

**EXTREME REACTIONS
PROGRAMME (subject to change)
Thursday 26th February 2026
9.30am – 1.00pm**

09.30am	Welcome: meet the team
09.35am	Introduction
09.40am	Extreme Reactions
10.55am	Alex's Story
10.05am	Buddy Group Discussion 1 (15 mins)
10.20am	Break (5 mins)
10.25am	The Jigsaw Exercise
11.00am	Buddy Group Discussion 2 (15 mins) Exercise
11.15am	Break (5 mins)
11.20am	Comments and Questions (10 mins)
11.30am	Self Harm in the Soaps
11.35am	Deep Sea Diving
11.55am	Claire's Story
12.05pm	Risk Assessment
12.25pm	Buddy Group Discussion 3 (15 mins)
12.40am	Comments and Questions (10 mins)
12.50pm	Say Goodbye to Buddy Group
12.55pm	Resources and Updates
13.00pm	Finish