

## Other Programmes Available

**TRAPPED** is a group education and awareness programme for children and young people which educates and empowers them around the crucial issue of relationship abuse.



It features detailed lesson plans for ages 11-15, providing healthy, age-appropriate messages around gender, consent, healthy relationships, sexuality, abuse, cyber-safety, gangs, and other risk factors. TRAPPED offers them the language and understanding to communicate about these issues, know their rights, increase their resilience and know where to go for help.

**VIVA** is a group programme for young people who may be at risk of abuse or exploitation. The six-week programme further explores self-esteem, risk taking, trusted adults and healthy relationships. One to one work is also available with young people who are suffering any kind of abuse. VIVA can be offered in schools and community settings.

**Exploited** is an 18-minute film which helps young people learn to stay safe from sexual exploitation. It educates young people to identify features of an exploitative friendship or relationship in contrast with the development of a healthy relationship, and gives them clear information about how to report abuse and access support.



Black Country Women's Aid is an independent charity which has supported survivors of domestic abuse and sexual violence in the West Midlands for 30 years.

We offer sensitive and holistic support services which help victims of abuse to escape from violence, cope with trauma and rebuild their lives.

We believe that no-one should have to live in fear of violence and abuse. *We listen, we support, we care.*



The Cedar Centre

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Black Country  
Women's Aid

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# VOICES

The **Voices Programme** was created to address the unique needs of adolescent girls and young women. It encourages girls to seek and celebrate their “True selves” by giving them a safe space, encouragement, structure and support to embrace their important journey to self discovery.

Participants will go through the process of:

- **Understanding more about their experiences as girls– their similarities to and differences from others in the group.**
- **Exploring how the influences in their lives (e.g. gender, families, various forms of oppression, substance abuse and interpersonal violence) have impacted them.**
- **Learning skills and coping mechanisms to help them both now and in the future**
- **Feeling safe and learning that this is a safe place to share their voices.**

Voices consists of different modules, with use of a personal workbook. The use of a Female facilitator acts as a role model to the girls in the group.

Creative activities are used throughout as an enjoyable and meaningful way for the girls to work through the course content.

## Our Group Programmes are for a Minimum of 6 and a Maximum of 10 participants.

Client Name:

Key Worker name:

Initial Appointment:

Date .....

Time.....

Venue

.....

.....

**We tailor this programme to suit the needs of the group. We will deliver 6 sessions selected from the lesson plans as some elements will not be relevant to some young people.**

**Please get in touch to discuss your requirements.**  
**[youngpeople@blackcountrywomensaid.co.uk](mailto:youngpeople@blackcountrywomensaid.co.uk)**

## Overview

Adolescence is a time of tremendous discovery, struggle, and growth. This process is particularly difficult for girls as they face unique challenges along the road to healthy development. Their challenges can be exacerbated by our culture - which often offers girls a toxic environment in which to grow. Many young women lose their voice in this process. This workshop is based on the newly revised and updated trauma-informed curriculum, *Voices: A Program of Self- Discovery and Empowerment for Girls*. Today we are hearing more about girls and bullying, the pressures of social media, early puberty, gender exploration, human sex trafficking, and binge drinking. Texting, social media, and online or “in real life” (IRL) friends are part of the changes in girls’ social lives. These are some of the topics added to the 2nd edition. It is designed to encourage girls and young women to find and express themselves.

This training describes the world of girls, as well as providing an overview of the elements needed for creating gender- and trauma-responsive services. The focus is on interactive exercises that demonstrate the strategies that can be used with girls and young women.

The topics covered include developing a positive sense of self, building healthy relationships, substance abuse, physical and emotional wellness, sexuality and planning for a positive future. The issues of girls in the juvenile justice system are also addressed.

## Topics

- Developing gender-responsive services
- The world of girls
- Theoretical foundation
- Becoming trauma informed and trauma responsive
- Girls in juvenile justice settings

## Specific interactive activities

- ⇒ Self
- ⇒ Relationships
- ⇒ Healthy Living (physical, emotional, and spiritual)
- ⇒ The Journey Ahead