

Harbour Salford

Children and Young People's Domestic
Abuse Provision

DOMESTIC ABUSE WORKSHEETS

Secondary
School
Resources

Salford City Council



Harbour Salford is a project created and run
in partnership between TDAS and Salford
City Council.

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Question Game

What's your favourite childhood memory?

Who's your closest friend and why?

What was/is your favourite subjects and why?

What is your favourite film or tv programme?

What is your dream job and why?

What is your favourite family tradition?

Tell me one surprising fact about yourself

What three words would you use to describe yourself?

What's something you would like to learn?

If you could destroy one food and never see it again what would it be?

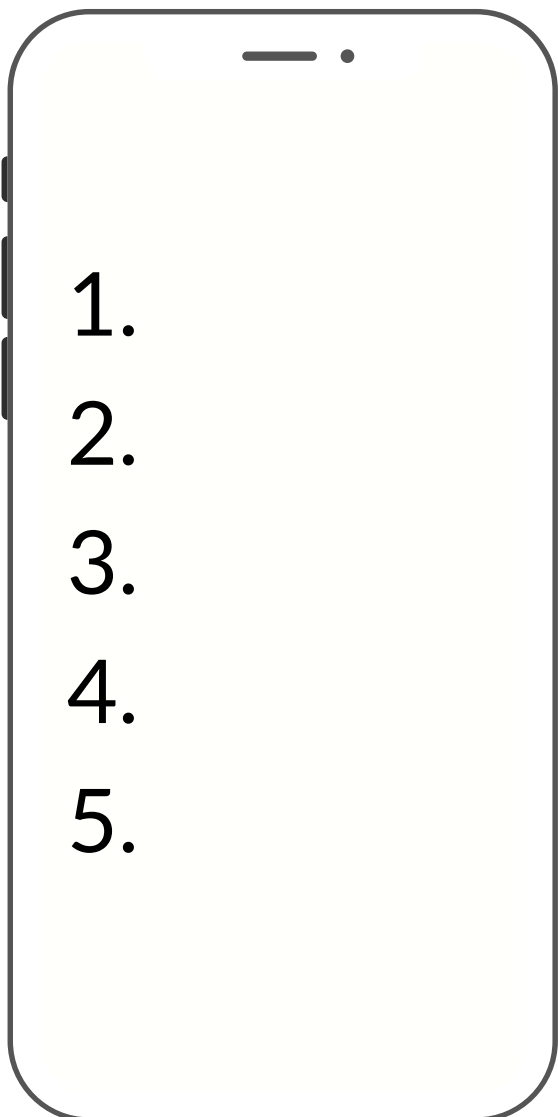
Mirror Mirror on the Wall

NAME

DATE

The Social Mirror

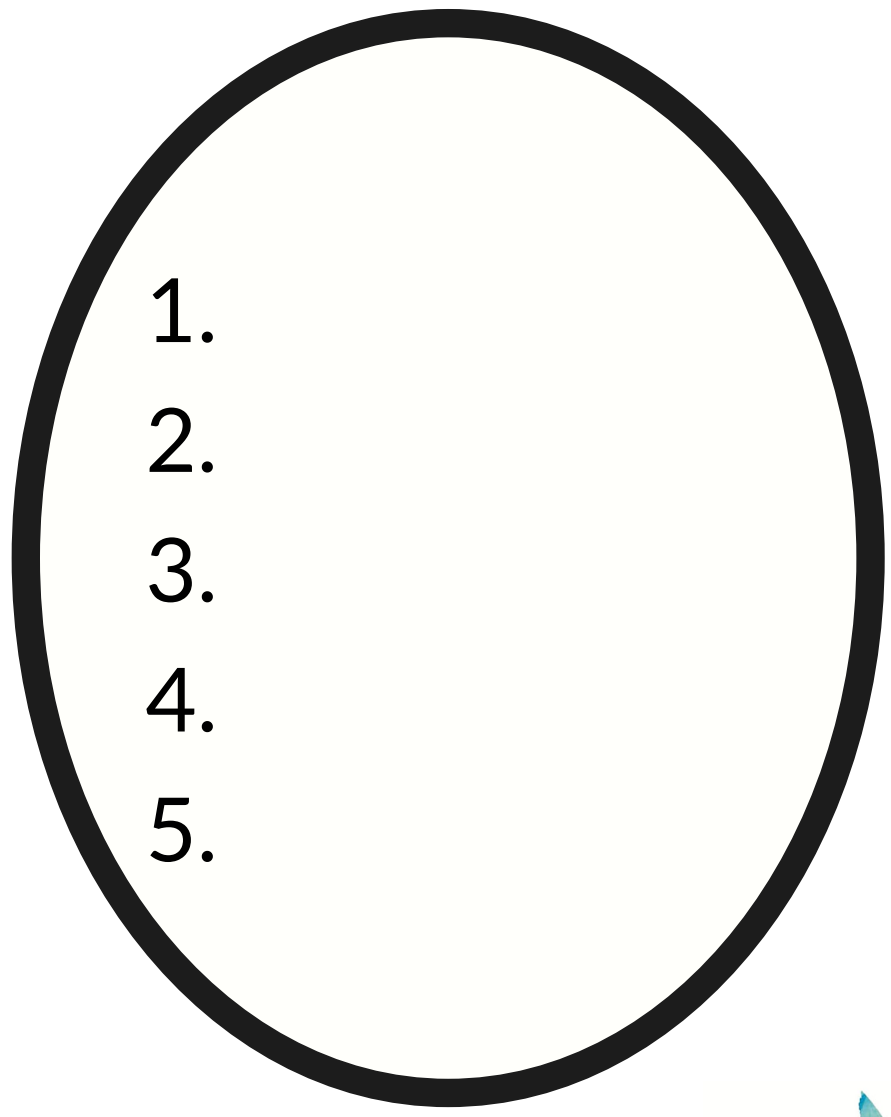
How would others describe me?



- 1.
- 2.
- 3.
- 4.
- 5.

