

**DREADNOUGHTS DOMESTIC VIOLENCE
PROGRAMME NOW AVAILABLE TO CHILDREN AND YOUNG PEOPLE IN
GROUPS OR ONE TO ONE.
ALSO AVAILABLE “THE FREEDOM” PROGRAMME FOR ADULTS AND
TEENAGERS.**

Dreadnought’s twelve week Domestic Violence and Abuse Programme has been designed to work with children and young people in a safe environment, where they can express themselves within a group or, one to one, setting.

The programme will enable participants to understand more about themselves and the world around them. They may gain a better understanding of relationships, society and their rights and responsibilities.

Every child or young person undertaking the programme learns how to put a safety plan together and to recognise potential risks and to keep themselves safe.

Dreadnoughts programme enables us to work with children and young people who are living with, or have lived with, domestic violence.

The aims of the programme are:-

- * **To give children and young people; a safe place to talk, clear information , and support them in making informed choices.**
- **To stay safe. By putting an action plan together and discouraging them from placing themselves in potentially harmful situations.**
- **Bring about the changes they want for themselves now and in the future.**
- **A chance to become responsible adults and to make a positive contribution to the society they live in.**

Dreadnought recognises the possible support needs of children and young people in connection with the issues that may arise as a result of the work, and further support can be offered through our centres and outreach projects.

For further information please contact Tamsin at The Penzance Dreadnought Centre.
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