

CONSENT FORM – Navigators Program

Please read the information below as this sets out the boundaries to our Navigators Program work. This is a consent form and signing this form is your agreement for services for your child provided by Anxiety NZ Trust.

Navigators is an evidence-informed resilience programme designed for New Zealand children. Navigators draws on cognitive behavioural therapy, acceptance commitment therapy, and Te Whare Tapa Whā framework, with a focus on building resilience through clear, culturally appropriate skills and strategies.

The program is delivered over eight sessions, with a caregivers' evening before the program starts. Caregivers and whānau are empowered to play an integral part in supporting their child learn, use and maintain the skills and strategies introduced in the Navigators program. **It is essential that you attend the caregivers' evening so you can get to know the facilitators and the aims of the program. This is held via Zoom on Wednesday 20th October @ 6.30 – 7.30pm.**

All kids' sessions in term 4 2021 are held online via Zoom. Sessions are From 23rd October – 11th December 2021 on Saturdays:

6-7 year olds @ 9.30 – 10.30

8–10 year olds @ 11.00am – 12.00pm

11-12 year olds @ 12.30pm – 1.30pm

13-14 year olds @ 2.30pm – 3.30pm

From 23rd October – 11th December 2021.

We aim to make the group environment a fun, inclusive and safe space for all children in the program, despite not being in-person. **The Navigators program is *not suitable* at this time, if your child is experiencing acute distress.** If you feel your child, yourself or your family is in crisis or are in danger of harming themselves or others, then it is very important that you contact crisis or emergency services for help immediately. All interactions with Anxiety New Zealand Trust will be kept confidential unless a significant concern that there is a risk of serious harm to any individual.

If you are unsure if your child will be able to engage with the program via Zoom, you can provide scaffolding and support for them by attending the sessions together.

Our facilitators hold a current Navigators certification (Anxiety New Zealand accreditation), First Aid Certificate, a current vulnerable children's check, police check, and relevant HR contracts. All accidents or near-misses will be recorded.

CONSENT FORM – *Navigators* Program (Continued)

Start date: 23rd October 2021

End date: 11th December 2021

Location: Online via Zoom

I (Name) _____, (parent/guardian) agree to the following:

- ✓ I provide consent, for _____ to attend the Navigators programme provided by Anxiety NZ.
- ✓ I have discussed the Navigators Program with my child and they consent to attending.
- ✓ I will support my child with any weekly home activities from the program.
- ✓ I will attend the caregivers' evening and first session with my child. I will provide as much notice as possible if my child is not attending.
- ✓ I have been provided information about my rights and my child's rights and how to make a complaint.
- ✓ I will treat others in the Navigators group and Anxiety NZ staff with respect.
- ✓ I will disclose any medical issues, allergies, behavioural or other issues that may impact my child's health and safety in the program or group environment, to the Facilitator.
- ✓ I understand that the Navigators program runs at a cost of \$600 to Anxiety NZ for each child. **I have made a payment of \$200 to Anxiety NZ to help cover this cost.**
- ✓ I have read and understood the above information and am aware I can ask for clarification at any time.

Guardian: _____ Sign _____ Date _____

Facilitator: _____ Sign _____ Date _____