The True Mirror

How would I describe myself



- 1.
- 2.
- 3.
- 4.
- 5.

ABOUT MY DAY

USE THESE SENTENCE STARTERS

NAME

DATE

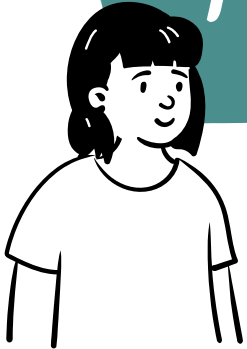
COMPLETE ONE, TWO, OR ALL OF THESE LINES BELOW:

I was excited to

I got the opportunity to

I didn't expect to

ALL ABOUT MY WEEK



NAME: _____

DATE: _____

Use these sentence starters to help you write about your week.

Complete one, two, or all of these lines below:

- This week was a good/bad for me because...

- I was excited to...

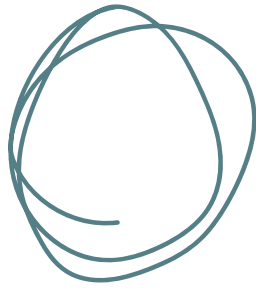
- I had the opportunity to...

- I didn't expect to...

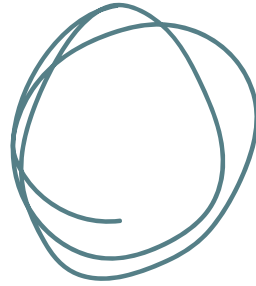


my feelings in emojis

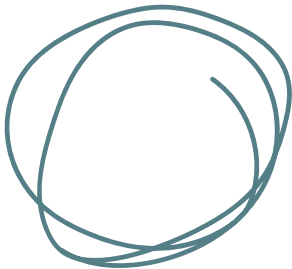
CURRENT
MOOD:



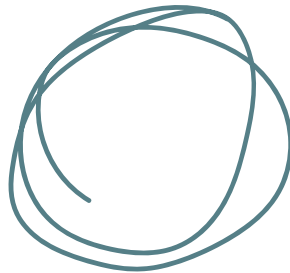
EMOJI I
USE A LOT:



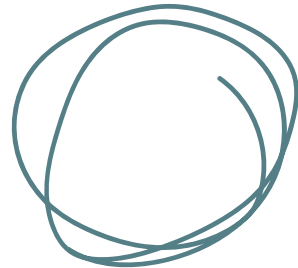
FAVOURITE
ANIMAL:



EMOJI
THAT
LOOKS
LIKE ME:



FAVOURITE
DRINK:



MY PERSONAL COPING SKILLS LIST

What do you do to distract yourself?

