

# CEASE.

## ? What is CEASE?

Based around the course creator's personal experience of supporting her best friend through an abusive relationship that ended in tragedy, CEASE is a 4 session educational programme which aims to:

- Help young people recognise the subtle indications of an abusive relationship
- Have an understanding of the options available to them should they encounter or witness such behaviour
- Identify local sources of specialist support and support access to those services
- Create Empowerment And Self Efficacy

## ? Why do we need it?

*"A survey showed that 40% of teenage girls would consider giving their boyfriend another chance if he hit them, and one third said that cheating justified the use of violence."*

In short, to save lives. To challenge abusive views and behaviour. To question negative social norms in youth relationships.

## ? What is the outcome?

The desired outcome of the programme is for young people to have an understanding of these key points:

- What you could do if you suspect or personally experience domestic abuse
- Who you could talk to if you suspect or personally experience domestic abuse
- Why a person cannot "just leave" an abusive relationship
- Domestic abuse is a behavioural choice on the perpetrator's part
- What local sources of specialist support are available? And how can they be accessed?

## ? How is it delivered?

The programme is delivered over 4 sessions. Each session encourages active dialogue within the group and uses various methods to provoke discussion. These include advert clips, handouts, statistics, music videos, newspaper articles and group brain storming.

## ? What is the cost?

This will depend on the number of courses required. It is important to note that the course is being delivered by Remedi on a 100% 'not for profit' basis and will be facilitated at 'cost'.

## ? Who do I contact to find out more?

In the first instance please contact our CEASE lead Keely Grainger via [keely.grainger@remediuk.org](mailto:keely.grainger@remediuk.org)

*The programme is a good thing because not everyone is brave enough to speak up for themselves.*

Young Person, Nottingham

*The programme really helped me.*

Young Person, Mansfield

*The programmes were very good and helpful. I'm going to try and help someone who I think is going through the same thing.*

Young Person, Nottingham

CEASE. is delivered by

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[www.remедиuk.org](http://www.remедиuk.org)