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Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government

# The Spectrum project



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[www.spectrumproject.co.uk](http://www.spectrumproject.co.uk)



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# The Spectrum Project

As part of the drive by the Welsh Government to tackle Violence against Women, Domestic Abuse and Sexual Violence, the Hafan Cymru's Spectrum Project is fully funded by the Welsh Government to deliver sessions on Healthy Relationships and VAWDASV topics in all secondary and primary schools in Wales.

## Our core aims are:

- Preventing abuse and promoting healthy relationships
- Facilitating schools to implement and embed a Whole School Approach to tackling VAWDASV
- Enabling children, young people and the school community to recognise and avoid abusive relationships

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## **Experience**

- Trained and qualified teachers with classroom based experience.
- A preventative education program with over 15 years experience of school delivery, underpinned by Hafan Cymru support services.

## **Specialist Knowledge**

- Specialist knowledge in VAW/DA/SV.
- Curriculum
- RSE code
- Safeguarding guidance and legislation e.g. Keeping Learners Safe



## **Resources**

Age appropriate, bilingual & thematic that use a range of learning styles that are linked to the curriculum

## **Consistency**

Resources

Delivery (bi-lingual)

Key messages

Standards (evaluation + monitoring)

## **Whole School Response to Tackling Domestic Abuse**

Creation of a bespoke delivery package for each school if required.

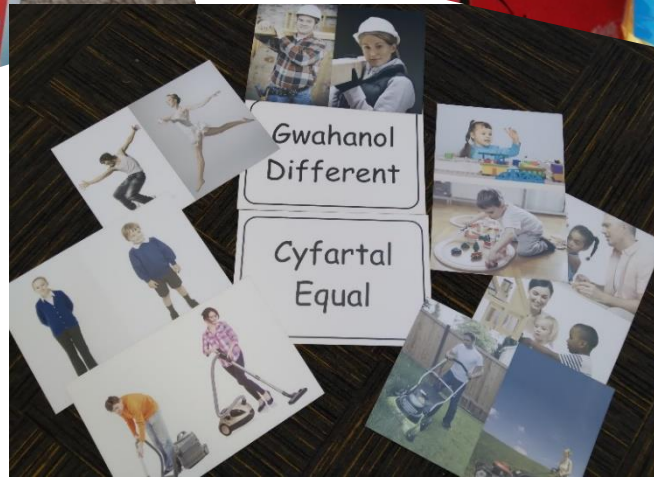
# Primary Sessions The foundation phase

Nursery and Reception		
Sessions	Session Title	Duration
Standard Sessions	1. Gender Roles and Expectations	1 Hour
	2. Recognising Emotions	1 Hour
	3. Safety Zone	1 Hour



Year 1 and 2		
Sessions	Session Title	Duration
Standard Sessions	1. Gender Stereotyping	1 Hour
	2. Identifying Emotions	1 Hour
	3. Safety Zone	1 Hour
Optional Additional Sessions	Peer Education – Year 6 Teaching Year 2	½ Day

