

Anchor Approach GLOSSARY

Unmet needs	Behaviour assessed from the viewpoint of an unmet need. Question the potential reason for the behaviour rather than what the mistake was
Emotion coaching	Emotion coaching is an evidence-based strategy based on the work of John Gottman – 4 steps – 1. Name 2. Validate 3. Set limits 4. Problem solve
Haringey Resilience Wheel	Haringey Resilience Wheel has been developed by the Anchor Approach, in partnership with colleagues from CAMHs. It is based on the work of Brendtro, Brokenleg and Van Brokern. The Anchor Approach resilience wheel has been adapted with agreement from the authors
Adverse childhood experiences (ACE's)	Developed by Felitti and Anda (1995). The initial study looked at 10 childhood experiences and obesity. ACE's have been found to have lifelong impacts on health and behaviour
Developmental trauma	Brought about by the experience of universal needs not being met over a prolonged period
Bio-social Needs	Basic needs which when met, help us to be resilient and cope with what life throws at us. If these are not met, children and adults can respond by adapting their behaviour. Some adaptive behaviours are not helpful at school.
Key adult	An adult selected by the school to get to know the pupil and is able to meet with the child regularly, talk to them, plan with them and work with other staff as needed
Safe adult	An adult who the pupil chooses to talk to or to be with when they are finding things hard
Poly-victimisation	Research into poly-victimisation (Turner, Finkelhor & Ormrod; 2010) suggests that multiple exposure to different kinds of victimisation puts children at increased risk as they enter adulthood. They have a greater risk of viewing victimisation as a life condition rather than a series of events, have poor mental health and are at an increased risk of becoming a victim in other areas including home, school and the community