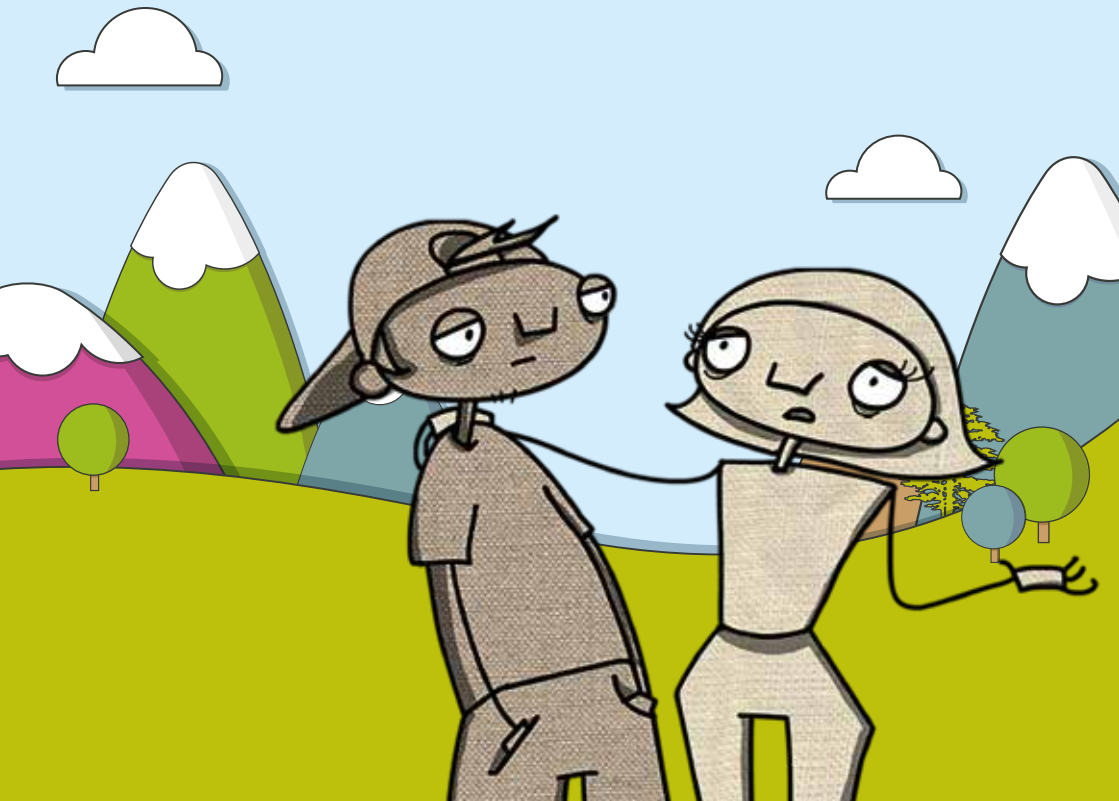




Your
edamh
your support, your journey

Information for Young People



**Domestic Abuse
Can Make You Feel**

LONELY

SAD

CONFUSED

SCARED

ANGRY

FRIGHTENED

WORRIED

**Domestic
Abuse
Is Wrong -
It Is Not
Your Fault**

The CEDAR Project

The **CEDAR Project** has a group you can go to which will help you to understand what has happened in your family and talk to your Mum or Carer about this.

How could the CEDAR Project help me?

The **CEDAR Project** runs groups that meet once a week for 12 weeks with activities and discussions that can help you to...

- ✓ **Understand what has gone on in your family**
- ✓ **Feel better about yourself**
- ✓ **Plan how to stay safe**
- ✓ **Talk with your mum about what has happened**
- ✓ **Talk about how you are feeling**
- ✓ **Learn about healthy relationships and consent**

Where will the Group be and when?

Groups will take place locally, during the school day. You will get help to travel to the group, and back to school, if you need it.



Other young people who have been to similar groups said...

"I learned that I was not alone"

"It made me happy again!"

"I learned that it wasn't my fault"

What is Domestic Abuse?

Emotional

Threats, insecurity, isolation from family and friends, being degraded, humiliated and bullied.

Financial

No pocket money, stealing, no holidays.

Physical

Slapping, pushing, punching, strangling, using weapons, scalding or burning.

Sexual

Rape, unwanted sexual attention or touching, forced to watch or make pornography.

There will be snack breaks and the chance to relax and have fun with other young people each week.

Who else will be at the Group?

There will be about 8 young people in the group, around the same age as you. Everybody who takes part in the group will have experienced domestic abuse in their family. There will be adult group workers to help with activities and discussions.

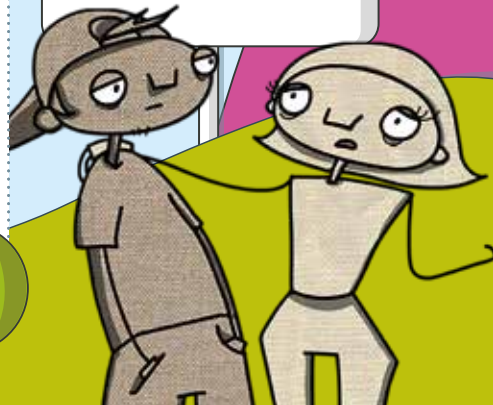
Who will know that I am going to the Group?

Your mum will know and she will have the opportunity to go to a mothers' group so that she can get support to talk to you about what has happened. We will arrange with the relevant staff at school and it is up to you who else you tell.

Confidentiality

At the **CEDAR Project** you can share your experiences safely and without fear of what you say being repeated to others.

BUT if workers feel that you or another person may be at risk then they will have to share that information with people who can help.



For information or to make a referral please contact the CEDAR Co-ordinator

0141 955 3040

Useful Phone Numbers

Police999

Childline0800 1111

Women's Aid0141 776 0864

Rape Crisis0141 552 3200

Scottish Domestic

Abuse Helpline0800 027 1234

