

DOMESTIC ABUSE LESSON PLAN

ACTIVITY THREE: BEFORE AND AFTER

LEARNING AIMS:

- To identify the damaging effects of abusive and controlling relationships.
- To think of appropriate ways to help and support.

TIME: 1 hour

RESOURCES:

- Virtual reality demonstration, pens, photocopied 'person', and 'Moving on' sheets.

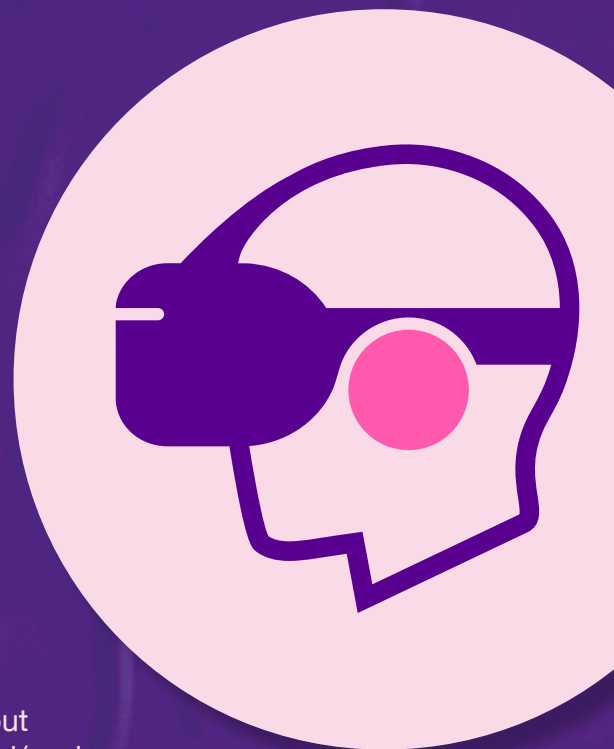
Virtual reality sessions can be booked by contacting Northumbria Police, Southern Community Engagement Team via southern.ceo@northumbria.pnn.police.uk

- 'Let's keep ourselves and others safe' document.

This can be found in our resource pack and should be read out at the start of all activities and copied or emailed to all students so they have their own personal copy.

ACTIVITY DESCRIPTION:

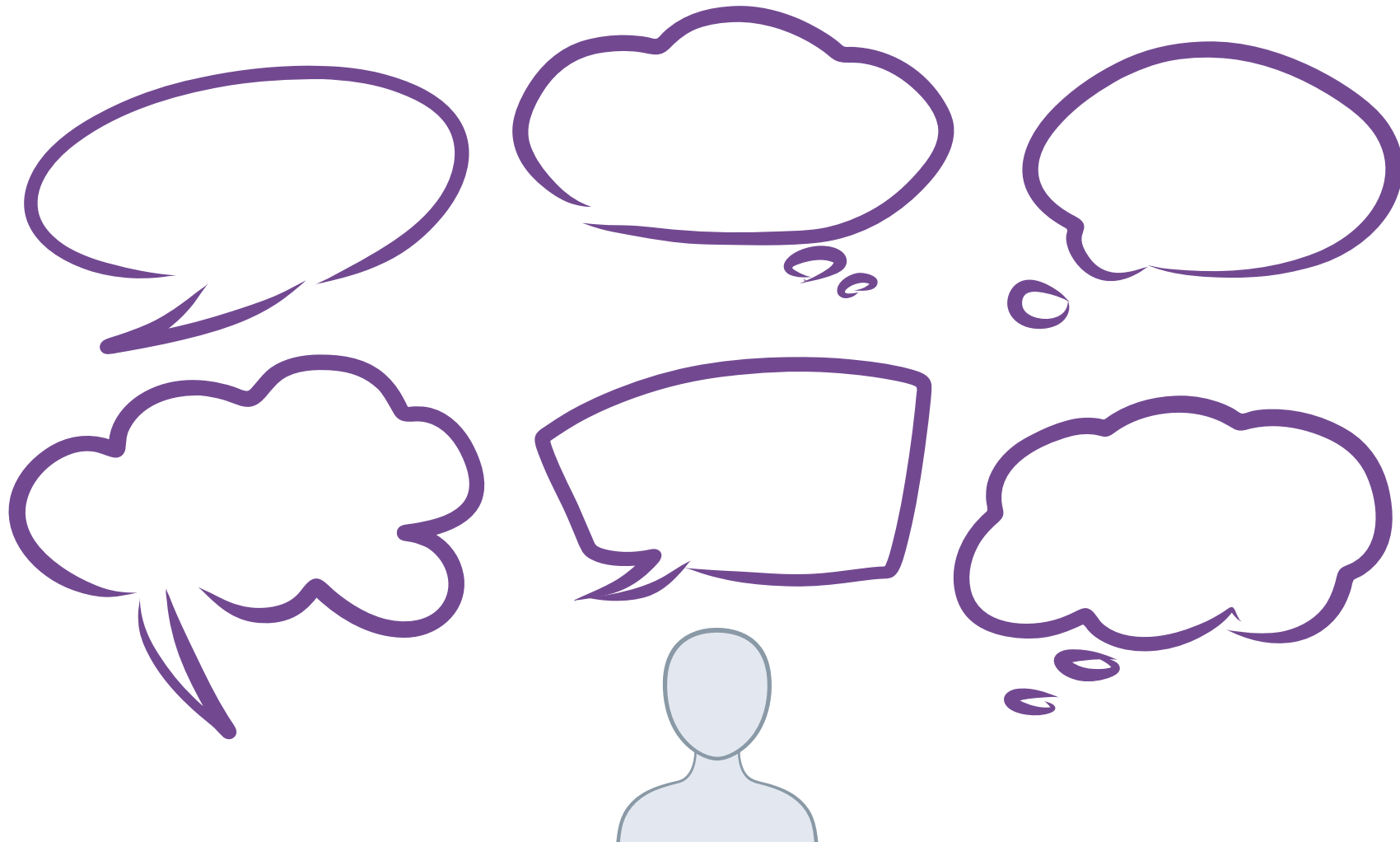
- To be used following 'Vulnerability/Risk/Danger' Virtual Reality demonstration.
- Students can work individually, in pairs or groups. First, hand out photo copied sheet of silhouettes. Ask the students to write and/or draw on the 'before' person to create a picture of what they were like before. Explain that males can also experience abusive and controlling relationships and they can create a male example if they wish to.
- Now ask them to write and/or draw on their 'after' person to describe what they are like now.
- Ask students to feedback to the main group, sharing the images and descriptions they've added to their silhouettes.
- Lastly, ask the group to come up with ideas to help the survivor to move on from their experience of abuse (use 'Moving on' sheet provided). Again, feedback and discuss, and refer students to the 'Let's keep ourselves and others safe' document for useful contacts and information.



