



GUIDING LIGHTS

Guiding Lights Programme | Adolescent Girls | 11-16's

An 8-10 week psychoeducational support group focusing on emotional wellbeing around healthy & unhealthy relationships; including coercive, controlling behaviour and exploitation. Encouraging young people to be safe, gain knowledge, confidence and self-worth, with an aim to reengage with positive relationships. The type of content covered, includes but is not limited to, healthy vs unhealthy relationships, domestic abuse, staying safe online, consent and self-esteem.

Eligibility

Although the programme was created for those with lived experience of domestic abuse, it is appropriate and applicable to those who have no experience or history of domestic abuse.

Benefits

Students get to be part of an intimate safe group, learn from their peers and learn about themselves. All students are emotionally supported by two Rising Sun Outreach workers and supported to engage in challenging and difficult conversations with specialist advice and knowledge.

Facilitators:

Cherie and Emma

Contact Details:

cherie@risingsunkent.com | 01227 452852

Working safeguarding agreement: As part of our offer and support to your students, it is essential the school fully understands and agrees to our working safeguarding agreement, which is as follows: If a disclosure is made by a child in these sessions, which gives us cause for concern, we would inform the school's Designated Safeguarding Lead and follow the schools safeguarding policy as well as informing the Rising Sun Designated Safeguarding Lead.