

## What is it?

The education of young people is one of the most vital and important steps in the process of eliminating domestic violence.

For several years the Rising Sun has been at the forefront of preventative work to address domestic violence through the education of children and young people. The key aim of the work is to stop domestic violence happening and to challenge attitudes which perpetuate it.

## Want to run this programme?

The programme runs as 6 x 1 hour sessions.

Pricing may vary depending on group size, duration and location.

Please contact us for more information on the delivery of this programme.

**01227 452852**

Open Monday - Friday 9am-5pm

[info@risingsunkent.com](mailto:info@risingsunkent.com)

[www.risingsunkent.com](http://www.risingsunkent.com)

24 Hour Domestic Violence Helpline

**0800 917 1414**

Open to anyone affected by domestic violence

## Love Shouldn't Hurt Programme



**Rising Sun**  
Domestic Violence  
& Abuse Service

## Who is it for?

Love Shouldn't Hurt is a programme for young people 11–18 years old. It raises awareness and understanding about what makes a healthy non-violent relationship and the benefits of being involved in positive relationships.

## Overview

The aim of the Love Shouldn't Hurt Programme is to provide a framework for young people to explore and establish safety strategies and develop support mechanisms to address, challenge and prevent domestic violence both now and in the future.

## What are its aims?

- To provide an opportunity to promote self esteem.
- To raise awareness of domestic violence in a safe environment.
- To explore the myths and stereotypes of gender behaviour.
- To empower young people to recognise safe and unsafe situations.
- To explore rights and responsibilities.
- To expand knowledge and understanding amongst educational professionals and youth workers.

## Who would purchase this programme?

This programme is aimed at those working with young people who want to explore some of the issues around domestic violence. It would be relevant for schools, youth clubs, refuges and anyone whose work involves interacting with young people.