

# 'Teenage Partner Abuse – Who Can I Talk To?' #1

## Age Range:

12+, Years 8 +,  
KS 3, KS 4

## Programmes to use with:

Safe and Sound

## Topics Covered:

Teenage partner abuse

## Time:

20 - 40 minutes

## Equipment needed:

Copies of the 'Teenage Partner Abuse – Who Can I Talk To?' sheets. Internet access (optional), leaflets or information on the key services highlighted.

## Learning Outcomes:

- Young people have increased knowledge of what local services can do to support young people affected by abusive relationships or Domestic Abuse i.e. Women's Aid, Brook, ChildLine.
- Young people have an increased ability to identify a range of support networks or services that can provide support for those in abusive relationships or experiencing domestic abuse at home.

The key concepts for PSHE education in personal wellbeing for Safe and Sound are:

- personal identities
- healthy lifestyles
- risk
- relationships

**An exercise to look at the specialist agencies that can offer support and help around teenage partner abuse.**

## Introduction

This exercise uses team working and reflective learning to increase knowledge of the services available to those affected by teenage partner abuse. This works well as a follow up session to Loudmouth's theatre in education programme 'Safe and Sound'.

## Exercise

Hand out copies of the 'Teenage Partner Abuse - Who Can I Talk to?' sheets. This exercise can work well with individuals, pairs or groups.

Ask each person or group to read through the list of agencies and to choose two or three that they are going to research. They can use the internet or any leaflets or information that you have collected about the different agencies.

Once they have done some research then they can present what they have found to the rest of the group. You could focus the feedback using a few simple questions such as -

- **What is the organisation / service called?**
- **Who do they support?**
- **How can they help people?**
- **How could you contact them?**

You could then test the rest of the group's knowledge on the different services running a quiz on the main points or seeing how many of the 16 services they can remember (without looking at their sheets!)

## Summary

Sum up by asking the group to recap on the main services and the support they offer.

This can work as a great starting exercise to lead into the 'Teenage Partner Abuse - Who Can I Talk to?' #2' which explores which of these services are the most important for learners to know about and how to help other learners know about these.

# Teenage Partner Abuse – Who Can I Talk To?

If you or a friend is experiencing Teenage Partner Abuse then they may need some outside help or support. Often, a trusted adult can help such as a teacher, parent, relative, youth worker or doctor. The page below has some telephone numbers and websites for organisations that offer support.

## Where can I get help?

**In an emergency, call the police on 999 for immediate help!**

## Other Ideas

**ChildLine – 0800 1111 – [www.childline.org.uk](http://www.childline.org.uk)**

You can speak to a counsellor either on the phone or online. The number is free and will not come up on your phone bill. The interactive website contains information about lots of issues.

**NSPCC – 0808 800 5000**

A confidential number for children and young people. This is free on landlines and on most mobile phones.

**Victim Support - 0845 30 30 900-**

**[www.victimsupport.org.uk](http://www.victimsupport.org.uk)**

A national charity that can help young people if they have been a victim of abuse or violence.

**National Domestic Violence Helpline – 0808 2000 247 -**

**[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)**

This is a free 24 hour number. Although usually for over 18s, they may be able to help if you are over 16.

**The Mix – 0808 808 4994-**

**<http://www.themix.org.uk/>**

Offers free support for young people under 25, with advice on what to do next.

**Women's Aid - [www.womensaid.org.uk](http://www.womensaid.org.uk)**

Women's Aid is a national charity working to end domestic violence against women and children. They support a network of over 500 domestic and sexual violence services across the UK.

**Respect Not Fear – [www.respectnotfear.co.uk](http://www.respectnotfear.co.uk)**

This website contains information about respect in relationships.

**Rape Crisis – 0845 122 8609-**

**[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)**

This website contains advice about rape and sexual violence. Rape Crisis provide services for women and girls who have been raped or experienced sexual violence –whether as adults, teenagers or children.

**Refuge - [www.refuge.org.uk](http://www.refuge.org.uk)**

Refuge is a charity that offers help and advice to women and young girls in abusive relationships.

**Brook – [www.brook.org.uk](http://www.brook.org.uk)**

Brook provide free and confidential sexual health advice and services including counselling. Brook is specifically for young people under 25.

**Respect - 0845 122 8609 -**

**[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)**

A charity that runs support services and programmes for those who inflict domestic violence.

**Men's Advice Line - 0808 801 0327 -**

**[www.mensadvice.org.uk](http://www.mensadvice.org.uk)**

Also run by Respect, this is a helpline for male victims of domestic violence.

**The Hideout – [www.thehideout.org.uk](http://www.thehideout.org.uk)**

A website which helps children and young people to understand domestic abuse, and how to take positive action if it is happening to you.

**Umbrella - <https://umbrellahealth.co.uk/>**

A sexual health service for Birmingham and Solihull, also offering advice and support around relationships and other issues.

**Relationship abuse can happen to anyone. Remember – it is never your fault and you never have to deal with it on your own!**