

## Blackburn, Darwen & District Without Abuse – Programmes for Children and Young People

BDDWA (incorporating the WISH centre) offer a variety of programmes for children and young people. All of the courses are specifically beneficial to children and young people who have witnessed/experienced domestic abuse in the past, however may also be suitable for those who may be vulnerable to abusive relationships, need support in building positive friendships and relationships, or want to learn more about positive relationships.

The programmes are run according to demand and are also subject to availability, staffing and resources.



### Helping Hands

Helping Hands is a fun packed programme for children aged 6-10. It addresses the challenging issues of personal space, awareness of acceptable and unacceptable behaviours, and safety planning. Three themes, called the Protective Behaviours, are reinforced throughout the programme:

1. We all have the right to feel safe all the time.
2. There is nothing so small or so awful we can't talk about it with someone.
3. Others have the right to feel safe with us.

It is particularly useful for children who have experienced/ witnessed domestic abuse but is also a suitable course for any children to learn about protective behaviours. The programme runs for 90 minutes per week over 6 weeks.



### Changing Places

Changing Places is a programme for people aged 11-16 who are identified as needing help in managing conflict in their relationships. Young people suitable for this programme may already have a history of resorting to violence to try and solve conflict. They may have a history of frequent conflict at home, in their relationships, or at school. They may have poor impulse control, have trouble communicating, and may have low levels of empathy or understanding for other people.

The programme is designed to:

- Develop self-awareness and self-control.
- Promote positive social skills.
- Teach pro-social problem-solving skills.
- Increase confidence and self-esteem.
- Improve decision making.

Changing places is about offering young people an opportunity to learn about themselves and as a result, change their behaviour in the future. It is not about 'fixing' them or 'forcing' them to change. They will have to choose to use the skills they learn on the programme. The sessions will show them that there is another way to handle problems and conflict rather than resorting to abusive or violent behaviour.

The programme usually runs for 90 minutes per week for 8 weeks.



### Expect Respect

Expect Respect is a programme aimed at empowering young women aged 11-16 to expect respect in their relationships.

Through a range of engaging activities and discussions, this programme aims to enable participants to:

- Learn about domestic abuse.
- Identify healthy and unhealthy relationships.
- Explore their own relationships.
- Build self-esteem, confidence and positive body image.
- Learn how to stay safe and how to get help.

The programme is very informal and usually incorporates a project, such as a craft or drama project, led by the group members. It will be of benefit to girls who may have witnessed / experienced domestic abuse at home or in their own relationships. It will also be of benefit to young people who may be vulnerable in their relationships – through displaying signs of low self-esteem or having inappropriate relationships. The programme usually runs for 90 minutes per week over 8 weeks.



### Young Person's Recovery Toolkit

The Young Person's Recovery Toolkit is an opportunity for young people aged 11+ to develop positive lifestyle and coping strategies. The programme includes activities to support young people in building self-esteem, recognise rights and responsibilities, develop coping strategies for difficult situations and practise positive automatic thinking. The course is especially beneficial for young people who have witnessed or experienced domestic abuse as it can help them to come to terms with their experiences. The programme usually runs for 90 minutes per week for 8 weeks.