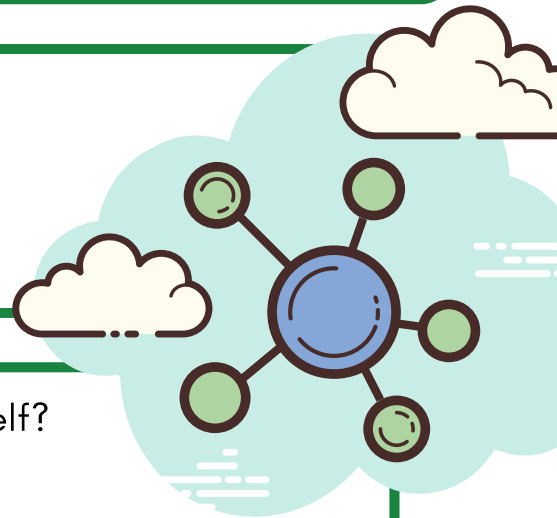
What tools do you already have for grounding yourself?

How do you release the emotions which have built up inside you?

How do you show yourself love?

How do you challenge negative thoughts?

What are the things that you like to do that focus on you?



Negative To Positive Thoughts

Think of a negative situation

What were your mood
& feelings?

What were your unhelpful thoughts?

How did you react?

What alternative thoughts
could you have about the
situation?

What could you do differently
next time?

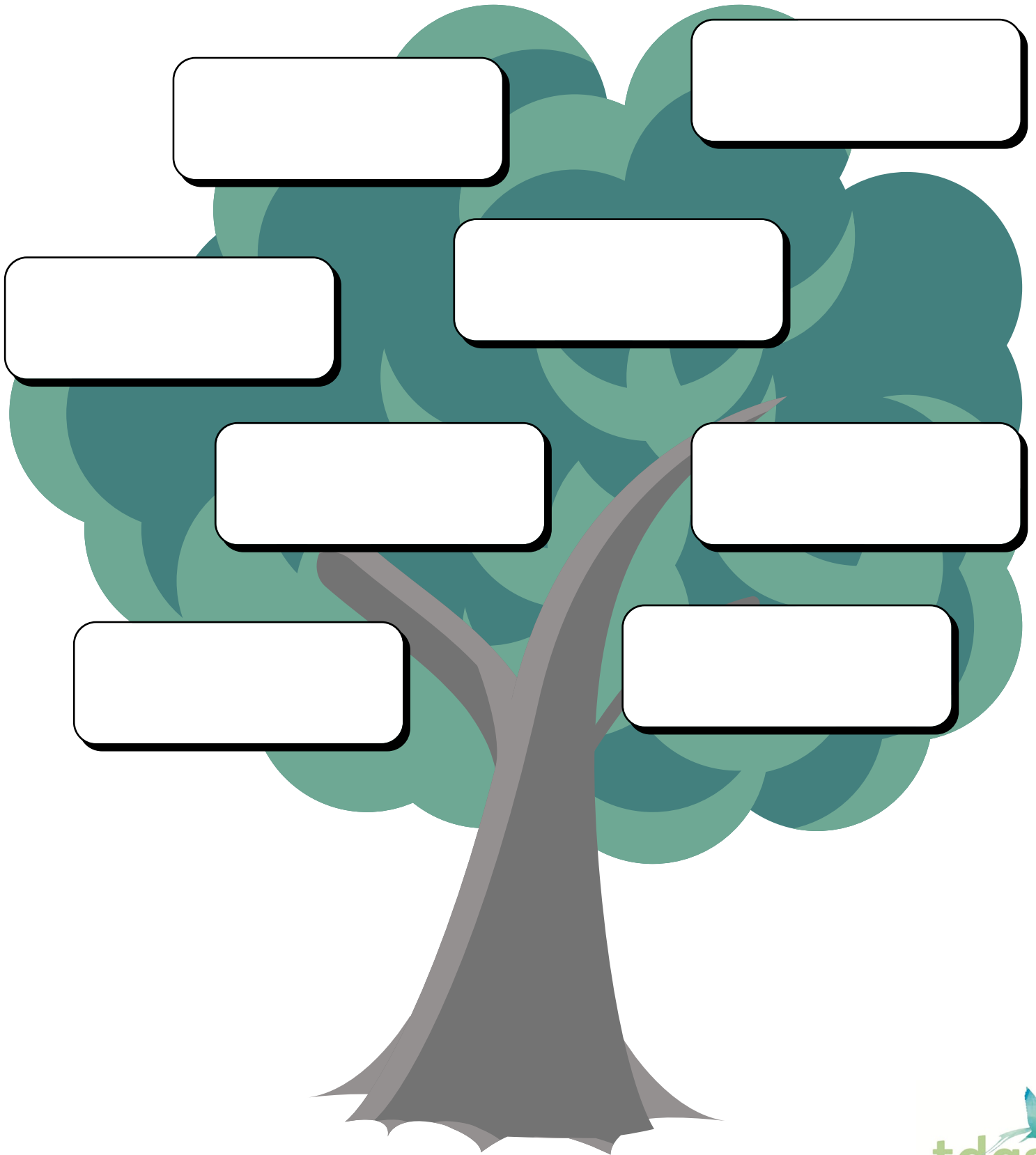
How do you feel now?

