



UK SAYS NO MORE Domestic and Sexual Violence Prevention Programme





UK SAYS NO MORE **Domestic and Sexual Violence** **Prevention Programme**

Programme Summary

The aim of the Domestic Abuse and Sexual Violence (DASV) Prevention Programme is to enable attendees to play an active role in ending domestic violence and sexual assault by giving them the skills to confidently signpost victims to support and engage in the topic with peers, family and friends.

The programme investigates the messages given around DASV in our society and discusses intervention, giving attendees a broader understanding of these issues.

Training will be delivered over three half day sessions (10.00am - 2.00pm) with around 15 people in each cohort, one for men and one for women. Those who identify as non-binary can choose which session they would like to attend.

The aim following on from the training will be for each cohort to feel confident in delivering a 90-minute awareness session to their peers, carried out through activities and group discussions.



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Programme Outline

The course:

Examines gender ideals and norms, including toxic masculinity and how gender impacts our identity and relationships.

Looks at societal messages and misconceptions around domestic abuse and sexual violence, including in relation to gender.

Develops understanding of domestic abuse and sexual violence from definitions and myths to looking at the support available.

Discusses Bystander Intervention Programmes and the ways we can all play a role in ending domestic abuse and sexual violence.

Gives attendees a confidence in campaigning and advocating on these issues, complimenting a wider university domestic and sexual violence awareness campaign.

Welcomes attendees to the UK SAYS NO MORE Student Ambassador Network, with access to materials and an online hub.



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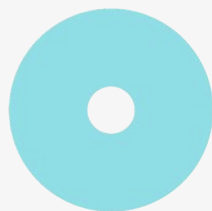
Key objectives of the programme

To equip students with knowledge of domestic abuse and sexual violence.

To build understanding among Ambassadors of why peer-led interventions are successful and enable students to play an active role in ending domestic abuse and sexual violence.

To equip Ambassadors with the skills to deliver peer awareness and information sessions and to use UK SAYS NO MORE marketing tools and events to engage other students in the conversation.

To increase the Ambassadors understanding of the types of specialist support and legal interventions available and equip them to be able to refer to these services using the Bright Sky app.



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About UK SAYS NO MORE

UK SAYS NO MORE is a national campaign to raise awareness to end domestic abuse and sexual violence across the UK. The campaign was launched by London charity Hestia in 2016.

UK SAYS NO MORE unites and strengthens a diverse community of members of the public, parliamentarians, professionals and over 150 partner organisations nationwide to actively take a stand against domestic abuse and sexual violence under one powerful, visual symbol.

The campaign provides open-source tools and resources for individuals and organisations to take action and get involved in making a difference.

Together we can challenge the myths and misconceptions around these issues, share resources and information, and ultimately work together to make real positive change.





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Key Dates

Initial Student Ambassador training sessions

Tuesday 30th October and Tuesday 6th November 2018
Women's sessions 10:00am - 2:30pm

Thursday 1st November and 8th November 2018
Men's sessions 10:00am - 2:30pm

Wednesday 14th November 2018
Combined group - campaign planning & photo call

DASV Awareness sessions **(run by student Ambassadors)**

October - November 2018



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What's in it for you?

Ambassadors will receive a training pack, training resources, an awareness delivery pack and ongoing support from the UK SAYS NO MORE team.

Ambassadors will become members of the DASV Ambassador communications network, including:

Access to DASV prevention ambassadors network group (Facebook and LinkedIn) for peer ambassadors

Access to learning and participation in the creation of webinars, Facebook Live events, podcasts and videos

Access to print and digital materials with DASV marketing packs to be created

Access to UK SAYS NO MORE fundraising toolkit

Support in developing university-led events for awareness around Domestic Abuse and Sexual Violence

Annual peer ambassadors' events

Access to the Know More Hub and events



University of
East London

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Further Details

The DASV Prevention Programme will be delivered by two specialist and experienced trainers, who will attend each session and support the awareness sessions.

Combined they have experience of working with the DASV sector and working with young adults, mentoring and developing digital and social media. These specialist leads will work closely with universities in the development and coordination of the programme.

The UK SAYS NO MORE team will carry out an evaluation of the programme to report on its impact and delivery.

The DASV Ambassador network provides access to the Know More Hub, containing webinars, podcasts and events .

All students will have access to Bright Sky, a free to download app which provides support and information to anyone who may be in an abusive relationship or those concerned about someone that they know.



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Further Details

The DASV Prevention Programme will be reviewed and adapted to ensure that it corresponds and compliments existing university policies and procedures, training programmes and the delivery of support offered via the welfare service.

As a student, the DASV Prevention Programme Ambassador training will be free for you to attend. We recommend that you, with support from our fundraising toolkit, raise money to support your internal

NO MORE campaign and future events. All of UK SAYS NO MORE's campaign materials are open source and free to download.

The 'NO MORE Excuses' poster campaign underpins the DASV Ambassador Programme. It provides a tool to communicate across the student community that the university has taken a stand against domestic abuse and sexual violence and that they can get involved too.

We suggest that the posters are used within your internal communication streams, social media, printed as posters and where possible shared within industry publications.



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Communications Centre

The team

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Communications Centre

Connect with us on social media:

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TOGETHER WE CAN END DOMESTIC ABUSE AND SEXUAL VIOLENCE