



Bounce Back 4 Kids – Children’s Group

Making Connections:

- For children to get to know each other in a safe, calm and supportive setting and to feel comfortable
- To gain an understanding of how the group will be structured each week
- Children to begin to feel less isolated/alone with their experiences of the “hurting and fighting” within their families

Breaking the Silence:

- Raise children’s awareness about hurting and fighting in families
- Support children in acknowledging the hurting that has happened in their families
- Explore different types of violence and hurting that children may have been exposed to



We Have Feelings Too:

- Support children in identifying their feelings and expressions of feelings
- To expand children’s vocabulary of feelings
- For children to understand that people have feelings to protect themselves



Helping Hands:

- Provide an opportunity for children to think about who they can talk to when they need help
- Validate children’s experiences by listening, believing and supporting children as they open up about their experiences
- Reinforce that they are not alone in these experiences
- Provide an opportunity for children to think about who they can talk to when they need help
- Validate children’s experiences by listening, believing and supporting children as they open up about their experiences
- Reinforce that they are not alone in these experiences



Keeping Ourselves Safe:

- To provide opportunities for children to discuss their personal experiences of keeping themselves safe
- To highlight to the children that everyone has a right to feel safe
- To encourage the children to think about ways they can keep themselves safe

We Are Not to Blame:

- Support children in understanding that they are not to blame for the hurting that has happened in their families.
- Encourage children to share their strategies for coping with difficult feelings and situations and various ideas on how to stay healthy and take care of themselves emotionally.

Is it Right to Fight?:

- To develop the children’s understanding that it is never right to fight and hurt others, both physically and emotionally
- To encourage children to ‘play by the rules’, to ensure others do not get hurt
- To develop children’s ability to ‘Self Regulate’



Understanding Anger:

- To help children understand that it is not ok to hurt others when they are feeling angry
- To give the message to children that it is ok to feel angry

A Bag Full of Worries:

- To give children the opportunity to discuss what they worry about.
- To give the children strategies of how to bring up the subject with their parents.
- To revisit who children can talk to when they are worried.

I’m Special:

- To raise the children’s self-esteem and to get them feeling good about themselves.
- To celebrate what each child has achieved by attending BB4K’s over the past 10 weeks.





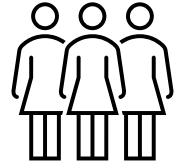
Bounce Back 4 Kids – Adult’s Group

Making Connections:

- To introduce parents to the group programme and to each other and to reduce their feelings of isolation.
- To encourage group members to recognise their own support networks and links with supports in the community.

Breaking the Silence:

- To encourage parents to share their stories and experiences of abuse, thus reducing their feelings of isolation.
- To recognise that staying silent about their experiences can create barriers to their healing.
- To help parents to talk to their children as talking increases their children’s feelings of comfort and safety. This promotes the child’s healing and helps to resolve their traumas.
- To encourage parents to share their stories and experiences of abuse, thus reducing their feelings of isolation.
- To recognise that staying silent about their experiences can create barriers to their healing.
- To help parents to talk to their children as talking increases their children’s feelings of comfort and safety. This promotes the child’s healing and helps to resolve their traumas.



We have Feelings Too:

- For parents to recognise the importance of identifying their different feelings and those of their children during the ongoing process of healing from their experiences of domestic abuse.

Helping Hands:

- For the parents to think about who their children can talk to when they are worried and who they can go to for help when they need it if they cannot approach their main parent for any reason.



Keeping Ourselves Safe:

- To give parents an insight into the effects of being exposed to domestic abuse has on children, and to provide a safe space to reflect on their own children’s experiences.
- To encourage parents to think about what children need to help them feel safe and move on from the trauma they have experienced.

We Are Not to Blame:

- To promote understanding of responsibility for domestic abuse
- Understanding responsibility for abuse is a very complicated issue for people who have been victims of domestic abuse. Abusers deny responsibility, victims become isolated in confusion often blaming themselves and this can take a long time to overcome.

Is It Right to Fight:

- To explain to parents that children will be taught that it is never right to fight with others and to physically or emotionally hurt another person. However there are times when people are fighting within a sporting arena when it is all right as long as people stick to the rules.

Understanding Anger:

- To explore anger from both a parent’s and children’s perception.
- To identify ‘anger’ as being a very powerful and valid emotion.



A Bag Full of Worries:

- Is to acknowledge that children have worries too.
- To acknowledge that children may not always talk to their parents as they may feel they want to protect them.
- To give the children an opportunity to discuss their worries and share how they cope with them.

I Am Special:

- To encourage parents to see something special in each of their children.
- To encourage parents to tell their children they are special because...
- To celebrate what both the parents and children have achieved by attending the programme.
- To evaluate how far people have come by attending the programme.