NAME: _____

DATE: _____

MY FAMILY TREE

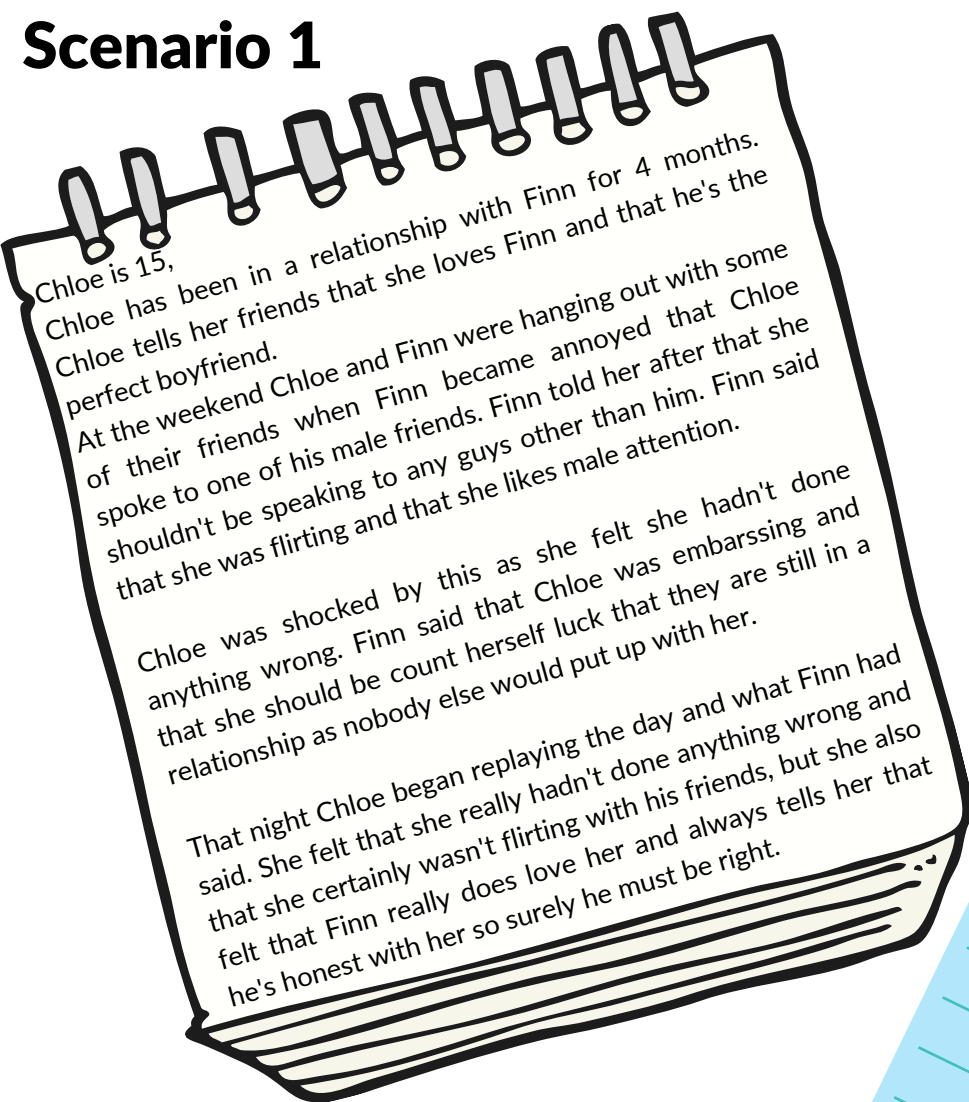
Who is in your family?