# Primary Sessions The foundation phase



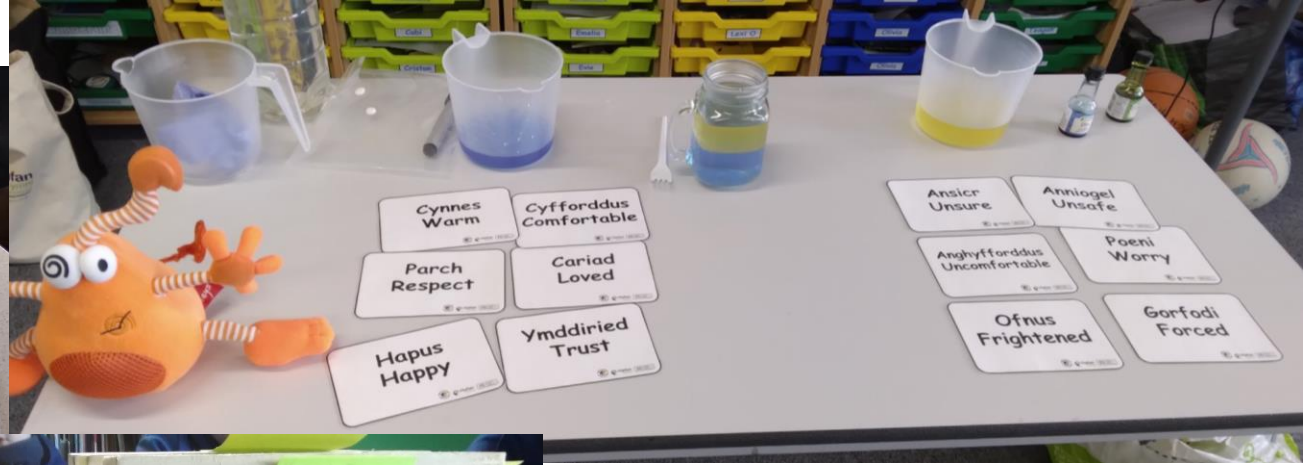
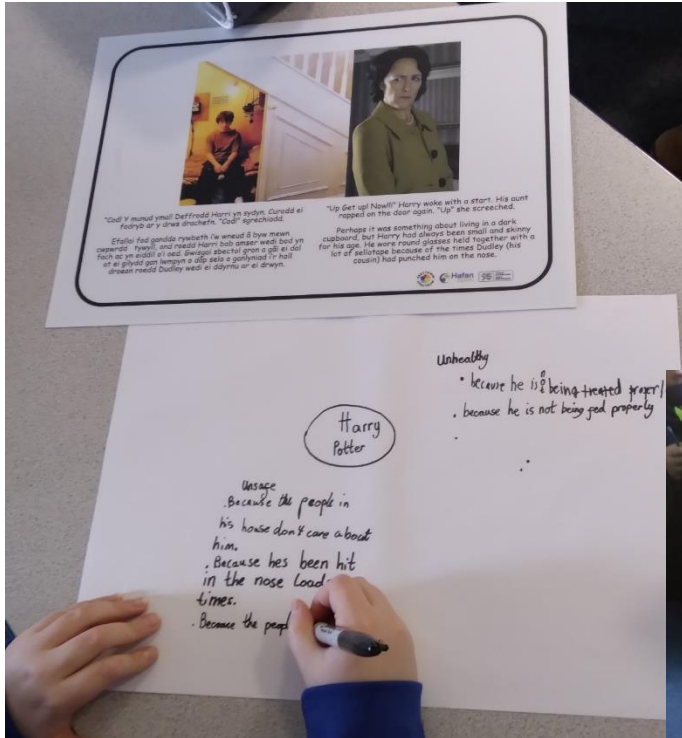
# Primary Sessions Key Stage 2

Year 3 and 4		
Sessions	Session Title	Duration
Standard Sessions	1. Family Relationships	1 Hour
	2. Healthy & Unhealthy Relationships	1 Hour
	3. Safe Adults , Safe places	1 Hour



Year 5 and 6		
Sessions	Session Title	Duration
Standard Sessions	1. Healthy Relationships	1 Hour
	2. Chance or Choice	1 Hour
	3. Safety Zone	1 Hour
Optional Additional Sessions	Peer Education – Year 6 Teaching Year 2	2 Days
	Gender Stereotyping	1 Hour
	Traditional Hurtful Practice (FGM)	1 Hour
	Appropriate & Inappropriate pictures	1 Hour

# Primary Sessions Key Stage 2





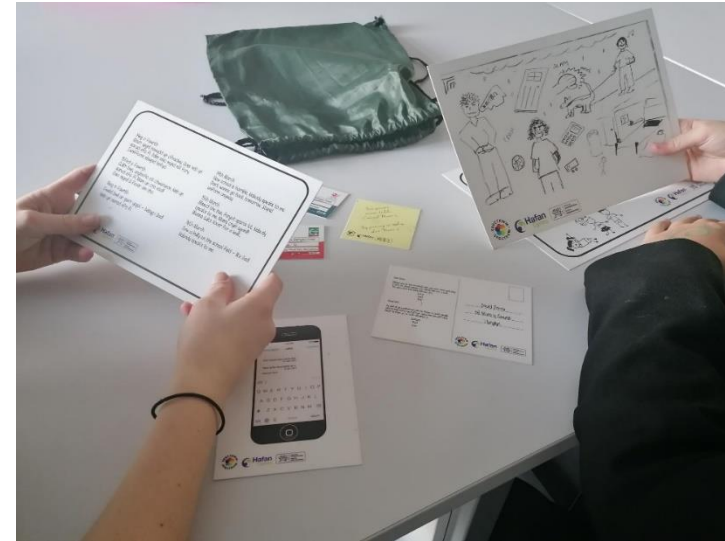
# The Secondary sessions

KEY STAGE 3		
Session Title	Strand	Duration
Belonging	Domestic Abuse	1 Hour
Family	Domestic Abuse	1 Hour
Healthy Relationships	Domestic Abuse	1 Hour
Sexual Consent	Sexual Violence	1 Hour
Sexual Exploitation	Sexual Violence	1 Hour
Forced Marriage	Violence Against Women	1 Hour
Traditional Hurtful Practice (FGM)	Violence Against Women	1 Hour
Honour Based Abuse (HBA)	Violence Against Women	1 Hour



KEY STAGE 4		
Session Title	Strand	Duration
Stages of Abuse	Domestic Abuse	1 Hour
Sexual Violence: Sexting	Sexual Violence	1 Hour
Challenging Gender Stereotypes	Violence Against Women	1 Hour
Human Trafficking and Modern Slavery	Violence Against Women	1 Hour

# The Secondary sessions



# Squash or Save?

Decide if you would squash or save  
the spider?

