

What is this Support?

Our 1:1 service and group Healing Together programme is for children and young people who have experienced or been affected by domestic abuse. The programme provides a safe, supportive space where children can explore their feelings, build confidence, develop healthy coping strategies and learn that they are not alone in their experiences.

Support may be *delivered through group sessions, individual 1:1 sessions, or a combination of both*, depending on the needs of the child and the support being offered.

Our aim is to help children feel safe, heard and supported while developing the knowledge, skills and confidence needed to move forward positively.

What Will My Child Learn?

Tailored Safety Planning

Children will be supported to:

- Develop child-centred personalised safety plans understand how to keep themselves safe.
- Identify trusted adults and sources of support.
- Learn strategies to stay safe online and when using technology.
- Build confidence in making safe choices and expressing their needs.

Understanding and Processing the Effect of Domestic Abuse

Children will have opportunities to:

- Learn about domestic abuse in an age-appropriate way.
- Understand the impact domestic abuse can have on emotions, reactions, relationships and wellbeing.
- Explore feelings and develop emotional awareness.
- Learn strategies to manage difficult emotions and situations.
- Understand that domestic abuse is never a child's fault.
- Build confidence and a positive sense of self.

Developing Healthy Relationships

Children will learn about:

- Healthy and unhealthy relationships.
- Boundaries and personal safety.
- Respect, kindness, honesty and empathy.
- Positive friendships and support networks.
- Communicating feelings and needs confidently.
- The importance of self-awareness, self-esteem and self-care.

Looking Forward

Children will be supported to:

- Recognise their strengths and achievements whilst building resilience and confidence. Access additional support if needed in the future.

What Will Sessions Look Like?

Sessions are designed to be engaging and personalised. Activities may include:

- Discussions and conversations.
- Games and interactive activities.
- Arts and creative activities.
- Exploring emotions and feelings.
- Confidence-building exercises.
- Activities focused on safety, wellbeing and healthy relationships.

Confidentiality and Safeguarding

We aim to provide a safe and supportive environment where children can express themselves openly. Information shared during sessions will be treated with respect and sensitivity.

However, if facilitators become concerned that a child or another person may be at risk of harm, information may need to be shared with appropriate professionals in line with safeguarding responsibilities.

**If you have any questions or queries, please contact DAsupportCSC@southglos.gov.uk*