## Referral criteria.

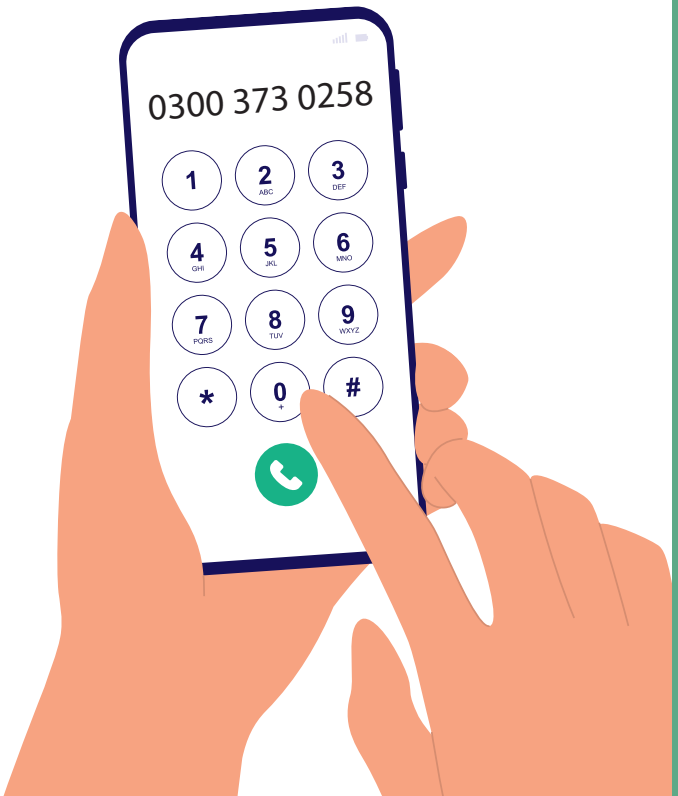
WeMatter is currently being delivered across England.

This programme is not suitable for children and young people who are experiencing ongoing domestic abuse. If WeMatter is not suitable, we can look to refer you on to a more appropriate service.

**To contact the team please call:**
**0300 373 0258**

**Email:**
**wematter@victimsupport.org.uk**

**If you are in immediate danger call:**
**999**




We are an **independent** charity offering **free**, **confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service: **victimsupport.org.uk/live-chat**
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**

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VICTIM SUPPORT

# WeMatter

**An online group work programme for children and young people affected by domestic abuse**



ROCK POOL
hope • resilience • recovery

**victimsupport.org.uk**

## What is WeMatter?

**WeMatter is a totally digital service providing specialist support to children and young people aged 8–17 years old, who have been affected by domestic abuse across England. WeMatter delivers the CYP Domestic Abuse Recovery Toolkit, which offers a range of activities and discussions informed by Trauma Focused Cognitive Behaviour Therapy. This group programme is designed to help children and young people understand their own experiences, develop healthy coping strategies, increase levels of safety and achieve positive future relationships.**

## Confidentiality and consent

WeMatter offers a safe environment for children and young people to cope and recover from their experience of domestic abuse. Each session is focused on discussions and sharing ideas, but none of our group participants are asked to share anything that they do not wish to.

Our support for children and young people is confidential which means that information will not be shared outside of WeMatter unless we are worried that a child may be unsafe or at risk of serious harm. Where this information is required to be shared, we will always try to explain clearly who that information will be shared with and what may happen next.

## Taking part in WeMatter

WeMatter is a voluntary service designed to support children and young people in a group work setting with others who may have historically shared a similar experience to them. The WeMatter group work programme will be facilitated by two specially trained CYP Programme Facilitators over the course of ten weeks. We offer a varied timetable of courses available to children and young people, which they are able to access at home or during the school day. Each virtual support session lasts approximately one hour and is fully accessible via Zoom. For the safety of the group participants, it is essential for each to have their camera on and access the course using a computer, laptop or smart device.



## Session content

The course content has been developed by Rock Pool with the vision to inspire hope, promote resilience and aid recovery.

**Session one: Introductions.**
Getting to know each other, setting ground rules and exploring what we will cover.

**Session two: Who's in my family?**
Exploring relationships with family members and increasing levels of safety.

**Session three: Self-esteem, what is it?**
Exploring self-esteem, what it means and how domestic abuse can effect this.

**Session four: Why am I here?**
Exploring what has happened, and how we cope with difficult feelings.

**Session five: Talking positively.**
Re-visiting self-esteem and introducing positive affirmations.

**Session six: Ways to handle difficult feelings without getting into trouble!**
Exploring healthy ways to cope with anger and simple relaxation techniques.

**Session seven: Healthy relationships and trust.**
Examining what a healthy relationship looks like.

**Session eight: Staying safe in relationships.**
Recognising harmful cultures and strengthening confidence online.

**Session nine: Ending and future planning.**
Identifying helpful tools and preparing for the future.

**Session ten: Celebrations and goodbyes.**
Reflecting on progress and looking forward with confidence.