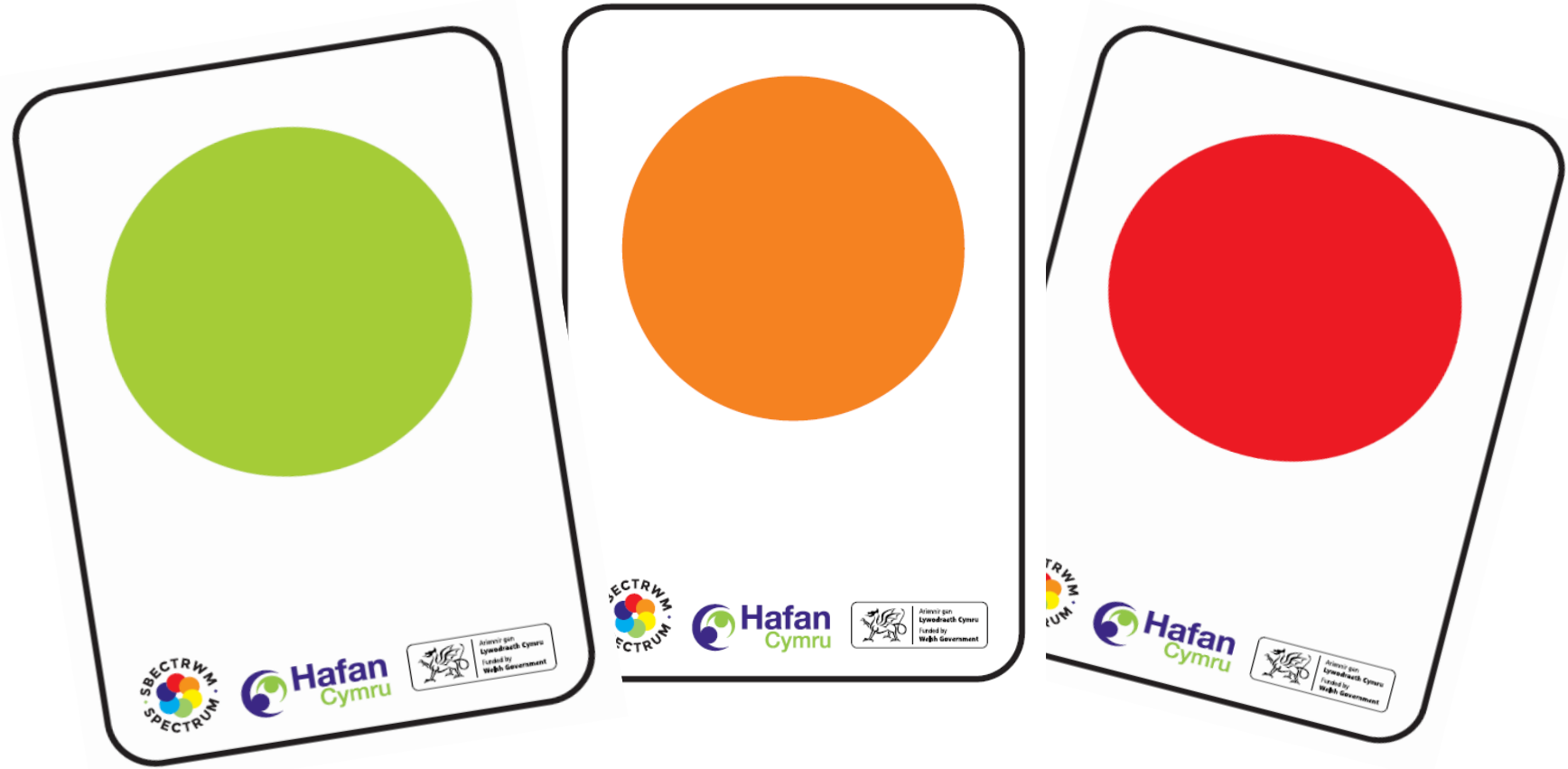


Squash can mean POWER over others  
Save can display CONTROL

Understanding Power and Control as the root  
cause of Domestic Abuse can help us to  
understand coercive behaviour such as CSE.



