

Organisation	Prague Primary Prevention Centre
Location and timing of practice	These resources were produced in May 2015 in the Czech Republic
Title	Zipy's Friends (Czech , Information in English)
<p>Objective:</p> <p>The objective of Zipy's Friend is to provide resources for teachers to use that will teach primary school children how to deal with everyday difficulties and develop social and emotional skills. The idea behind this is that strengthening emotional management and coping strategies at an early age will allow people to cope better in adulthood and help prevent mental health issues.</p>	
<p>Detailed content:</p> <p>Zipy's Friends is a program for 5-7 year old children about developing social skills and coping strategies. They come in the format of 24 lessons which are divided into 6 modules that address: emotions, communication, relationships, prevention of bullying, coping with change and coping with loss. These lessons each aim to teach children to deal with life difficulties using 2 rules: a good solution helps you to feel better, and a good solution does not hurt anyone. They are supposed to be carried out across a year and each lesson includes an estimated time for delivery, online images, worksheets, methods to adapt activities if needed and certificates to hand out to children upon completion.</p> <p>Each lesson relates to a story, where you follow twins Lenka and Tonda, their friend Sandra and the stick insect Zipy, through different situations. Each lesson includes 2 interactive activities (these can be talking activities, games, artistic activities, play etc.) that encourage children to find their own way of solving these issues. After the activities a summary and awareness section of the story can be read.</p> <p>In addition to the activities themselves, teachers are provided with an introductory booklet detailing how to use the sessions as well as detailed descriptions of each of the lessons including its overall goal and any necessary materials that will be needed for its completion.</p>	
<p>Evaluation of results:</p> <p>Zipy's Friends has been shown to create a better classroom atmosphere and interpersonal relations between children. Although aimed at 5-7 year olds, the lessons were designed to be adaptable and useable with older students. The adapted activity guides allows activities to take place between smaller groups, older children, children with learning disabilities etc. The main strength of the resource is that activities are arranged to guide children to develop their own solutions to problems rather than being told what to do.</p>	



What makes it a good/best practice?

Zipy's Friends has had its methodology accredited by the MŠMT (ministry of education, youth and sports). Over the past 6 years they have trained 250 teachers and reached 6,000 children across 100 schools in the Czech Republic and it between 2015-2018, 83 UK schools and 4,000 children trialled the resources for Partnership for Children

The Zipy's Friends resources led to the development of Jablík's Friends which is aimed at 7-9 year olds, so slightly older children. These resources follow a similar methodology with the same group of friends but address different areas and have activities that are better suited to the older age range.

Other information	Website: https://zipyhokamaradi.cz/ The programme has been implemented in 24 countries so is available in multiple languages including: Bulgarian, Czech, Danish, Dutch, English, French, Icelandic, Lithuanian, Norwegian, Polish, Portuguese, Russian and Slovak.
Contact	Markéta Čermáková zipy@ecinstitut.cz

iv. Preventiimi - Finland

Organisation	Humak University of Applied Sciences and Ministry of Education and Culture
Location and timing of practice	Preventiimi was a project financed by the Ministry of Education and Culture and operated within the framework of the Humak University of Applied Sciences, which provides education in the youth sector in the capital region in Finland. The project was active between 2011-2017.
Title	Preventiimi - substance use prevention skills in the youth sector
Objective:	<p>Preventiimi arranged further education courses for professionals working with young people as well as publications and networking possibilities.</p> <p>Substance abuse and addiction is a major contributor to mental health issues of young people in Finland and addressing it is a part of the National Strategy for Mental Health. Preventiimi's target group comprised of all professionals who deal in some way with substance abuse prevention in their work. This includes personnel whose duties include working with young</p>

