

Womens Health Matters

BURSTING THE BUBBLE

Womens Health Matters has developed a resource pack for use with young women in informal settings.

The pack has been endorsed by Protective Behaviours U.K.

The **Bursting the Bubble** pack/training provides a starting point for work preventing abusive and violent relationships. It also promotes the development of supportive attitudes to those experiencing violence. In doing this, it encourages young women to access appropriate support.

The pack was developed with the help of 60 young women across Leeds and all the session ideas have been tried out in informal group settings, with young women.

The pack contains material to help boost self esteem, clarify boundaries within relationships and think about abusive behaviour, contrasting it with healthy and loving behaviour in relationships.

Overall, the pack has been developed to help young women explore their own experience and develop their ability to keep themselves safe and access appropriate support when necessary.

The pack costs £40 for statutory or national organisations and £20 for voluntary organisations.

Training is available for organisations who would like to explore these issues further before using the pack with groups. Training is tailored to the needs of organisations and costed accordingly. To discuss your training needs please contact us. We can also deliver sessions to young women's groups.

For more details please contact Lucy on 0113 276 2851 or e-mail admin@womenshealthmatters.org.uk

For more information on protective behaviours go to www.protectivebehaviours.co.uk