

## Educators and parents/ carers

We have created this resource to help young people aged 11-14 understand what drives their behaviour and choices they make in their lives, including their digital lives. The resource is based on William Glasser's Choice Theory, which is a positive behavioural psychology and helps individuals feel more in control of their lives.

It uses the metaphor of a car to teach its key principles. Firstly, we help young people understand that their behaviour is made up of four elements (doing, feeling, thinking and body signals) just like the four wheels of a car.



Secondly, we then help young people understand that their behaviour is trying to meet their needs. There are five needs (Love and belonging, self worth, fun, freedom and survival) Their needs drive their car, like cylinders of engine.

The resource can be used by young people directly but it is best used with some guidance from parents/ carers or educators. The tool is divided into two parts – an e-learning part which covers choice theory in an accessible way and an app which allows young people to assess their well-being and come up with their own strategies on how to improve it.

**The e-learning section** contains slides, short films and activities you can do with the young person to help them learn about their behaviour and their choices.

**The app section** is a more interactive, independent part of the tool and here young people can complete their own assessments, reflect on the results and come up with well-being strategies.