

CEASE.

Creating Empowerment And Self Efficacy

? What can we deliver?

1. Educational

CEASE Educational is a 4-session programme that can be delivered one-to-one or in group settings. Each session encourages active dialogue and participation, guiding young people to recognise abusive behaviour and understand what actions or support can keep them safe.

3. Mentoring

CEASE Mentoring is a flexible, person-centred 12-week support for young people who have experienced domestic abuse or are deemed to be at risk of abuse. A restorative domestic abuse practitioner will mentor and guide them through personal and practical support.

2. Intervention

CEASE Intervention is a 4-session programme for young people who are showing signs of abusive or controlling behaviour. It is delivered one-to-one, and encourages the young person to be accountable for their actions and express themselves safely.

4. Families

Together Families is a semi-structured 12-week intervention for families where a young person is using violence and/or controlling behaviour towards a parent or carer. Through communication and education regarding abuse, we support families in restorative approaches to encourage a safer environment.

? What is the cost?

This will depend on the service required. It is important to note that the service is being delivered by Remedi on a 100% 'not for profit' basis and will be facilitated at 'cost'.

? What is CEASE?

Based around the creator's personal experience of supporting her best friend through an abusive relationship that ended in tragedy, CEASE is a range of interventions and services provided by Remedi to address issues presented by domestic abuse for young people.

? Why do we need it?

In short, to save lives. To challenge abusive views and behaviour. To question negative social norms in youth relationships. A study of 13 to 17 year olds found that a quarter (25%) of girls and 18% of boys reported having experienced some form of physical violence from an intimate partner.

? What is the outcome?

The desired outcome of the programme is for young people to have an understanding of these key points:

- What could you do if you suspect or personally experience domestic abuse?
- Who could you talk to if you suspect or personally experience domestic abuse?
- Why can a person not "just leave" an abusive relationship?
- What local sources of specialist support are available? And how can they be accessed?
- Domestic abuse is a behavioural choice on the perpetrator's part.

? Who do I contact to find out more?

In the first instance please contact our CEASE lead Keely Grainger via keely.grainger@remediuk.org

 @cease_remedi

 @remedirj

I have learnt more about how to deal with my anger and how my behaviour may affect my partner. In relationships I will try and take things slower and not rush them

CEASE Intervention feedback, Young Person

He has been much better at home. I think these sessions have been really useful for him. He actually hasn't been aggressive towards me at all so our home life now has been a lot better

Together Families feedback, Parent

I think that we don't talk about it in school enough, I now know about red flags, and I have learnt about my own self-worth. It's been helpful, It does make you feel better about yourself

CEASE Mentoring, Young Person

This programme has helped me understand and recognise signs of of domestic abuse and unhealthy relationships. I would 100% recommend this programme to others

CEASE Educational, Young Person

CEASE is delivered by 

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