

CEASE.

? What is CEASE?

Based around the course creator's personal experience of supporting her best friend through an abusive relationship that ended in tragedy, CEASE is a 4 session educational programme which aims to:

- Help young people recognise the subtle indications of an abusive relationship
- Have an understanding of the options available to them should they encounter or witness such behaviour
- Identify local sources of specialist support and support access to those services
- Create Empowerment And Self Efficacy

? Why do we need it?

"A survey showed that 40% of teenage girls would consider giving their boyfriend another chance if he hit them, and one third said that cheating justified the use of violence."

In short, to save lives. To challenge abusive views and behaviour. To question negative social norms in youth relationships.

? What is the outcome?

The desired outcome of the programme is for young people to have an understanding of these key points:

- What you could do if you suspect or personally experience domestic abuse
- Who you could talk to if you suspect or personally experience domestic abuse
- Why a person cannot "just leave" an abusive relationship
- Domestic abuse is a behavioural choice on the perpetrator's part
- What local sources of specialist support are available? And how can they be accessed?

? How is it delivered?

The programme is delivered over 4 sessions. Each session encourages active dialogue within the group and uses various methods to provoke discussion. These include advert clips, handouts, statistics, music videos, newspaper articles and group brain storming.

? What is the cost?

This will depend on the number of courses required. It is important to note that the course is being delivered by Remedi on a 100% 'not for profit' basis and will be facilitated at 'cost'.

? Who do I contact to find out more?

In the first instance please contact our CEASE lead Keely Grainger via keely.grainger@remediuk.org

The programme is a good thing because not everyone is brave enough to speak up for themselves.

Young Person, Nottingham

The programme really helped me.

Young Person, Mansfield

The programmes were very good and helpful. I'm going to try and help someone who I think is going through the same thing.

Young Person, Nottingham

CEASE. is delivered by

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