# Let's have a go



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**Yn disgwyl i chi faddau  
ac anghofio  
ar unwaith**



**Expects you to forgive  
and forget immediately**



**stori**





Yn trio eich troi'n erbyn  
eich rhieni neu ffrindiau



Tries to turn you against  
your parents or friends



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Eisiau mynd yn 'serious'  
ar unwaith



Wants to 'get serious'  
right away



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Mewn cariad gyda chi  
ar yr olwg gyntaf



Falls in love with you  
at first sight



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Yn ddrwgdybus o bawb y  
byddwch yn siarad â nhw



Is suspicious about  
everyone you speak to



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Yn gweiddi a rhegi  
mewn ffrae



Yells and curses  
during an argument



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# Spectrum Animation

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# School support Bookmarks

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**Tedi  
Sbectrum  
Spectrum  
Ted**

Gall arwyr  
ofyn am help!

Even heroes  
need help!

[www.spectrumproject.co.uk](http://www.spectrumproject.co.uk)  
[www.hafancymru.co.uk](http://www.hafancymru.co.uk)

**ChildLine**  
0800 1111

Argyfwng  
**999**  
Emergency

**SPECTRUM**  
SPECTRUM

**Hafan  
Cymru**  
All Wales Domestic Violence Helpline  
Domestic Abuse • Ffôn Cymorth  
Domestic Abuse • Ffôn Cymorth

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**SPECTRUM**  
SPECTRUM

YDY CHYNNWAD YN  
MALLU DOD O FYD I CŵM  
GYSBETHUCH SICH  
GYSBETHADU

**TXT ME  
NOW!**

**BAI TI YW  
HWN**

CAN STRANGERS  
FIND YOU?  
CHECK YOUR SETTINGS

**SPECTRUMPROJECT.CO.UK**  
**HAFANCYMRU.CO.UK**

**Hafan  
Cymru** Ariennir gan  
Lywodraeth Cymru  
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Welsh Government

**SPECTRUM**  
SPECTRUM

**Live Fear  
Free Helpline** **Linell Gymorth  
Byw Heb Ofn**

0808 80 10 800

**ChildLine**  
0800 1111

**SAMARITANS**  
116 123  
This is a FREE to caller number

**meic**  
RHYWUN AR DY OCHR DI  
SOMEONE ON YOUR SIDE

GWE/IM/WEB:  
[www.meic.cymru](http://www.meic.cymru)

RHADFFÔN/FREEPHONE  
08088 23456

NEGES TESTUN/TEXT  
84001

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# Feedback

The leaders were fantastic with the pupils and they were engaged and took something from the session.

Really informative and easy for pupils to understand

Excellent delivery, age appropriate. Excellent understanding from pupils and learning developed

Very educational for the pupils to know how to identify it and where to get help.

A really important message for all to be aware of regardless of whether you are a child or adult.

Children were engaged and showed a good understanding of what a good relationship is

Easy for children to identify and understand the scenarios, fantastic facilitator who was very approachable and child friendly.

# Barriers and Challenges

- Funding
- Capacity
- School Timetables
- Attitude
- Inspection



**Welsh government set us a yearly target of seeing 22,000 children and young people. Currently this year April –December we have seen 26,941**



# Follow us on Twitter @Spectrumcymru



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## Spectrum

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Free healthy relationship PSE lessons, delivered across Wales by qualified bilingual teachers.

Gwersi ABCh am berthynas iach yn Gymraeg, am ddim, dros Gymru.

📎 Education ⓘ 📍 Wales, United Kingdom 🔗 [spectrumproject.co.uk](https://spectrumproject.co.uk)

📅 Joined April 2015

1,581 Following 1,448 Followers

Tweets

Tweets & replies

Media

Likes



**Spectrum** @spectrumcymru · 2h

@spectrumcymru enjoyed spending the afternoon with year 2 @HowardianPS on Monday. We learnt that boys and girls are equal but different. Boys and girls can wear what they want and have a go at whatever they would like! 👍  
Go for it 🌟 LC

#equalityforall #educationdiff

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[www.Spectrumproject.co.uk](http://www.Spectrumproject.co.uk)



# Contact Details

Please get in touch if you would like more information

E-mail: [spectrum@hafancymru.co.uk](mailto:spectrum@hafancymru.co.uk)

Phone: 01267 225563

Visit our website [www.spectrumproject.co.uk](http://www.spectrumproject.co.uk)





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*Start a new chapter*

Thank you!

Name

Email