



**Relationships without Fear**  
Education & Prevention

**There are 130,000 children in the UK living in homes with domestic abuse where there's a high risk of murder or serious harm. Thousands more live with less serious domestic abuse every day.**

Relationships without Fear aims to break the cycle of domestic abuse by helping children understand healthy relationships and what to do if they experience domestic abuse, either at home in their future relationships.

**glow**

**We're on a mission to create a community where no one feels vulnerable within their relationships.**

By educating children and young people about healthy relationships, we aim to reduce the likelihood of them experiencing abuse in their current and future relationships.

We give them the knowledge, skills and advice to help them to recognise an abusive relationship, understand it is a crime and get appropriate help.

### **Topics covered include:**

- Dealing with anger
  - Feelings and emotions
  - Safety planning
  - Safe and unsafe secrets
- Secondary school also includes:
- Consent
  - Grooming & exploitation
  - Effects of social media

### **Schools programme**

Our six week programme is aimed at children and young people from Primary School to College.

- Delivered 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
- Programmes are updated yearly to comply with PSHE guidelines, British values and legislation.

## **Relationships without Fear at Clarice Cliff Primary School in Fenton**

Relationships without Fear has been taught at Clarice Cliff Primary School for 6 years.

Staff have seen a huge difference in the pupils since they started the programme. Mrs Snape, a Year 4 teacher and anti-bullying lead at the school, said: "The children are showing a lot more empathy to each other.

**“ They're more open to talk about things. They're not afraid to say if anything is worrying them and know there's staff at school they can go to.**

"We don't always have quality time with the pupils but when someone else is delivering, you can sit with the children who need a bit of encouragement and nurture.

"They would talk to me about their family and you start making connections as to why maybe some days they're not as happy as others."

Year 6 pupil, Leyton, said: "One of the main things we learnt was about how to control your anger, as well as abuse.

"It can help with things that happen at home, if it's happening to you, or if there's something going on and you don't know what to do."



# Help us spread the Glow.

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