



Safe; Confidential;
Welcoming; Supportive;
Child-friendly

Stockport Without Abuse

Me2 Groups and Workshops



0161 477 4294

www.stockportwithoutabuse.org.uk

Me2 Groups and Me2 Workshops

What is Me2?

Stockport Without Abuse offers the **free** Me2 Groups and Me2 Workshop programmes to all primary schools across Stockport. The programme is delivered by Becky, our specialist Children and Young People Prevention Worker. Me2 aims to improve outcomes for children across Stockport to help them to process feelings, cope with changes in families, deal with anger safely and help them create positive relationships.

Why Me2?

It is estimated that 1 in 5 children are impacted by domestic abuse, which can have long term effects on their development and emotional and physical well-being. In 2018/2019, 51% (252,580) of child protection referrals cited domestic abuse as a contributing factor, higher than any other factor. These figures represent known children and young people and the true scale of domestic abuse is estimated to be much higher.

With the increased time families are spending together due to COVID-19 and stresses of social distancing, home schooling, finances, job security and lack of support networks, domestic abuse may escalate over this period, increasing the vulnerability of children and young people. School is often a safe space and respite for children living with domestic abuse.

Schools are increasingly playing an important role in keeping children safe, challenging attitudes and behaviours that normalise domestic abuse and developing their personal, social and emotional capabilities. From September 2020, relationship education in schools is compulsory under the national curriculum; Me2 Groups and Workshops can supplement and support this delivery. Effective prevention and early intervention is key and begins with education. Children deserve the right to feel safe and to the appropriate support if they are not.

Me2 Workshops

The Me2 Workshops are 2 x 1 hour sessions or 1 x 2 hour session with a short break for children in KS2. The workshops do not specifically mention domestic abuse and will explore:

- ★ Different families.
- ★ Good feelings and not so good feelings.
- ★ How to deal with anger safely.
- ★ How to recognize feeling unsafe.
- ★ Who can help when children are feeling worried or have a problem.

Workshops are delivered to whole classrooms and parental consent is not required.

School requirements: Printing needs to be provided and a member of staff needs to be present during the entire session.

Me2 Groups

The Me2 Groups are 8 x 30 minute/45 minute (depending on KS1 or KS2) sessions spread over 8 weeks for children in KS1 and KS2 who have experienced any form of domestic abuse. Me2 will provide children a safe space to explore their feelings and build resilience through creative activities, games and stories.

The sessions will explore:

- ★ What domestic abuse is.
- ★ How it can make children feel.
- ★ Who to talk to if they are worried.
- ★ How to stay safe.
- ★ And will promote healthy relationships

Minimum group size of 3 children of similar ages and maximum 8 children and 2 groups per school. Parental consent is needed for the groups and will need to be obtained by the school.

School requirements: A completed referral form; parental consent obtained for every child; information regarding safeguarding procedures; a room space large enough for group work that is private and comfortable for therapeutic work; consideration of group dynamics, age gaps and abilities when selecting groups; school staff lead who is available to collect children from class, assist with behavioral issues and who is aware of the children (e.g. their background, their needs etc.) and felt tip pens and paper.

COVID-19 Response

In line with government guidance and school policy, **Stockport Without Abuse** are committed to ensuring a safe environment for Me2 to operate. This includes but is not limited to:

- ★ Adherence to the school COVID-19 risk assessment at all times whilst on site.
- ★ Strict adherence to social distancing between the group facilitator, staff and pupils.
- ★ Groups selected from and kept within school bubbles.
- ★ Resource packs for individual pupils which are quarantined, cleaned and disinfected.
- ★ Excellent hand hygiene at all times.
- ★ Proper ventilation during sessions (e.g. windows open).
- ★ Group room disinfected following sessions.
- ★ Compliance with contact tracing efforts in the event of a confirmed/suspected case.

If you are interested, please complete the relevant referral forms and send to beckywatson@stockportwithoutabuse.org.uk