The purposes of *The PATHS® Programme for Schools (UK Version)*are to enhance the social competence and social understanding of children, as well as to facilitate educational processes in the classroom. *The PATHS® Programme for Schools (UK Version)*has been adapted for a UK audience by Barnardo’s NI, and is being implemented throughout Argyll and Bute with the support of our Educational Psychology Services.

*The PATHS® Programme for Schools (UK Version)*is designed to provide an effective social-cognitive programme providing children with knowledge, understanding and vocabulary in the following areas:

* Logical reasoning and problem-solving
* Skills in the steps of identifying and assessing social conflict, generating solutions, anticipating consequences, and planning actions and responses
* Understanding emotions and emotional states in themselves and others

Programme implementation has been shown to **improve**

* Self-Esteem
* Self Control
* Emotional Intelligence
* Classroom Behaviour
* Conflict Resolution
* Academic Engagement

### And reduce

* Aggressive Behaviour
* Emotional Distress
* Conduct Problems

The benefits to learners and learning are that children:

1. develop specific strategies that promote reflective responses and mature thinking skills;
2. become more self-motivated and enthusiastic about learning;
3. obtain information necessary for social understanding and pro-social behaviour;
4. increase their ability to generate creative alternative solutions to problems; and
5. learn to anticipate and evaluate situations, behaviours and consequences.

These skills, in turn, increase the child’s access to positive social interactions and provide opportunities for a greater variety of learning experiences. Increasing self-control and reflective thinking skills also contribute to the amelioration of significant underachievement and promote skills which will be beneficial in preventing the genesis of other types of problem behaviours in the future (e.g. alcohol and drug abuse).