ACTIVITY THREE: 'MOVING ON' ACTIVITY SHEET

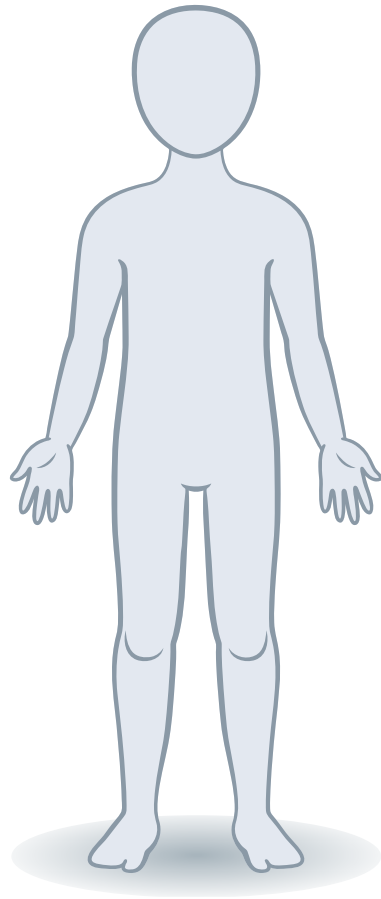
How can he/she move on given what they have experienced?

Use the thought bubbles to come up with ideas, ways, people and places that may support this moving on process.

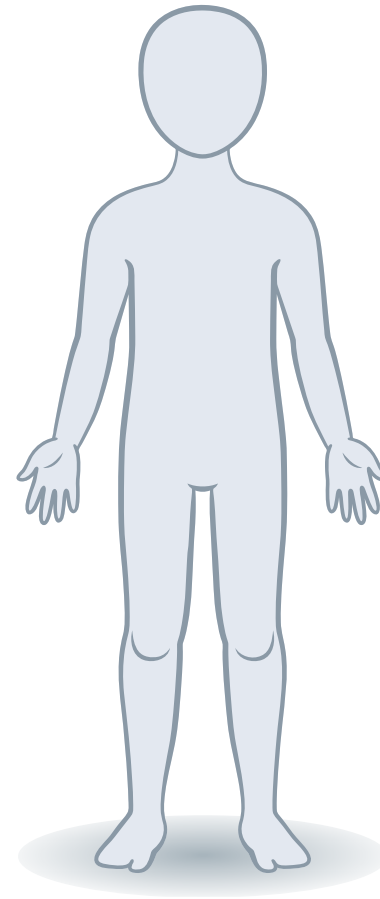


ACTIVITY THREE: BEFORE AND AFTER ACTIVITY SHEET

What is their health like? How are they doing in school? How do they dress? What is their appearance like, skin, hair etc?
What friendships do they have? Are they happy?



BEFORE



AFTER