our content up to date.

Connect2Thrive Programme

The Connect2Thrive programme is a series of 8 one hour workshops which builds on the six workshop MARS workshops, however they can also be run as an independent course. They are designed to run over the two years of sixth form and are matched to Ofsted outcomes.



Delivery Options

The workshops have a number of different options around delivery. These are as follows:

Whole Year Group Delivery

In this option, the presentation is delivered to full year group with a MARS Trust presenter at the front. The year group is then divided into small groups of about 8, each with a volunteer to help guide their discussions.

Class Delivery

A trained MARS presenter leads the class through the presentation with the class divided into groups of 8 with a volunteer supporting each group.

Tutor Lead Delivery

This is where the presentation is lead by a MARS trained presenter and the class are not divided into smaller groups.

COVID Considerations

Currently, as a result of the potential implications of COVID restrictions, we are looking at the Class and Tutor Lead deliveries as the ones most likely to be able to run.

Become Trained to Deliver the Programme

We are also planning to run a train the trainer programme to allow you to use your own teaching staff to deliver the programme. This will require taking part in training sessions to learn the material and an agreement to undertake continual development.

How to book...

If the courses are something you are interested in, then please do get in touch at nickellis@themarstrust.co.uk so we can talk about your requirements. We can then discuss which delivery option will be best and look at ensuring that it can be delivered within all the current COVID restrictions.

The MARS Trust is a charity whose goal is to provide life skills around making and forming relationships that are beneficial and protective, the training has been well received by a number of schools within Dorset and we hope to see the reach of the training go beyond the county in the next few years. We are always looking at ways of funding the work we do to ensure that the cost' to schools is kept to as low a price as possible.

Impacting young lives...
In every area of life...
For the whole of life...