



aware

supporting women
against domestic violence

Policies and Procedures

The group sessions will be run in line with Aylesbury Women's Aid's policies and procedures including:

- Equal Opportunities and Anti-Discriminatory Practice
- Confidentiality and Access to Information
- Health and Safety
- Complaints and Comments
- Protection from Abuse
- Safeguarding and Protection of Children and Young People
- Whistle Blowing

All policies are available on request.

Complaints and Comments

If a participant is unhappy with any part of the programme and would like to make a complaint or comment they are welcome to contact The Head of Services,
Aylesbury Women's Aid,
P. O. Box 85,
Aylesbury,
Bucks.
HP21 8WA.

Telephone 01296 436827

or email: denise@awaid.demon.co.uk

Aware is a 5 week programme that gives teenage girls aged 13 - 17 years the opportunity to understand what a healthy relationship is.

For more information or to make a referral please contact Emily on 01296 436827 or email:

emily@awaid.demon.co.uk

Aylesbury Women's Aid Relationship Empowerment

AWARe

Aylesbury Women's Aid Relationship Empowerment

The primary purpose of AWARe is:

“To allow young women the opportunity to explore what a healthy relationship is, so they may be better placed to make informed choices within their relationships and recognise unhealthy behaviours. The programme works on the premise that everyone has the right to a healthy relationship free from any type of abuse, be it physical, emotional, psychological, verbal, financial or sexual.”

Description of Programme

The programme will run for 5 weeks and is aimed at young women aged between 13 and 17 years of age. The group will consist of a minimum of 6 and a maximum of 12 young women. The AWARe programme uses aspect of the “Expect respect toolkit” and is very interactive. It will explore issues such as boundaries, conflict, gender stereotypes, attitudes and beliefs and control versus love. It aims to boost confidence, self esteem and empower young women to help to strengthen understandings of their own rights in relationships.

The programme will be staffed by 2 workers from Aylesbury Women's Aid.

Details of Programmes

- The age range for the programme is 13 – 17 years.
- Each session will last 2 hours.
- Venue to be confirmed.

Referral Procedure

- Referrals will be accepted from individuals and statutory or voluntary agencies
- All referrers will be sent a Referral Form, and a Parental Consent Form.
- All completed referral forms should be sent to Emily Jones, c/o Aylesbury Women's Aid, P. O. Box 85, Aylesbury, Bucks. HP21 8WA or electronically email: emily@awaid.demon.co.uk
- Enquiries should be made to Emily Jones, telephone 01296 436827

How the AWARe programme helps young women:

- Increases self-esteem and confidence
- Enables exploration and expression of feelings
- Informs them that they have the right to enjoy a healthy relationship.
- Informs them where to seek support when needed
- Provides support to those who have experienced domestic abuse.
- Educates them on early warning signs of an unhealthy relationship

Group Working Principles

- The group will provide a safe environment, a place of agreed confidentiality, of mutual trust and respect to all.
- All language used will be empowering
- A commitment to attend all 5 sessions