Relationship Case Studies

Exercise: Below are some examples of scenarios involving young people. Read each one carefully. Once you have done this, consider what you think is happening in each scenario. Do you notice anything concerning? What would you advise each young person to do. You can write your answer on the notepad.

Scenario 1



Scenario 2

Lily is 15

Lily has an account on social media networks including snapchat and instagram. She enjoys sharing pictures and videos of her lifestyle with her friends and followers.

Lily's boyfriend Louis tells her that she spends too much time on social media and that she should post pictures of them together so that boys will not contact her. Louis regularly logs in to find out where Lily has checked in on social media and once turned up a Nando's where she was having a meal with friends. Louis has started accusing Lily of talking to other boys online. Louis has asked Lily for her passwords and told her that if she loves him she would give him her passwords. Louis told Lily the relationship would be over if Lily didn't give him her social media passwords



Scenario 3

Amir is 16

Amir has been in a relationship with Josh for 6 months, So far Amir feels that the relationship has been good. He tells his friends that Josh is the perfect guy for him. He recently started a new job in retail and is enjoying earning his own money and spending this to see friends. Recently Josh has been asking Amir to show him his bank statements and says that Amir wastes a lot of his money on unnecessary things. Josh says that as they are in a relationship they should share their money. Josh has told Amir that he would help him to save his money and told him that it would make sense if he withdrew half of his monthly wage to give it him to keep it safe for Amir. Amir is now withdrawing half of his monthly wage to give to Josh



MY RELATIONSHIPS

THE GOOD THINGS IN MY RELATIONSHIP ARE



THE BAD THINGS IN MY RELATIONSHIP ARE



UNSAFE BEHAVIOUR



SAFE BEHAVIOUR





**What are
the signs of
domestic
abuse ?**



Physical




Sexual



Financial



Psychological



**What are
the effects
of domestic
abuse ?**

My Safety Plan

If I don't feel safe inside my house, I will go to a safe place and contact my trusted adult. If I am scared and I feel that my safety, or the safety of others is at risk, I will call the police. If I need to, I will go somewhere else inside the house to make the call.

My safe space inside my house is:



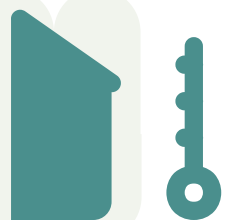
My trusted adult is:



Their contact number is:



If I need to go somewhere outside my house, my safe space outside
is:



I will phone the police if I am afraid myself, or someone else may get hurt.
Their number is:



When I am not able to speak openly, I will use my code word to alert trusted people that I need help. My code word is:

Trusted people that will know my code word are:



I know the details of a support service I could use (or professional) who understands about young people experiencing domestic abuse:

Name:



Number:

I will talk to someone that I trust about what is happening to me, so that I have a friend that I can turn to when I need to get things off my chest. That person is:



I understand that domestic abuse is never my fault.

I understand that I am not alone

I understand that I need to call the police if myself or someone else in my home is not safe

Harbour Salford

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