



## What is Zumos? An introduction



## What is it?

ZUMOS is an easy to access, discreet, Internet based portal to a wealth of motivational and support information in the form of vocal recordings for your pupils. Not only does it provide expert peer reviewed advice, information and help on a host of topics it can also provide you feedback on the issues your pupils are accessing, keeping you informed and aware.

## Features

The key features: -

- Brings instant and discreet information to the pupil population
- Uses language designed to encourage and support
- Provides clear and helpful tasks and steps designed to help pupils take their issue forward
- Genuine beyond 'first step help', accessed via web links, support groups and help lines
- You decide which support groups and help lines are appropriate for your pupil population
- Your school has control of all titles available to pupils
- Weekly report on the issues and topics your students are facing and accessing, giving you feedback on the most accessed titles this will assist your school identify any areas of concern
- Customisable interface showing your school badge, logo and information
- Quality, Independently Peer Reviewed (IPR) information to facilitate good pupil and teacher understanding on a very wide range of issues

## Benefits

Gives pupils a sense of empowerment when dealing with their problems

A service that will assist schools in dealing with emotional and behavioural issues

Discretion - user can listen to recordings without identifying themselves or having to speak to someone. They can even listen and explore through curiosity. One of the primary reasons for not seeking help may be embarrassment or fear of ridicule from peers and adults

All of the information has been subjected to an IPR process, establishing its provenance.

The under 18 section will also be passed through a due diligence panel. So you can rest assured that combined with the IPR process all information and guidance given to your pupils has been peer reviewed, properly considered, checked as relevant and found to meet current accepted standards prior to acceptance.

ZUMOS helps overcome the many reasons under 18's will not seek help or speak with someone; these might be the same reasons that prevent us from seeking help in later life. Often the experience of a problem will be completely new and coping strategies or reasoning ability will not have been developed.

- Don't like to ask for help
- Lack confidence
- Are embarrassed to discuss certain problems
- Find personal and physical issues difficult to identify with
- Have not developed coping mechanisms
- Fear of being judged
- Fear of not fitting in
- Peer pressure

Insight provide pupils and teachers with quality information, because of the level of qualification and experience required to write for us, coupled with our IPR process we are confident that the information given on our recordings is accepted knowledge, intelligently written, considered to be of a very high standard. Most of our authors are published, high profile and are very protective of their reputations.

No information will be available to the school on student profiles, who has accessed the recordings or what testimonials have been submitted, to respect privacy.

## Making it Yours

We have designed our website so that you can create a bespoke profile for your school.

This includes options to: -

- Use your logo
- Use your school badge/crest/motto
- Select titles for your pupils from our wide library of recordings (we can provide a list of titles to start you off)
- Access post school contact information for follow up counselling and support
- Choose the web links, help lines and support organisations that are right for your school

The titles listened to by the pupils, will register the number of times it has been accessed, this information can be utilised by you to identify strong areas of interest or where potential issues might lie, allowing trend analysis and evaluation of intervention measures.

## You decide what is right for your school

### About Us

INSIGHT4LIFE is the first to offer immediate help discreetly and conveniently by way of voice recordings streamed straight to your PC or mobile.

Recordings are up to 12 minutes long they are written by experts and independently peer reviewed.

As a rule scripts are 30% information, 10% supportive language, 60% motivational detailing the actions you can take immediately to help yourself.

Titles are designed to deal with a very wide range of health and psychological disorders crossing every age range, although any scripts specifically aimed at under eighteens will be subjected to a 'due diligence' procedure.

Our aim is to work with schools, making sure Insight4life meets the ongoing requirements of school life.

### Recordings

Through our work experience placements we have gathered a list of 100's of titles that have been suggested by children in the age range 11-18. Below is a list of the 20 main titles that where the first chosen to be recorded by our panel of consultants and experts.

- I am being bullied at school
- I think I might be gay/lesbian
- Why am I so fat?
- Why do I always get blamed for something someone else has done?
- What do I do when my friends pressure me into smoking/taking drugs?
- How do I tell someone that I'm being sexually abused?
- I'm not ready to lose my virginity, how do I tell my boyfriend/girlfriend
- I think I might be pregnant

- Why do all my friends get noticed by the opposite sex, but I don't?
- I cry myself to sleep, why is this?
- I feel there is no point to living anymore
- My parents are getting divorced
- My friends want me to do something I am not happy with
- My pet just died
- My partner keeps pressuring me to have sex but I'm not ready
- I've just failed my exams and now I don't know what to do
- I think I'm ugly
- My parent is an alcoholic
- I hate school and can't even bring myself to go in
- My exam work is causing me stress

### Further feature

A very powerful feature created for ZUMOS is 'How To be Happy' - these are short daily recordings that give your pupils a simple mind technique to carry out every day. Designed to make the listener feel good, think positively, be motivated and empowered. Its purpose is to change internal dialogue and to form good thinking practice and life skills.



We hope you found this brief introduction useful.  
 For full details on Zumos and all of the insight4life services please visit [www.insight4life.co.uk](http://www.insight4life.co.uk)