



## Information for schools

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

Relationships without Fear is an education and prevention programme that takes a cross-curricular approach to domestic abuse prevention and support. 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, seek appropriate help, and support them to create their own, unique safety plan.

### **Schools programme**

Arch provides a full six week schools programme which is aimed at children and young people from Year 4 to Year 11. Each programme is tailored to match the pupils' age and ability, with relevant and relatable group activities, discussions and resources.

### **Topics covered include:**

- Dealing with anger
- Feelings and emotions
- Safety planning
- Safe and unsafe secrets

### **Secondary school also includes:**

- Consent
- Grooming and exploitation
- Effects of social media

**Programmes are updated yearly to comply with PSHE guidelines, british values and legislation.**

### **Delivering the programme**

All our programmes are delivered by our professional team, who are trained in domestic abuse, safeguarding and the issues and impacts relevant to children and young people.

### **Each programme includes:**

- Delivery by a trained member of staff
- Range of professional resources and materials including a workbook for each pupil
- Full evaluation for the school at the end, which documents the impact of the programme and evidences outcomes
- Brief intervention 1:1 sessions for children and young people affected by any issues raised. We can also support schools with onward referrals to other agencies
- Safeguarding and disclosure support and advice for education providers