

# Engage: Reset

Ending domestic abuse begins with teaching young people about healthy relationships. In today's world, empowering young people to use healthy behaviours with themselves and others is more crucial than ever.

Reset is a transformative 12-week educational programme designed for secondary school settings, youth justice services, and other environments, tailored specifically for 14 to 16-year-olds. Reset focuses on helping young people understand the importance of their relationship with themselves, encouraging them to identify and reflect on their own healthy and harmful behaviours.

## What to expect:

Reset teaches young people the skills to establish healthy relationships through education around what healthy, unhealthy and toxic relationships can look like. The comprehensive curriculum covers essential topics, including consent, boundaries, emotional regulation, jealousy and isolation. By addressing these critical areas, Reset provides young people with a clear understanding of what constitutes healthy, unhealthy and toxic relationships.

## You will:

- Understand the Engage Approach: Gain valuable insights into Domestic Abuse Expert's proven strategic approach to ending domestic abuse.
- Master the Reset Curriculum: Gain comprehensive knowledge of the 12-week programme and its components, and discover effective methods for delivering the curriculum to young people.
- Facilitate Sensitive Conversations: Develop skills to guide discussions around consent, boundaries, and emotional regulation with confidence.
- Customise the Curriculum: Adapt the programme to meet the specific needs of different environments and individuals.
- Handle Disclosures Effectively: Learn best practices for managing and responding to disclosures from young people.

## Suitable for:

Anyone who works with teenagers – including teachers, mentors, classroom teaching assistants, pastoral teams, youth support workers, youth justice workers.

## Delivery details:

**Format:** Face to Face or Online

**Time:** 3 hours

**Participants:** Maximum 15

**Find out more:** [training@mycwa.org.uk](mailto:training@mycwa.org.uk)