**Resource Pack**

**West End Women and Girls Centre**

West End Women and Girls Centre is the first and only open access, community-based women and girls centre in Newcastle. We aim to build the power of women and girls who have been and continue to be disenfranchised. We seek to drive positive change in the world, our community and in women and girls lives.

We do this by employing young women as Domestic Abuse Peer Educators to support and train young women aged 11-25 as Domestic Abuse Champions in their schools, colleges and youth groups.

We also employ Gender Equality Peer Educators who train and support young women to develop campaigns that will change the world, end misogyny, and create a fairer and more just society for all.

**What We Can Offer You**

Our award-winning team of Peer Educators have developed two different courses for young women.

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| **Domestic Violence and Gender Equality Champions Training**  Domestic Violence and Gender Equality Champions Training is for passionate young women aged 11-25 who want to be young changemakers. The sessions are:   1. Domestic abuse including:   The types of abuse, the cycle of abuse, signs of an abusive relationship, healthy and unhealthy relationship behaviours, recognising inappropriate behaviour and seeking support   1. Gender equality including:   Structural inequality and self-esteem   1. Social media including:   Impact on young people’s mental health, self-esteem, and social media campaigning  **For more information and to book sessions, please contact:**  [kiran@westendwomenandgirls.co.uk](mailto:kiran@westendwomenandgirls.co.uk) or call 07812981429 | **Teen Safe 4 Life**  Teen Safe 4 Life is a recovery course for young women aged 11-18 who have historically or are currently experiencing domestic abuse. The sessions cover:  1)Domestic abuse/Domestic violence  2)Controlling behaviour  3)How we keep ourselves safe,  4)Self-esteem  5)Sexism and equality  6)Assertiveness  7)The effects of domestic abuse on ourselves and our children.  8)What a healthy relationship looks like.  **What will it do?**  1)Give you a clear understanding of relationships both good and bad.  2)Show you how to stay safe.  3) Make you feel stronger and better about yourself.  **For more information and to book sessions, please contact:**  [rochelle.artus@westendwomenandgirls.co.uk](mailto:rochelle.artus@westendwomenandgirls.co.uk) or call 07908135695 |

These sessions can be delivered flexibly to fit in with your lesson timings.

**What We Ask From You**

As part of session 1 of the Domestic Violence and Gender Equality Champions Training, we would like to request the use of a poster board in the school. This will be for students to display posters giving advice to a friend regarding a domestic abuse/unhealthy relationship scenario.

We may also need additional time and space beyond the initial 3 sessions to support the students with their chosen campaign after they’ve completed the training.

**Safeguarding**

Our Peer Educators are trained by Newcastle’s Safeguarding Children’s board, have enhanced DBS certificates, and will comply with your school’s safeguarding policy including reporting any concerns to the Designated Safeguarding Lead.

After 10 years of our award-winning peer education work, we have found that students have more open and honest conversations when teachers are not in the room. These conversations tend to lead to more disclosures and is therefore more beneficial for safeguarding. This is why we request that there are no teachers present in the room when we deliver the sessions.

**Why Peer Education works?**

Young people listen to and are influenced by other young people and together develop the most appropriate responses to the issues and problems they are facing.

We use interactive group work exercises and informal discussions to engage and educate.

For this work the Peer Educators have won:

* National CrimeBeat Award 2013
* The Sheila McKechnie Award for Campaigning 2016
* The Insight Experts By Experience Award 2018
* The Children and Young People Now Award for Social Action 2021

**Curriculum Requirements:**

Given the increasing concerns around domestic abuse, child sexual abuse and exploitation, and the growing risks associated with growing up in a digital world, there is a compelling case to act in relation to pupil safety.

All secondary schools (maintained, academies or independent) are required to provide Relationships and Sex Education (RSE) to support all young people to stay safe and prepare for life in modern Britain.

All pupils are required to be taught:

* Safety in forming and maintaining relationships
* Characteristics of healthy relationships
* How relationships may affect mental and physical health

**Why Is This Important?**

It is essential to raise awareness among young people about domestic abuse, including coercive controlling behaviours because:

* Young people experience the highest rates of domestic abuse of any age group:
* 95% of young people experiencing intimate partner violence were female.
* One in seven children and young people under the age of 18 will have lived with domestic violence at some point in their childhood
* A quarter of girls reported having experienced some form of physical violence from an intimate partner
* Less than half of young people in an abusive intimate relationship were known to children’s social services
* 49% of boys and 33% of girls aged 13 – 14 thought that hitting a partner would be ‘okay’ in certain scenarios.
* 75% of girls aged 11-21 say anxiety about experiencing sexual harassment negatively affects their lives-from what they wear and where they go, to how they feel about their bodies.

Session 1: Domestic Abuse

**Learning Outcomes:**

By the end of the session, students will:

1. Be able to recognise signs and patterns of abusive and controlling behaviours
2. Understand the cycle of abuse and why victims stay in abusive relationships
3. Understand how power and control is the root cause of abuse
4. Assess whether relationship behaviours are healthy or unhealthy
5. Have a good understanding of domestic abuse, including coercive control and online harassment
6. Have a good understanding of the law and how it relates to consent

**Session 2: Gender Equality**

**Learning Outcomes:**

By the end of the session, students will:

1. Understand misogyny and sexism and its role in enabling violence against women and girls
2. Recognise how gendered expectations negatively impact women and girls
3. Know what structural inequality is and how it affects society
4. Understand cycles of self-esteem and know how to raise self-esteem

**Session 3: Social Media**

**Learning Outcomes:**

By the end of the session, students will:

1. Recognise the negative impacts of social media on self-esteem and confidence
2. Understand how insecurities are created and manipulated by social media
3. Understand the law regarding revenge porn
4. Understand how social media can be used to create solidarity between women and girls
5. Be able to use social media as a campaigning tool to raise awareness