

A Booklet for Me: Helping Children Explore Their Experience of Domestic Abuse



What's this about?

- An activity booklet for children that takes them on a positive learning journey towards understanding their experience of abuse and moving forwards.
- The child's journey helps them to understand what abuse is, to reflect on what is happening in their own relationships, to recognise how they are impacted and to feel empowered to move forwards with resilience and a positive outlook.
- Created in response to a demand for a tool that facilitates productive work with young children experiencing abuse, for professionals outside the domestic violence sector.

Who's it for?

- Designed for professionals who work one-to-one with children e.g. teachers, youth workers, social care, children's centre workers
- Designed for children age 7-11

Benefits

- Bright colours and bold style tailored for the interests and needs of children
- Design informed by Equation's award-winning primary school healthy relationships project, GREAT – children who have participated will recognise the characters and theme <http://www.thegreatproject.org.uk>
- Designed to be filled in and personalised to record experiences and plans
- 'Time out' exercises e.g. colouring, word searches provide breaks and help relaxation
- Gives professionals outside the domestic violence sector the language and techniques to have productive conversations about abuse with young children
- Helps support workers build relationships with the young person they are supporting
- Activities can be customised to suit individual needs

What do you think?

We use the feedback about our activity booklets to improve them over time. So, please, tell us what you think! We'd welcome your comments – please email them to admin@equation.org.uk.