

# WHOLE SCHOOL APPROACH

## CHILDREN AND YOUNG PERSON'S (CYP) TEAM

*"The students have enjoyed taking part and it has been so amazing to see the positive changes it has made on them" -  
Cardiff Teacher*

Whole School Approach Worker  
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Cardiff Women's Aid Children & Young Person's  
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*"Very good, kind and explained things super well" -  
Cardiff Student*

**Whole School Approach** is an initiative to support students, staff and schools in being aware of the effects of violence against women, domestic abuse and sexual violence (VAWDASV) on young people and their families. The Whole School Approach aims to provide early intervention, education and support for children and young people.

Ran by Cardiff Women's Aid, their Children & Young Person's team provides in-depth training in VAWDASV awareness and trauma-informed support to all staff, as well as classroom and targeted group workshops for students. These include healthy relationships, internet safety, consent and boundaries, domestic abuse awareness and more.

# CWA

CARDIFF WOMEN'S AID

**VISION** A world where women and girls are free of all forms of gender-based violence; in Cardiff and across the globe.

**MISSION** Cardiff Women's Aid provides needs-based support and a place of safety for all women and children experiencing and at-risk of gender-based violence. We work alongside survivors to create change, raising awareness of the causes and consequences of violence against women and girls. We work in partnership with others to prevent gender-based violence and promote equality.



**CWA**  
CARDIFF WOMEN'S AID



**RISE**  
RECOVERY INFORMATION SAFETY EMPOWERMENT

**Bawso**  
Providing specialist services for BME communities

## TRAINING & SUPPORT

Raising awareness of VAWDASV among staff, including support in providing effective methods to respond to any disclosures of abuse and harm. This supports staff to provide a trauma informed approach to understanding the effects of VAWDASV on children and young people, and understanding how to provide the most effective care and support to young people.

## TRANSFORMATION & CHANGES

Creating positive changes in supporting schools to identify any children, young people or adults that are affected by VAWDASV, and using referral routes into specialist services. Helping to challenge and transform harmful societal beliefs around gender inequality and inequality within relationships.

## PRIMARY PREVENTION & EARLY INTERVENTION

Providing targeted group workshops for primary and secondary students to support in healthy relationships, rights and responsibilities, self-esteem and wellbeing, gender equality and stereotypes, internet safety and bullying/DV awareness. This section also focuses on providing referral information and support on how to refer into specialist services, including the Children and Young Person's (CYP) team at Cardiff Women's Aid.

## OUTCOMES FOR SCHOOLS AND COMMUNITIES

Creating ongoing changes for schools and communities, in which VAWDASV awareness is understood and acknowledged, and support is in place to any young people and adults affected by this.



**Llamau**

Imagine a World Without Homelessness



**Ar trac**

Brighter futures together  
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# SUPPORT FOR STUDENTS

*"Everyone is deserving of healthy relationships"*

## PRIMARY & SECONDARY SCHOOL STUDENTS

Whole School Approach supports and promotes healthy relationships across primary and secondary schools, by providing classroom based sessions and targeted group work. This includes providing VAWDASV awareness in the following RSE subjects, which are inline with the new Welsh RSE curriculum 2022:

1. Healthy Relationship Awareness
2. Rights & Responsibilities
3. Bullying and Domestic Violence awareness
4. Internet Safety
5. Gender Equality & Gender Stereotypes
6. Self Esteem and Wellbeing

## EXTRA ACTIVITIES

The Whole School Approach also hosts events for schools, communities and youth to raise awareness of gender based violence and domestic abuse.

In addition, there are also lots of interactive online resources available, including an eLearning site full of information, toolkits, games and activities in healthy relationship and domestic abuse awareness for students, staff and parents/carers.

