

# GET RELATIONSHIP SMART

## REDUCE THE ABUSE

**Escape the Trap** is an innovative programme developed in acknowledgement of the rising numbers of young people that are vulnerable to teenage

relationship abuse. This learning resource was **developed alongside young people** and is achieved using a variety of different activities and exercises to engage and develop discussion and reflection.

Over eight weeks, the programme supports young people to uncover the reality of teenage relationship abuse, acknowledging that young people in any relationship, which appears to them to be intimate, needs the opportunity to explore and identify their expectations of relationships, the grooming process so often associated with CSE, patterns of behaviour which seek to coerce and control them, particularly sexual coercion, the use of social media and how to recognise warning signs in their relationships.

Further, understanding how such behaviour impacts the way they feel about themselves, enabling them to navigate their way to making healthier relationship choices which support their mental health and wellbeing. The programme also encourages young people to explore how being treated with respect, care and love might be experienced. The learning can be applied not only to young women, but to young males who find themselves victim/vulnerable to the same experiences. The programme has also been used with young people vulnerable to using abusive and controlling behaviour.

Escape the Trap is a straight-forward and accessible group programme which can be delivered to young people in any setting by trained practitioners or in a one to one capacity using the accompanying **Escape the Trap Workbook** or the **Interactive Online Resource**.

Escape the Trap is also **ASDAN accredited**.



For further information on Escape the Trap please contact Cathy Press:  
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