



Respect Young People's Programme

A programme for families where children or young people, aged between 10 and 16, are abusive or aggressive towards the people close to them, particularly their parents or carers.

Our Young People's Domestic Abuse Practitioners provide support, insight and simple solutions to improve family relationships over the course of a three month programme of support.

Working with families, practitioners identify negative behaviour patterns and work towards positive outcomes, seeing each member of the family as part of the solution.

For more information visit our website or email info@idas.org.uk

[idas.org.uk](https://www.idas.org.uk)

IDAS (Independent Domestic Abuse Services) is a registered charity in England and Wales Number: 1102337. Company Number: 4984337



We work with families who wish to engage in a voluntary programme of support to improve family relationships where a young person is being abusive to someone close to them.

The behaviour may include, but may not be limited to: throwing things, hitting, pushing, causing damage at home, making threats, shouting, and using insulting or derogatory language.

What is the programme like?

Sessions are varied and use a range of tools and techniques. Some sessions are with the whole family, some with the parent and some with the young person. The programme reaches its full potential if both young person and parent/carer are willing to engage.

For parents:

The programme includes developing a family-agreement, parenting skills, safety planning, training in assertiveness and dealing with conflict.

For children and young people:

The sessions include goal setting, anger management, handling emotions, training in assertiveness and dealing with conflict.

**Contact us for more information on 03000 110 110
or email info@idas.org.uk**