Ar trac

Brighter futures together

Dyfodol disglair gyda'n gilydd

GSGW Programme

We are offering the mini gender-specific group work programme in school to children in years 5 or 6.

The programme is used in schools as a preventative tool for children and young people. It aims to raise awareness of domestic violence, unhealthy relationships and engaging in risky/challenging behaviours.

Each group aims for children to express themselves safely, to recognise and prioritise their own needs and understand their experiences, build resilience and positive coping strategies.

The programme runs for 3 sessions, with the final session being a celebration session.

Each session is 2-2.5 hours long and we would be appreciative if these could be held within a classroom or school hall.

The programme is run with one class at a time.

The programme covers the following topics:

- **Emotions**
- **Safety**
- **Kind and unkind behaviours**
- **Relationships**
- **Body positivity and body safety**

If you are interested in the programme, or for more information please email:

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