



**ARE YOU AGED
5-14?
HAVE YOU LIVED
WITH
DOMESTIC ABUSE?
WE CAN HELP!**

What is Domestic Abuse?

Domestic abuse is when a grown-up threatens, bullies or hurts another adult in the family. Sometimes it's called domestic violence. It can happen in any family and it can be very hard to deal with. Remember, it is NEVER your fault.

This can look like:

- > Physical violence (e.g. kicking, slapping and pushing)
- > Emotional abuse (e.g. threats, shouting and name-calling)
- > Controlling who an adult see's or talks to
 - > Controlling money
- > Making an adult or you, sad and scared

WHAT IS R'SPACE?

- A SAFE SPACE FOR YOUNG PEOPLE WHO HAVE EXPERIENCED DOMESTIC ABUSE
- A 7 WEEK GROUP PROGRAMME
- LEARN COPING STRATEGIES
- MEET OTHER YOUNG PEOPLE WHO HAVE ALSO LIVED WITH DOMESTIC ABUSE

THE PROGRAMME WILL COVER:

- > FAMILY AND RELATIONSHIPS
- > FEELINGS
- > SELF-ESTEEM
- > WORRIES
- > ANGER
- > SAFETY PLANNING



For more information or to make a referral please contact:

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