

SAFE & SOUND

EDUCATION PACK ON ABUSE IN TEENAGE RELATIONSHIPS FOR PARENT,
CARERS & GUARDIANS



loudmouth
education & training through theatre

This booklet is for parents and guardians of the students who will be having the theatre in education programme, Safe & Sound into their school.

Safe & Sound is a theatre in education programme aimed at years 9-13 (ages 13 upwards). It is an age appropriate and well researched programme designed to raise awareness of abuse in teenage relationships.

Safe & Sound was created and delivered by Loudmouth Education and Training. The company has been delivering Relationships, Sex and Health Education (RSHE) since 1994 and has reached over one million children, young people, professionals and parents across the UK.

The programme Safe & Sound, links in with the Government's RSHE statutory curriculum which states that by the end of secondary school, pupils must be taught and know...

- the characteristics of positive and healthy relationships (intimate and friendships), including trust, mutual respect, honesty, boundaries, privacy, consent, loyalty and ending relationships safely.
- that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
- the law relating to sexual consent, abuse, coercion, harassment, rape and domestic abuse, and how these can affect current and future relationships.
- how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn.

The programme uses drama, a character Q&A session and discussion to raise the pupils' awareness of healthy relationships.

This booklet contains further information about the programme, Safe & Sound and some tips and suggestions on how to use your child's participation in this programme as a way to start discussions at home around the issues it covers and ways to support your child if they are affected by the issues.



In the drama your child will have met a teenage couple, Sian and Zac. As their relationship develops Zac becomes more and more controlling, gradually isolating Sian from her friends and family. Sian feels unsafe and trapped and looks at ways to get out of this unhealthy relationship. With help and support she eventually leaves Zac and starts a new life away from him.

After the drama, the students get the opportunity to ask Sian and Zac questions about the key themes for the drama. The Loudmouth facilitators then run small group discussions encouraging students to look at different scenarios and to discuss whether they are acceptable or unacceptable.

The session ends with information of where the students can go for help if they have experienced harmful sexual behaviours and want further information and/or support including ChildLine, the NSPCC, the school's Designated Safeguarding Lead, and the Loudmouth website (www.loudmouth.co.uk).



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SPOTTING THE SIGNS

Here are some of the key warning signs of how people may behave in a controlling relationship. You could use these when talking to your child about the programme Safe & Sound. A controlling person may...

- make their partner feel ugly and useless.
- call their partner names.
- cut their partner off from their friends.
- stop their partner doing what they want.
- never admits they are wrong.
- blame their behaviour on you, drugs, drink or stress.
- turn others against their partner.
- control the money or decisions in the relationship.
- expect physical contact/sex on demand.
- expect their partner to be responsible for their well-being.
- threaten their partner to get their own way.
- be aggressive e.g. smashes things or shouts.
- be physically violent towards their partner.

There are some terms used in the workshop that can happen in controlling relationships. One that many people aren't familiar with is gaslighting and so we have listed the definition below.

GASLIGHTING

Gaslighting is when someone deliberately manipulates or tricks someone into questioning their own actions or sanity.

"Safe & Sound has already enabled students to recognise controlling behaviour. It will mean our students make safer and better relationship decisions."

- Enrichment Officer

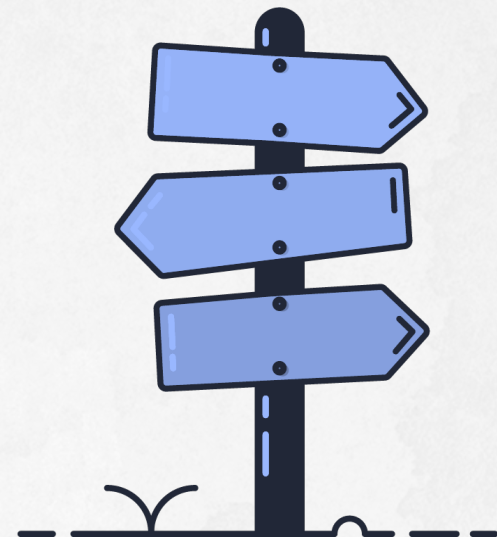


SIGNPOSTING

There are many organisations that can provide help and support around the issues covered in the Safe & Sound programme.

Further information and additional signposting can be found on the young people's pages on the Loudmouth website www.loudmouth.co.uk

- **Childline – 0800 1111 – www.childline.org.uk**
- **NSPCC – 0808 800 5000**
- **National Domestic Violence Helpline – 0808 2000 247**
- **Women's Aid - www.womensaid.org.uk**
- **The Hideout – www.thehideout.org.uk**



Respect Not Fear – www.respectnotfear.co.uk

Refuge - www.refuge.org.uk

Broken Rainbow - LGBT

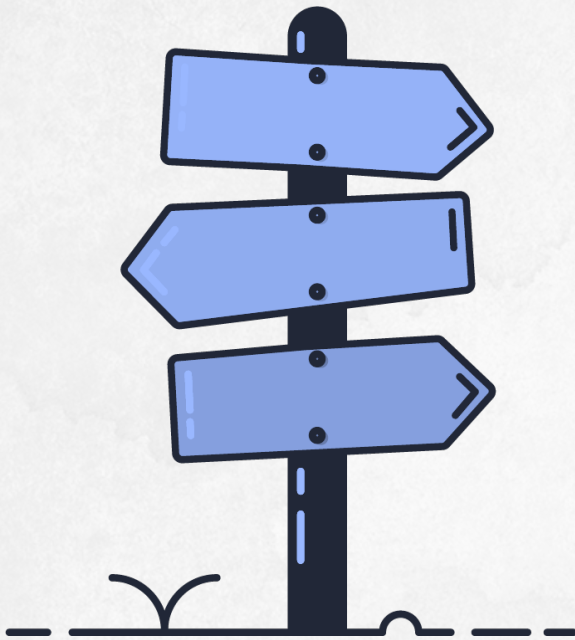
T: 0300 999 LGBT (5428) www.broken-rainbow.org.uk

Respect - A charity that runs support services for those who inflict domestic violence.

T: 0845 122 8609 www.respectphoneline.org.uk

Men's Advice Line

T: 0808 801 0327 www.mensadviceline.org.uk



TIPS AND SUGGESTIONS

If your child has had the Safe & Sound programme in their school, you can use this as a way to start a discussion around healthy and unhealthy relationships. You could ask your child to tell you about the play, character interviews and discussion. You could ask them about Sian and Zac's relationship, and what warning signs their friends or family might have noticed. You could ask your child where Sian got help and support from to get out of the relationship and if they know of any other places people could go.

On the next page are some ideas for questions that you could use as conversation starters based on the play in the programme Safe & Sound. These can be a safe and easy way to begin these discussions on these issues, especially if they are not topics that normally come up in conversation.

What kinds of warning signs may Sian's friends or family have noticed?

Why do you think Sian found it hard to get out of the relationship with Zac?

How do you think Zac should have behaved in his relationship with Sian?

Where could Sian have got support or help when felt unsafe in the relationship?