

1

Go to www.llttyp.com and click the 'Register' button.



2

On the registration page enter your details. Keep a note of the email and password you enter as you will need this next time you login. You will be asked to enter your one off code.

Your code is:

YPVC64116



3

A screenshot of the "Create your account" registration form. The form has fields for: First Name, Last Name, E-mail Address, Verify E-mail Address, Password, Password Verify, and Code. The "Code" field is circled in orange. Below the form, there is a "Submit Registration" button, also circled in orange.

Once you have entered all your details click the 'Submit Registration' button.

A screenshot of the registration form's terms and conditions section. It has two checkboxes: "I would like to receive support e-mails" and "I agree to the terms & conditions and the privacy policy". Both are checked. Below the checkboxes is a "Submit Registration" button, which is circled in orange.

PLEASE NOTE:

Next time you visit the site login with the email address and password you set up during registration. **You do not need to enter your code again** – this is only a one off code for registration.

Error Reporting Problems Logging in?

Please email technical@fiveareas.com

- A screen shot of your problem or error message.
- The email address you registered with.
- The code you are using or have been provided.
- What action you expected and what actually happened.



LIVING LIFE TO THE FULL for Young People

LLTTF-YP Course

With enjoyable sessions that can each be run within a typical school lesson, the Living Life to the Full course can help young people change their lives.

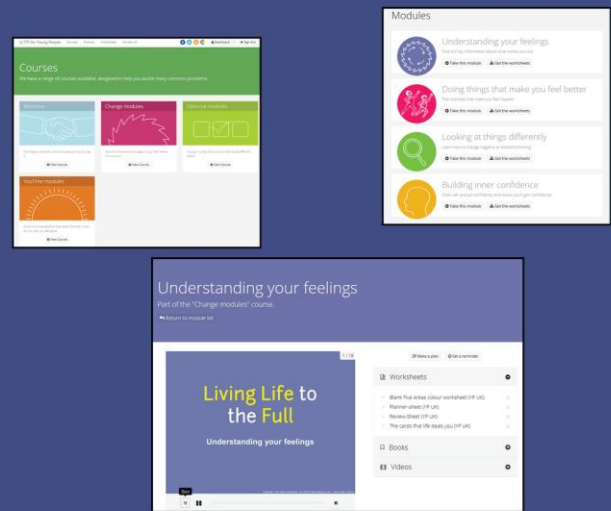
With the help of the class teacher, peer supporter or PHSE/RMCE staff, the course teaches key life skills that aim to improve pupil well-being and resiliency.

Developed in the UK by an expert in Cognitive Behavioural Therapy (CBT) - Dr Chris Williams, Emeritus Professor of Psychosocial Psychiatry at the University of Glasgow, Living Life to the Full is one of the world's most used CBT support systems. Helping young people learn new skills for life!

What's in the course?

The course is split into four main areas:

1. Welcome Module which explains how to get the most out of the course
2. Change Modules to teach key life skills based on CBT principles
3. Optional Modules including topics such as improving sleep and being more assertive
4. You Time Modules to promote positive 10 minutes to concern just on themselves and appreciate their surroundings



There are a number of online books, worksheets, automated weekly support emails and the ability to set reminders all included in the course to support their progress and learning.

Present the course live in your setting

If you have taken the option to present the courses during a class go to the courses tab at the top of the screen and you will see the option to 'present this module' next to each session. This feature changes the course presentation with its accompanying audio to full screen, you can stop and pause to discuss or highlight learning from the session using your space bar.

