



Dear All,

My name is Vaishali and I am the 'VAWG (*Violence Against Women and Girls*) Prevention Worker' at Riverside school. I work for the charity **Ashiana Network** as a Counsellor and Group Worker.

**Ashiana Network** in partnership with the charity *Tender* will work holistically with Riverside school and wider community to develop a whole school approach to the issue of Violence Against Women and Girls. A Whole School Approach is a method which uses multiple interventions with all school community users within a school environment. The participants will primarily be young people but the provision will also include school staff, parents and the wider community. The approach predominantly focuses on primary prevention by the universal engagement of young people, staff and parents to create a negative social stigma to relationship abuse and violence by changing attitudes, norms and behaviour that endorse the use of violence and abuse within relationships.

**Ashiana Network** provides advice, counselling, refuge and advocacy to women and girls victims and survivors of domestic violence (DV)/sexual abuse and harmful practises (forced marriage, honour based violence and female genital mutilation).

**Tender** is an arts charity working with young people to prevent domestic abuse and sexual violence by promoting healthy relationships based on equality and respect.

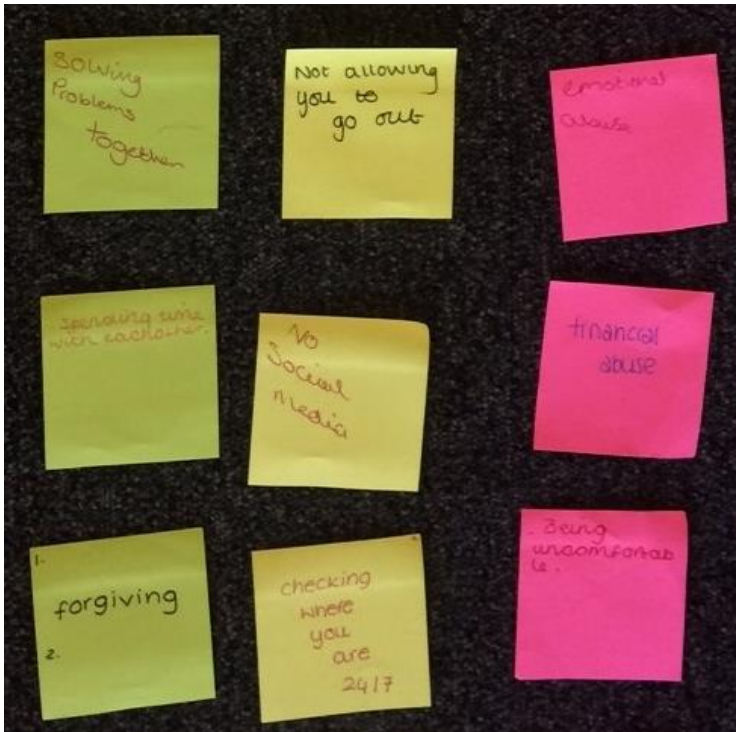
Between September and December 2017, I will be facilitating a 10 week programme with selected Year 9 and 10 students. The aim of the programme is to empower young women to recognise the signs of domestic violence/sexual abuse and harmful practices in other young people at their school. Through the programme they will build the confidence and skills to be able to deal with these issues in a sensitive way by supporting and signposting other young people to the relevant services\*.

*\*Please note the programme is not aimed at young people being able to deal with these issues on their own but about psych-educating them to feel they can support others through signposting. i.e. DSL, domestic violence charities, Childline etc.*

The group work is called the "DV Champion Programme" and focuses on:

- Building confidence
- Being resilient
- Self esteem
- Self advocacy skills/knowing your rights
- Listening skills/empathy/compassion

- Psychoeducation on domestic violence and harmful practises
- Self-care
- Mindfulness
- Being assertive
- Problem solving



The traffic light system activity: **green** for healthy relationships  
**yellow** for warning signs  
**red** for unhealthy relationships

The group work involves discussions, arts and creativity, activities and role plays.

At the end of the programme the girls will receive certificates for attending the programme and will become DV Champions of their school. By attending the 10 weeks, they are also able to add this to their CV.

This term pastoral staff at Riverside School will also receive training on forced marriage and honour based violence.

By using this approach, the intention is to prevent violence and abuse in the future relationships of students of Riverside School.

I will be in school on most Mondays. If you require further information please email [info@ashiana.org.uk](mailto:info@ashiana.org.uk) or you can contact us on 0208 539 0427.

Warm wishes,

Vaishali