

## What is F.R.E.S.H?

F.R.E.S.H has been designed to help support young children aged 5-11 years who have witnessed domestic abuse. The program's aim is to empower and educate children and young people about healthy friendships, relationships, emotions, safety and happiness to make positive changes to their lives to enable them to reach their full potential.



# F.R.E.S.H



**Friendship, Relationships,  
Emotions, Safety and  
Happiness.**



**F.R.E.S.H sessions** The program has been designed for children aged 5-11 years who have experienced domestic abuse at home. has been designed for children aged 5- 11 years who may have experiences dom at home. The sessions will take place over 6 weeks that will be carried out weekly. Each session is given a more child friendly name.

Session 1:

Healthy relationships (My circle)

Session 2:

Domestic Abuse (Feeling safe)

Session 3:

Online Safety (safe connections)

Session 4:

Body image (All about me)

Session 5:

Feelings and worries (how I feel)

Session 6: Self-esteem and wellbeing (the power of positivity)

*"The force of a shouting adult can feel like a terrible tidal wave to a child"*  
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The young children who take part in the sessions are being supported by:

- Providing early intervention to make a positive change in their lives.
- Listening to their concerns.
- Promoting healthy relationships.
- Identifying unhealthy relationships.
- Supporting children's emotional development.
- Support children's self-esteem and confidence.

Children do not need to see domestic abuse happening for it to impact them. Children indirectly witness domestic abuse between adults in the home. This can be by hearing it from another room or by witnessing the outcome in the form of injuries and broken objects.

Your child has been referred to the program as they have witnessed some form of domestic abuse. The program does not talk about any incident they may have seen in the past but focuses on what a healthy relationship is and enables them to have their own healthy relationships in the future. We will work directly on their feelings, emotions and self-esteem in order for them to reach their full potential and not to worry about what they have experienced at home.

**Contact Us**

Team Around the Family

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