

Engage: Live Free

According to data from the Office for National Statistics (ONS), an alarming 28% of trans people in the UK have experienced domestic abuse at some point in their lives, significantly higher than the general population. There are few resources for trans and non-binary victims of domestic abuse, we at Trans Without Abuse (part of My CWA) want to change the narrative. Live Free is the first of its kind self-paced domestic abuse online recovery programme for the transgender and non-binary community.

Using our expertise and lived experience, Live Free has been developed by Trans Without Abuse to provide survivors with a deeper understanding of unhealthy and harmful relationships. It aims to help them reframe their experiences and set goals to move forward in their lives, free from harm.

What to expect:

Live Free is the world's first self-paced online programme created by and for our community. It covers core recovery skills, boundaries, trauma-informed tools, and rebuilding connection — in language and scenarios that reflect trans and non-binary lives.

Programme content:

- **What is Domestic Abuse?** Explores the definition of domestic abuse, patterns and myths of domestic abuse, and how domestic abuse impacts trans and non-binary people.
- **Intersectionality and Privilege:** We explain how intersectionality effects someone's experiences of domestic abuse.
- **Impact on Children and Familial Abuse:** Explore how domestic abuse in the home growing up can impact on future relationships and how familial abuse can manifest.
- **Recovery & Responsibility:** Provide tools and techniques that help to feel empowered in creating healthy relationships, and to take control of recovery journey.
- **Change Your Thinking:** Challenge negative thought patterns with cognitive-behavioural techniques, and work on building self-esteem and self-worth.
- **Red Flags and Green Flags:** Understand the warning signs of abusive relationships and learn to recognise healthy relationships, focusing on boundaries and assertiveness.
- **Healthy Relationships:** The importance of self-love and self-compassion as a foundation for healthy relationships.
- **Goal Setting and Your Future:** Guiding participants through setting goals, reviewing safety plans, and accessing resources for ongoing healing.

Suitable for:

Training package suitable for Professionals working with trans and non-binary survivors. Live Free is suitable for trans and non-binary survivors who are in or have been in an abusive relationship.

Delivery details:

Format: Online/Self-paced

Time: N/A

Participants: N/A

Find out more: training@mycwa.org.uk