

Effects and Impacts of Domestic Abuse

PROJECT WORK



A programme for young people affected by witnessing, or being subject to, domestic abuse consisting of interactive workshop sessions and outdoor activity days.

Target Group	Age: 11-18 Single or mixed gender groups Young people who are presenting problematic behaviour as a result of having witnessed, or been victims of, domestic abuse
Group Size	Up to 8
Outcomes	<ul style="list-style-type: none"> • An increased understanding of domestic abuse and their own behaviours as a result of the domestic abuse. • The opportunity to interact with positive male role models. • Alternative strategies for managing anger/aggression • The opportunity to make new friends and build relationships. • The opportunity to plan recreational activities for the whole group to participate in.
Format	<ul style="list-style-type: none"> • The young people will be taken through topic focussed interactive sessions, starting with, and culminating in, outdoor activity days designed to build team working, confidence and self esteem. • The programme is themed on the young person's journey to adulthood and will be run by staff who have previously delivered successful programmes around domestic abuse and emotional health. • All participants are assessed for additional support needs and referred where necessary.
Key Skills	Listening Communication
Duration/time	2 full days and 3 half-days over 4 weeks
Required Environment	For the half-days: discreet room (e.g. no windows overlooking playground) Flexible seating, Whiteboard or flipchart
Evaluation Method	'Distance travelled' questionnaires Photographs Interviews with participants