

# SOMETIMES IT HURTS

## Creative Tools to Support Safeguarding

Arts education company Changing Relations has designed two engaging CPD sessions to empower practitioners to support children and young people affected by domestic abuse, whether this is occurring at home or in their own emerging relationships.

### Did you know that?

- 1 in 5 children live with an adult perpetrating domestic abuse
- Children in the most deprived areas are 3x more likely to experience abuse
- 25% of 13-17 year old girls experience intimate partner abuse
- 50% of children exposed to abuse develop mental health difficulty

This could be affecting young people's behaviour, friendships & ability to engage in learning.

We know that domestic abuse is a topic that can inspire trepidation about triggering young people's trauma. But young people need and want us to talk to them about the tricky things affecting them, and, as a trusted adult, you could help them cope with their experiences, "wait well" for specialist support & ultimately, increase their capacity to thrive in (and out of) school.

## LEGISLATIVE FRAMEWORK

The Code of Practice for Victims of Crime was recently updated to set out new legal standards, including the expectation that:

- All services within a local authority (including schools) need to provide victim support if their local police force report domestic abuse.
- All professionals in regulated professions should be supporting children to make disclosures of domestic abuse.
- Victims have the right to understand & be understood (i.e. we need to pick up on cues as young people may communicate through behaviour rather than direct disclosure).

This builds on the legal recognition of young people as victims in their own right in the 2021 Domestic Abuse Act, which means that children who see or hear the effects of domestic abuse are no longer considered **witnesses** of domestic abuse but to have **experienced** it themselves.

While these updates are welcome, as they will ensure more support for victims, we recognise that providing this support - and talking about these difficult themes - can be challenging. We also understand, through working closely with schools, the deep care and commitment educational professionals have towards the young people they work with. So we know being able to fulfil this duty will be important to you.

## RESOURCES

Our digital resource bank (with the books in audio / animated form together with the work sheets designed around key themes) is available **Pay As You Feel** - [www.sometimesithurts.org.uk](http://www.sometimesithurts.org.uk)

If you would like to order a hard copy set of the 6 **Sometimes it Hurts** books to use with your young people, the cost would be **£20 + £5 p&p** (If you put orders in before any training delivery and we can hand them over in the session, there will be no p&p cost). Email - [info@changingrelations.co.uk](mailto:info@changingrelations.co.uk)



# SOMETIMES IT HURTS



**Sometimes it Hurts** is a series of 6 beautifully illustrated short stories, which are fictionalised accounts of real young people's experiences of abuse, neglect, poverty, divorce and coercive control.

The stories are supported by a bank of specially-created learning activities (developed with young people, creative practitioners and academic experts) to help professionals navigate a range of crucial themes relating to young people's tricky experiences.

They are suitable for use with - and have been trialled by - young people in both Primary and Secondary settings, from Key Stage 2 upwards.



## THE TRAINING

### Victims in Their Own Right

A two-hour session designed to support all staff (regardless of role or experience) to gain an insight into children and young people's experiences of domestic abuse, including:



- The challenges that different demographic characteristics can create
- The diversity of manifestations and impact of abuse
- The more – and less – helpful ways of responding
- The stereotypes and misperceptions to avoid



### Stories that Speak

A full day session to give staff working directly with young people (as youth workers, sports coaches, class teachers, counsellors or in other safeguarding or pastoral roles) an in-depth taster of our learning resources. This will be a practical delivery-focused session, to give staff confidence to use the resources and explore the role they can play in your work with young people.



Our pilot schools used the resources both in a:

- One-to-one pastoral context with young people they knew to be affected
- Whole class context to open a dialogue around abuse & identify who needs support

**Disclaimer:** This is not about replacing specialist support services. If more non-specialists are empowered to respond confidently to young people's disclosures, we can better support them to "wait well" for a specialist referral to come through.

## COST

We can deliver these sessions for up to 25 staff in your school at a time and date that works for you.

**The cost would be:**

- £300 for a two-hour session
- £650 for a full day session

To book, contact - [info@changingrelations.co.uk](mailto:info@changingrelations.co.uk)

If you would like a smaller number of staff to receive training, get in touch as we can arrange to host a session at a location where teachers from other schools in your area can also attend.

**The cost per individual delegate would be:**

- £45 for a two-hour session
- £95 for a full day session