Escape the Trap

Young people in intimate relationships may be vulnerable to teenage relationship abuse

This programme, devised by Cathy Press, aims to uncover the realities by supporting young people between the ages of 13-16 year olds

Help is available for:

Young people who are vulnerable or may already be victims of relationship abuse and who may have experienced sexual and / or physical and / or emotional abuse

Young people who may be deemed at risk of developing abusive relationships now or in the future.

Support will be given by offering a nine week programme of two hour group workshops addressing:

- Expectations of relationships.
- Relationships that make them feel bad and the behaviours and beliefs of those who treat them badly.
- Identifying coercive behaviours and show how coercive behaviour impacts the way they feel about themselves.
- Consider how being treated with respect care and love might be experienced.

The outcomes we hope to achieve will be:

- To clarify boundaries of what is acceptable and unacceptable behaviour.
- Reinforce belief in the possibility of change (without giving false hope or creating complacency).
- Enable the participants to feel more empowered and have improved self-esteem and confidence thus allowing them to choose healthier relationships.

Referral by: Schools, Parents or GP’s

Referral forms and further information please email clinicaladmin@kidsinspire.org.uk or call 01245 348707 or 07592502599

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ESCAPE THE TRAP

Description: Kids Inspire is proud to be delivering the Escape The Trap programme, designed by Cathy Press, which has been developed in acknowledgement of the rising numbers of young people aged 13 - 16 years identified as being vulnerable to teenage relationship abuse. Research demonstrates that teenage relationship abuse affects 40% of young people in intimate relationships and has considerable impact on their mental health and wellbeing. This programme aims to uncover the reality of teenage relationship abuse and support young people who find themselves victims of such coercion and control, to navigate their way to making healthier relationship choices.

Over the nine week programme the teens will take part in weekly two hour workshops that aim to uncover the reality of teenage relationship abuse and support those who find themselves victims of such coercion and control, to navigate their way to making healthier relationship choices.

The core part of the programme addresses:

- their expectations of relationships
- relationships that make them feel bad and the behaviours and beliefs of those who treat them badly
- how to identify coercive behaviours and show how coercive behaviour impacts the way they feel about themselves
- how being treated with respect, care and love might be experienced

The outcomes will:

- clarify boundaries of what is acceptable and unacceptable behaviour
- reinforce belief in the possibility of change (without giving false hope or creating complacency)
- enable the participants to feel more empowered and have improved self-esteem and confidence thus allowing them to choose healthier relationships.

Target Group: For each group there will be eight young people between the ages of 13-16 years who will be referred by their schools, parents or GP’s.

Criteria: Young people aged 13-16 years who

- may have experienced sexual and/or physical/emotional abuse.
- be deemed at risk of developing abusive relationships, now or in the future.

For further information and a referral form please email clinicaladmin@kidinspire.org.uk

Alternatively, if you would like to speak to someone please contact 01245 348707 / 07592502599