## AGED 11-18?

For teen specific support on relationships, health and wellbeing, visit our Young Person's website at [yourspace.org.uk](https://yourspace.org.uk)



# SUPPORT FOR STAFF

There are a variety of different interactive training modules for teachers and school staff, both online and in person. These sessions focus on increasing staff and teachers' knowledge and confidence in VAWDASV, including how to recognise the signs in young people and adults, and feeling more confident in referring or signposting to specialist services, including the CYP team at Cardiff Women's Aid.

Staff and Teachers can attend training in the following modules, inline with the National Training framework (NTF):

- Group 1 in VAWDASV Awareness
- 'Ask and Act' Level 2 in VAWDASV awareness
- Group 3: Safeguarding Champion training
- **NEW Bespoke Staff Training: 'Trauma informed approach to support CYP'**

# SAFEGUARDING IS EVERYONE'S BUSINESS



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# SUPPORT FOR PARENTS AND GUARDIANS

The Whole School Approach supports parents and guardians who are experiencing or being affected by VAWDASV, through information on specialist services and referral routes, Whole School Approach events and access to eLearning resources.

Sessions can be booked to provide more support for parents and guardians who would like to know about the Whole School Approach and to understand the different services available for young people. For more information, email [info@cardiffwomenscentre.org.uk](mailto:info@cardiffwomenscentre.org.uk)

## SUPPORT US

We believe that no woman or child should ever have to experience VAWDASV. Your support really can change lives, from our crisis work through to aftercare and recovery.

### FOLLOW US

 @CardiffWomensAid

 @cardiffwomens\_aid

 @cardiffwaid

 @cardiffwomensaid

### DONATE AND FUNDRAISE

To donate gifts in kind or funds for Cardiff Women's Aid, please email [donations@cardiffwomensaid.org.uk](mailto:donations@cardiffwomensaid.org.uk)

### VOLUNTEER

There are lots of different ways you can volunteer to support Cardiff Women's Aid. To find out more visit [cardiffwomensaid.org.uk/join-us/volunteers](https://cardiffwomensaid.org.uk/join-us/volunteers)



# SPECIALIST SUPPORT SERVICES



**Cardiff Women's Aid**  
24 Hour Helpline:  
029 2046 0566  
Visit [cardiffwomensaid.org.uk](http://cardiffwomensaid.org.uk)

**Dyn Project: Dyn Wales**  
Call 0808 801 0321



**Childline:**  
Call: 0800 1111  
Text 'SHOUT' to 85258  
Visit: [childline.org.uk/](http://childline.org.uk/)



**Galop:**  
Specialist service for  
LGBT+ relationships  
Call: 0800 731 8147



**RISE**  
24 Hour Helpline:  
029 2046 0566  
Visit [rise-cardiff.cymru](http://rise-cardiff.cymru)

**Young Minds:**  
Text 'YM' to 85258  
Visit: [youngminds.org.uk](http://youngminds.org.uk)



**Live Fear Free**  
24 Hour Helpline:  
0808 8010 800  
Text: 07860077333  
Visit [gov.wales/live-fear-free](http://gov.wales/live-fear-free)

**THE MIX:**  
Call: 0808 808 4994  
Text 'THE MIX' to 85258  
Visit: [themix.org.uk/](http://themix.org.uk/)



**Bawso**  
Providing specialist services for BME communities

**BAWSO**  
Call 24 Hour Helpline:  
0800 731 8147  
Visit [bawso.org.uk](http://bawso.org.uk)  
Cardiff Office:  
029 20644 633

**Meic:**  
Call: 080880 23456  
Text: 84001  
Visit: [meiccymru.org/](http://meiccymru.org/)



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Call 08000 495 495



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# Make yourself Heard

In danger, need the police, but can't speak?

**1**  
Dial **999**



**2**  
**Listen** to the questions from the 999 operator



**3**  
**Respond** by coughing or tapping the handset if you can



**4**  
If prompted, **press 55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



See our guide for more information.

#MakeYourselfHeard #SilentSolution #YouAreNotAlone [www.policeconduct.gov.uk](http://www.policeconduct.gov.uk)