



Information for groups and clubs

Relationships without Fear - aiming to break the cycle of domestic abuse

Relationships without Fear is an education and prevention programme that aims to prevent domestic abuse. It challenges the attitudes and stigma surrounding perceptions of healthy and unhealthy relationships, and responds to changes in social challenges that children and young people face.

Aims of Relationships without Fear

The project's aim is to break the cycle of domestic abuse by reducing the likelihood of children and young people experiencing it in their current and future relationships. This is done by giving them the knowledge, skills and advice to help them to recognise an abusive relationship, understand it is a crime and seek appropriate help.

2 hour awareness raising session

Arch provides a 2 hour session for groups and clubs to give young people a better understanding of healthy and unhealthy relationships and the effects of domestic abuse of teenage relationships. Each workshop is tailored to match the group's age and ability, with relevant and relatable group activities and discussions.

Popular topics include:

- Understanding domestic abuse
- Coping strategies
- Support services

Programmes are updated yearly to comply with british values and legislation.

Delivering the workshop

These workshops are usually run with local community, youth groups by our professional team, who are trained in domestic abuse, safeguarding and the issues and impacts relevant to children and young people.

If you would like more information to put on a workshop your setting, then please contact us for more information or to discuss your requirements.