



What is DESTY?

DESTY is an educational intervention to help target self-esteem, self awareness, relationships and emotional literacy.

Desty is run by a trained DESTY mentor. A mentor gets to know the child more, build a mentor-child relationship and recognise how the child develops emotionally and mentally.

DESTY is aimed at children aged 7-12 years old.

DESTY sessions are run weekly and last for around 30 minutes. They run for around 12 weeks.

The programme is personalised and aims to help a child to recognise their own feelings, thoughts and strategies to be implemented to help them deal with these effectively, so they can build emotional resilience.

Children visit DESTY island (online) with their trained DESTY mentor and meet their island guide and friend DESTY character.

A child should also hopefully gain a network of people they can trust.

DESTY's mission is to support children to find their strengths and challenges and to overcome them to live their true potentials.