



Dear Parent/Guardian

Your child has today attended a healthy relationship session which was delivered by Wigan Borough Domestic Abuse Service. These are age appropriate, curriculum based sessions written by Women's Aid which are designed to explore issues around relationships and give children and young people opportunities to discuss elements of healthy and unhealthy relationships.

Whilst not all of the sessions raise domestic abuse directly, they have been written using themes found to be effective in tackling domestic abuse, such as:

- challenging assumptions about gender, power and equality;
- changing beliefs and attitudes about men and women;
- managing feelings and accepting responsibility for one's own feelings and behaviours;
- helping to resolve conflict;
- knowing the difference between abusive and non-abusive relationships;
- understanding our digital footprints;
- promoting the consistent message that abuse is not acceptable;
- understanding that domestic abuse is a crime;
- highlighting the role of peers in providing support;
- understanding consent online and offline;
- knowing the impact of our actions online;
- giving information about where to get help

If you would like to access further support around domestic abuse, you can contact our service free and confidentially, anytime Monday to Friday 8am to 7pm on 01942 311365. We have a number of drop in sessions around the borough which can be accessed without an appointment or referral.

You can also speak to your school, who will put you in touch with the Community Domestic Abuse Worker for your area.

Kindest Regards,

The Wigan Borough Domestic Abuse Service Team

