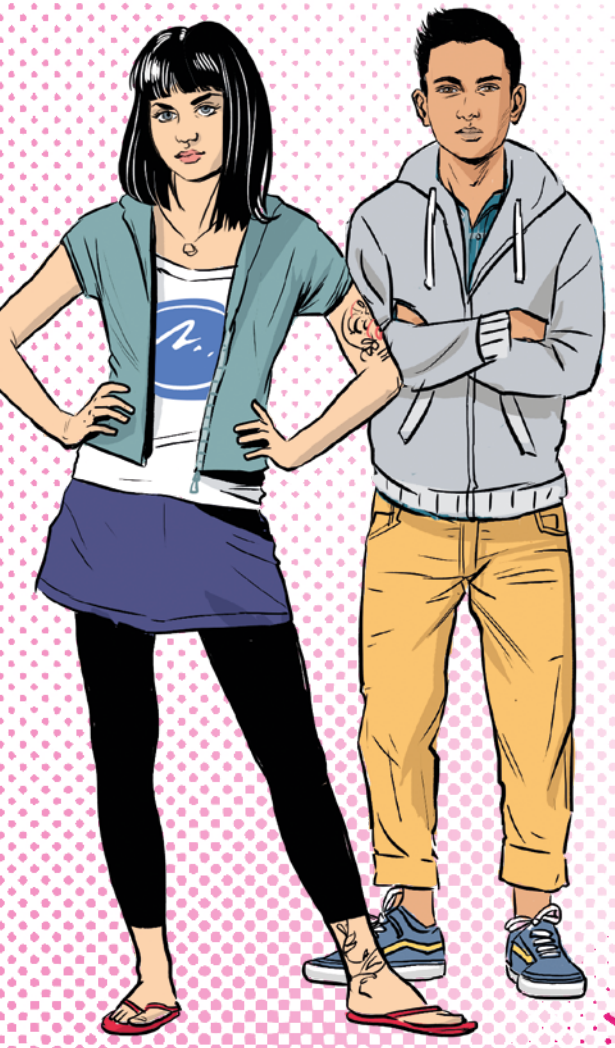
ESCAPE THE TRAP

Teenage Relationship Abuse Programme

Get Relationship Smart



Helping young people sidestep the trap of intimate relationship abuse and navigate their way to the healthy relationships they deserve.

Escape the Trap is an innovative programme developed in acknowledgement of the rising numbers of young people that are vulnerable to intimate relationship abuse. This learning resource was developed alongside young people and is achieved using a variety of different activities and exercises to engage and develop discussion and reflection.

Over eight weeks, the programme supports young people to uncover the reality of teenage relationship abuse, acknowledging that young people in any relationship, which appears to them to be intimate, needs the opportunity to explore and identify their expectations of relationships, the grooming process, patterns of coercive and controlling behaviour, particularly sexual coercion, the use of social media, how to recognise warning signs in their relationships and the barriers to seeking help.

Further, understanding how such behaviour impacts the way they feel about themselves, enabling them to navigate their way to making healthier relationship choices which support their mental health and wellbeing. The programme also encourages young people to explore how being treated with respect, care and love might be experienced.

The learning can be applied to all young people who find themselves victim and/or vulnerable to the same experiences whether they identify as heterosexual or LGBTQ+. The programme has also been used with young people vulnerable to using abusive and controlling behaviour.

Escape the Trap is a straight-forward and accessible group programme which can be delivered to young people in any setting by trained practitioners or in a one-to-one capacity using the accompanying **Escape the Trap Workbook** or the **Interactive Online Resource**.

Escape the Trap is accredited by:

ASDAN
Customised Accreditation



For further information on the programme and facilitator training scan the QR code or get in touch...

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