



St. Helens Council

## **St. Helens Youth service Basic Principles Fact sheet**

The basic principles that inform and support our approach

- We always ensure that young people are kept central to the development and implementation of the Service.
- We recognise that where programmes are essentially about personal development, young people need to be encouraged to be active in negotiating their learning processes. This approach combines elements of non-directive humanistic models of counselling, along with more behaviourally orientated ones.
- The learning that young people engage in is not based on a fixed body of knowledge that must be conveyed to them. Rather, learning begins with that which immediately confronts the learner.
- We work with people who perceive themselves to have limited power, and who experience being marginalized. We aim always to link the personal realities of people's lives to the structural context in which they exist.
- We use creative thinking techniques, as young people are particularly open to accessing their creativity. They demonstrate a high degree of responsiveness to sensitive and skilful facilitation, often proving that they can achieve beyond their own and other people's expectations.