

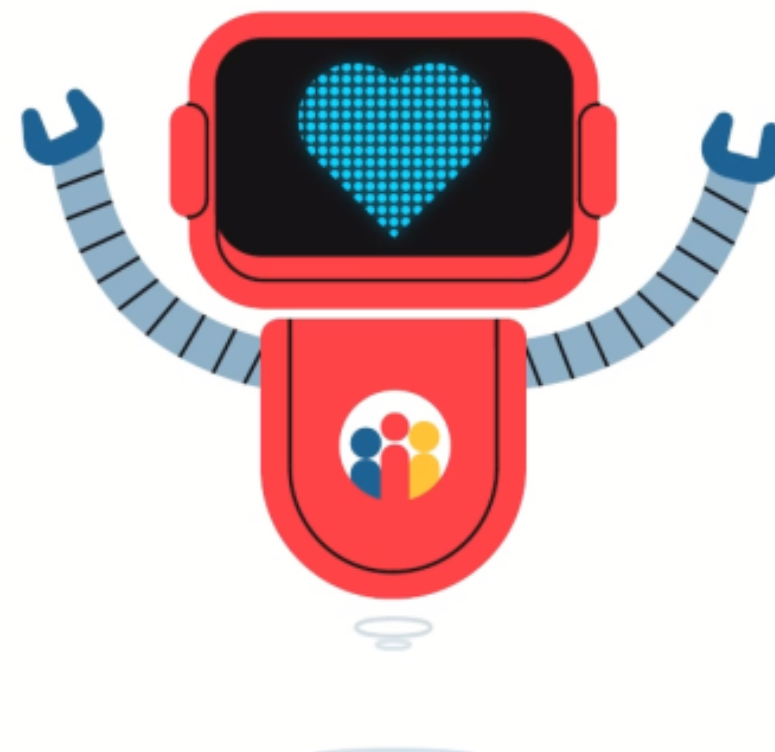
## Free Preventative Online Courses For Young People

Within your account you have free access to online courses that support children & young people in the challenges they may come across in life along with life skills courses.

They are designed to empower children & young people with the ability to make better choices in life, how to cope better, find support & also give them the ability to share the knowledge within their social circle.

The course content is provided by leading well-being experts & then created and provided by The Training Hub for free.

Some of our most popular courses are listed below.



### A

A Guide For Young People Suffering Sexual Abuse And Harassment In School Where To Get Help And What Might Happen  
Adolescent To Parent Violence And Abuse  
Anti-Bullying  
Attachment

### B

Black Lives Matter

### C

Celebrating Difference  
Court Appearances And What To Expect  
Customer Service

### D

Dangers Of CSE  
Drug And Alcohol Awareness 11-14

### E

Eating Disorders  
Education – Know Your Rights!  
Emotional Abuse

### F

Fire Safety Free  
Fire Safety  
First Aid Refresher  
Food Safety And Hygiene Advanced Free  
Food Safety And Hygiene Foundation Free  
Future Focus – Where Am I Going

### G

Gangs And Group Offenders  
Getting The Most Out Of My Education

### H

Health And Safety – Advanced Free  
Health And Safety Free  
Health, Nutrition, And Wellbeing  
Healthy Relationship  
How To Deal With Knife Wounds

### I

Isolation

### K

Knife Crime Prevention

### L

Leaving Care – Expectations And Support  
LGBT Youth – Be In The Know  
Loneliness And Isolation

### M

Managing Anger, Emotions And Getting Relevant Support  
Manual Handling Free  
Mental Health In Young People  
My Rights As A Care Leaver

### R

Radicalisation  
Recognising Risk Of Domestic Abuse And Violence – Male  
Recognising Risk Of Domestic Abuse And Violence Young Person – Female Victim – Intimate Partner Abuse  
Risk Management And Safer Caring Free

### S

Safeguarding Children Advanced Free  
Safeguarding Children Foundation Free  
Self-Esteem Building In Children And Young People  
Self-Harm  
Sexualised Behaviour  
Social Networking And Internet Safety  
Substance Misuse Awareness 15-18  
Supporting Adults At Risk Of Domestic Abuse And Violence LGBTQ  
Supporting Adults At Risk Of Domestic Abuse And Violence Male Victim

### U

Understanding Depression And Suicide For  
Understanding My Rights As A Looked After Child – England  
Understanding My Rights As A Looked After Child– Scotland

### W

What To Do When I Feel Stressed  
What To Do When I Turn 18  
Who's Who  
Why Carers Get Worried When I Go Missing  
Why My Sexual Health Is Important

### Y

Young People & Gambling  
Young People And Depression