Voksne for Barn

- Non-profit organization based in Oslo, Norway
- 3000 members
- Promote positive mental health and well-being and prevent mental illness for children, adolescents and families.
- Target groups: children, parents/care-givers, professionals
Voicing Children’s Interest

- Advocacy on behalf of children
- Help to put children and their interests on the agenda
- National network of volunteers
Interventions in school and kindergarten
Voksne for Barn

- All children
- Children with stress and strain
  - COPMI
  - Who sees Johanne?
  - Who can help Jesper?
  - Squeek said the mouse
  - Network for young
- New home – new school
- Divorce groups
- Dreamschool
- Green thoughts – happy children
- Psychological first aid kit
- Zippys venner
- Development: Passport – Skills for Life
  - Support Groups

Health promoting methods
Coping for Life

«The school must see education of Life Skills in connection with the school community, mental health, the psychosocial environment of the pupils and the work against bullying»

(Government Strategy Plan for Good Mental Health, 2017-2022)
Teaching Life Skills in School

New overall part of the curriculum (2017)

Three cross-cutting themes:

- Public Health and Life Skills
- Democracy and citizenship
- Sustainability

«The theme of public health and Life skills will help students develop skills that promote the health of students and enable them to cope with different challenges in life (....)»
"..a condition of wellbeing, where each person can use its potential, meet daily life challenges, work and contribute to society»

WHO, 2001

All pupils have the right to a positive psychosocial environment that promote health, to thrive and learn. The school must actively and systematically work to promote a positive psychosocial environment so each pupil can experience safety and social belonging

§9a
Zippys Friends in Norway since 2004

- Pilot in 2004/2005
- Evidence based
- Program for 1.-4. grade
- Agreements with schools and municipalities
- Interdisciplinary collaboration
- About 600 – 700 schools
Evidence based

- It has a positive effect on **COPING** as reported by children and parents

- Improved **academic achievement**

- Improved **social climate** in the classroom
  - Less **bullying**
  - Better **cohesion** and
  - Less **exclusion**

(S. Holen, 2012)
Program for 1.-4. grade (6-10 years)

- Zippy’s Friends (1st - 2nd grade)
- Supplement activities (1st - 2nd grade)
- Reinforcing Zippy (3rd - 4th grade)
Agreement Schools and Municipalities
Part of a strategy of local anchoring – ownership to the competence

The municipalities do the training and the counseling
Voksne for Barn do inspiration gatherings;
• Whole school approach
• Reinforcing Zippy 3.-4. grade
• Inclusion of children with SEN

Agreements
36 Municipalities
250 Schools

School leader
Zippy contact person
Zippy teachers

Leader in the municipality

Interdisciplinary collaboration team in the municipality
Pedagogical psychological service
Pedagogical psychological trainer

School health service
School nurse
I like to hear others tell how they cope with their feelings