

**ICAN
IAM**

Resilience Education Programme



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**Empower young people with a
Resilience Education Programme
to build skills and minimise learning loss**



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I Can, I Am

Resilience Education Programme

The Covid-19 crisis has forced unprecedented and unsettling change for teachers and pupils, creating a shift in the way schools are providing for learners, many of which are now home-schooling and uncertain of their return to normal.

**An estimated 7 million 11-18 years olds in the UK
have had their lives interrupted by the
COVID-19 outbreak**

The 'learning loss' which takes place over the summer period has been recognised since the 1900s, with children's knowledge and skills known to deteriorate during a prolonged break from education. This experience informs us that the current situation is only likely to create a greater degree of deterioration without being addressed.

**44% of young people
are worried about the future having lost
the equivalent of two years' of study time**

**The I Can, I Am Resilience Education Programme has
been designed to help learners build their confidence
and resilience through the Covid-19 crisis and beyond**

I Can, I Am

Resilience Education Programme

How does it work?

- Learners complete 10 individual challenges
- Each one covers a different area and develops a specific skill
- The programme culminates in learners making a pledge for how they will take action after the current crisis to help rebuild their community
- After completing all 10 challenges, learners can receive certification and a 'Community Builder Award'
- All 10 challenges can be completed remotely, either online or printed and distributed. Alternatively, they can be completed once learners return to school
- Suitable for KS3, KS4 and KS5
- Tutor CPD included for strengthening their role in delivery of 'I Can, I Am'
- Developing personal skills to prepare young people for resocialisation

"We felt that the 'I Can, I Am' programme offers a good course which is accredited to meet the needs of students at this unprecedented time. Staff have commented across the schools how valuable it has been to offer students something different to achieve through online learning at home."

Samantha T, Education Trust, Colchester

"I really like the 'I Can, I Am' booklet, it really improved my communication skills, and helped me to cope through the COVID-19 crisis. I found the section of the booklet about the 9 ways of key communication really interesting and helpful"

Holly B, student, Derbyshire



Licences to deliver the 'I Can, I Am' Resilience Education Programme can be purchased for £499, allowing a school to access resources for as many learners as they need.

Find out more about I Can, I Am and
the Personal Skills Programme
at slqskills.org
or email talk@slqskills.org

