

Healthier Relationships



Overall aim of the programme

This creative programme is designed to support young women in gaining a broad understanding of the term “**Domestic Violence**” and how it can impact on our lives. The workshops will explore: effects on young people, the benefits of non-abusive relationships, and sources of help for those in this situation.

Target group: Vulnerable young women aged 13 - 25

Delivered by: 2 experienced Them Wifies facilitators

Workshop One - Understanding Domestic Violence

Aims

- To carry out introductions, establish a group agreement and take part in ice breakers and warm up's.
- To identify types of domestic violence.
- To reflect on own knowledge and understanding of domestic violence.

Workshop Two - Domestic violence & Control

Aims

- To identify and explore how control is linked to domestic violence.
- To assess the impact of 'control' on a victim of domestic violence.
- To identify internal and external sources of support for victims of domestic violence.

Workshop Three - Benefits of non-abusive relationships

Aims

- To identify and explore what makes a healthy relationship.
- To explore the benefits of communication.
- To discover how healthy relationships make you feel.

Workshop Four - Maintaining healthy relationships

Aims

- To explore how to manage disagreements more effectively.
- To recognise what we need from a relationship.
- To acknowledge positive qualities that make you a good friend.

Benefits

- Improved self esteem
- Increased confidence
- Meeting new people
- Gain an understanding of the term Domestic Violence and how it impacts on a young person's life
- Communicating and sharing feelings and experiences
- Identifying positive qualities within themselves
- An understanding of how to identify and help maintain healthy relationships
- Having a laugh

Quote from participant

“ Thank you for such an amazing few weeks. It has helped me a lot and been great fun. ”

Cost: £700 or £900 (including evaluation)

*Each session is 2 hours in length. A core group of 10 young women will take part in each session.

Contact Maria Lavelle on **0191 2619923** or email maria.lavelle@themwifies.org.uk
We're always happy to discuss the difference we can make.

WORKING WITH THE ARTS FOR CHANGE