

# FireBreak

## What is FireBreak?



The Firebreak programme aims to promote a culture of safety and team work and citizenship by teaching a range of vital life skills whilst undertaking the various disciplines of the Fire Service.

The course provides a learning environment that combines practical skills and scenario based training, with classroom centred theory/discussion workshops.

During the intensive week long fire station based course, the students gain confidence and develop vital life skills, while experiencing the techniques used by fire-fighters in their working lives.

It aims to reduce the risky lifestyle choices by young people and raise awareness of the consequences of fire, fire setting and hoax calls.

Students can be referred onto Firebreak for a variety of reasons.

The scheme is incredibly diverse, and has been successfully used for those on the gifted and talented register as well as a confidence building tool for those with a history of youth offending, school exclusion, or associated disruptive behaviour or backgrounds.

The Firebreak Course can clearly evidence that our interactions directly and positively impact on “breaking the cycle of negativity”.

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## Who can take part?

Firebreak is designed for those aged 10-12, 13-17 and 18-24.

The course is also suitable for:

- Gifted and talented.
- Those with an interest in public services.
- Those who have demonstrated risky behaviours.
- As a reward for good behaviour.
- Build self-esteem and confidence.

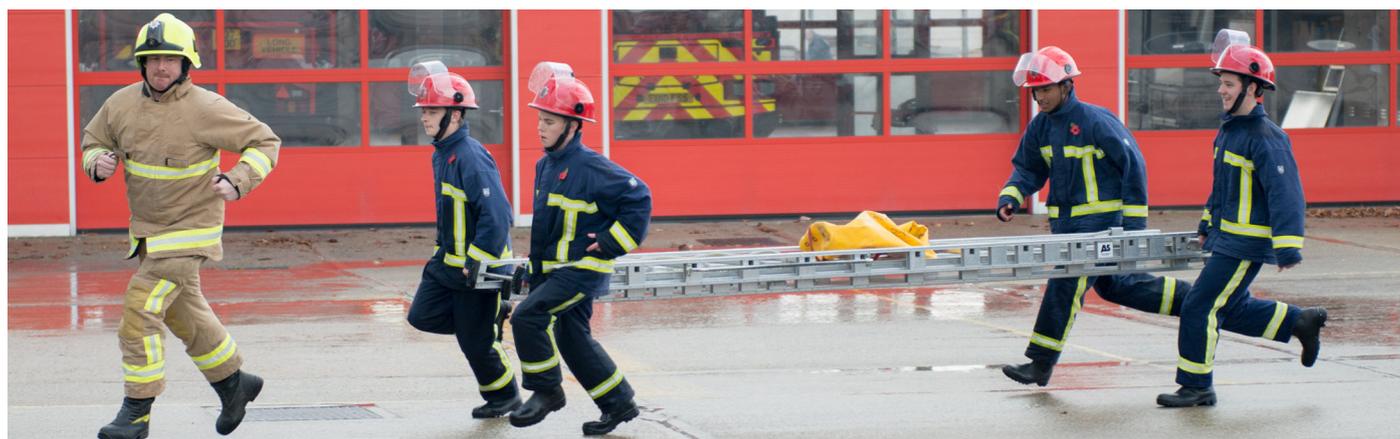


## Why is it needed?

Early intervention is a force for transforming the lives of children, families and communities, particularly from the more disadvantaged areas in our society. Essex County Fire and Rescue Service is committed to the social and personal benefits that early intervention can offer young people, enabling them to grow, mature and reach their potential as active members of their communities.

We believe we have a social and moral responsibility to work with partners and assist them with their priorities, and that our courses offer the following opportunities to young people:

- Supports children and young people to reach their full potential.
- Builds self-esteem and confidence.
- Excellent introduction to uniformed or public service.
- Re-engages children and young people who are not in Education, Employment or Training.
- Teach core skills for the world of work and independent living.
- Consequences of certain life choices.
- Benefits of community engagement.





# Overview of programmes available

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Firebreak courses support 4 key themes amongst youth groups Fitness, Inspiration, Respect, and Empowerment.

All of the above courses are based around the award winning 5 day existing Firebreak Inspire programme but with various parts of the timetable amended to include targeted session working towards the key partners required outcomes.

We believe this flexible approach will allow our partner agencies to select the appropriate course based on their individual needs.

## Fire Fit

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Modern life can mean that we're a lot less active.

With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much or eat as well as we could.

Fire Fit includes all the core team building and practical skills of the traditional fire break, but with added information and advice required to make healthier lifestyle and nutritional choices.

The course will focus on consequences of their lifestyle and diet choices and the importance of staying fit for life. The fitness levels required to gain entrance into the services are also explored.

### Evaluation

Fitness levels are monitored pre and post course, record books are provided so that young people can track their improvements after the course has finished and opportunities are available for students to come back to us and have their fitness reassessed.

Students will receive a Bronze, Silver or Gold Fitness Certificate, depending on their success.

A member of the Firebreak team contacts the students 3 months and 6 months after the course to offer support and reinforce important points of the course content.





# Fire Inspire

Fire Inspire is the new name for our ever popular and successful Firebreak brand. With over 2000 students completing this course since it was first held, it is now highly respected by schools and referral agencies across Essex.

Addressing confidence building, increasing self-esteem and team working skills our traditional Firebreak Inspire is the original course that we have been offering for over 7 years.

Inspire helps develop the skills and understanding necessary for the students development as active and responsible citizens.

Firebreak uses project based learning, which is recognised as a powerful vehicle for moving students beyond 'surface learning' (gathering and measuring facts) to 'deep learning' (relating concepts to experience).

## Evaluation

At the end of the programme, each student gains an accreditation from the Assessment and Qualifications Alliance, and dependant on individual achievement each student will receive personal testimonials and certificates relating to first aid, fire safety awareness and water safety.

A member of the Firebreak team contacts the students 3 months and 6 months after the course to offer support and reinforce important points of the course content.





# Fire Respect

Possibly the most progressive of all our Firebreaks, Fire Respect offers agencies an opportunity to tailor the course around the needs of the young person.

It includes the same basic framework of the traditional firebreak and can include but is not limited to:

- Safe Sex and Teenage Pregnancy.
- Anti-Social Behaviour and the Cycle of Offending.
- Alcohol and Drugs Abuse.
- Domestic Violence & the Importance of Worthwhile and Fulfilling Relationships.
- Community Engagement.
- Bullying and Cyber Safety.

This course has been designed to focus on reducing re-offending and reoffending in general, tackling the consequence of alcohol and drug abuse, and improving road safety.

Should there be a particular subject matter that agencies would like us to work to, we will ensure we do our very best to meet their requirements.

## Evaluation

The young person's level of understanding, attitude and awareness is measured pre and post course.

Group role play and group discussions help build confidence and enable young peoples experience the possible impact of certain issues in a safe and protected environment.

A member of the Firebreak team contacts the students 3 months and 6 months after the course to offer support and reinforce important points of the course content.





# Fire Empower

Empower based courses can be tailored to fit various subject matters which can include, but is not limited to:

- Alcohol and substance misuse awareness.
- Preparing young people for employment.

Community engagement and the possibilities of volunteering within their community are explored and encouraged.

Sessions include preparing for interview, C.V. preparation and the importance of gaining employment.

## Evaluation

The young person's level of understanding, attitude and awareness is measured pre and post course.

Group role play and group discussions help build confidence and enable young people to experience the possible impact of certain issues in a safe and protected environment.

A member of the Firebreak team contacts the students 3 months and 6 months after the course to offer support and reinforce important points of the course content.

