



The Bristol Ideal

Promoting healthy relationships & reducing violence and abuse

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Speak Out Project



Context

- **66% of girls & 32% of boys**, aged 14 – 17, report experiencing at least one type of abuse from an intimate partner.¹
- **75%** of girls (13 – 17) have experienced **emotional abuse** from an intimate partner.²
- Young women (16 -24) are the **most likely** age group to **experience domestic abuse**.³
- **73%** of girls (13 to 21) think **online pornography** is damaging young people's views of what **sexual relationships are like**.⁴
- **40%** of teenage girls are **coerced** into sex acts by their boyfriends.¹

¹ STIR 2015

² NSPCC 2009

³ Women's Aid 2013





⁴ Girl Guiding 2015

Chlo's story





What is the Bristol Ideal?

- In simple terms, the Bristol Ideal is a list of standards for schools that we know will make a real impact on promoting healthy relationships and tackling domestic and sexual violence.
- Encompasses both staff and pupils
- Whole school approach

We believe Young people deserve...

-  To be taught about healthy and unhealthy relationships as part of the school curriculum
-  To have access to services supporting victims and perpetrators
-  To have professionals in their lives that they can go to who are well trained around violence and abuse
-  To attend a school that protects young people by taking a whole school approach to tackling this issue

We also believe that School staff deserve...

-  To feel confident dealing with and preventing all forms of violence and abuse including teen abuse, FGM, trafficking & exploitation
-  To have access to training
-  To feel supported across the school when tackling these tricky topics
-  To be confident signposting victims and perpetrators to support services

And this is why we set up Bristol Ideal. We are leading the way nationally on this agenda with the UN, Home Office & Education Select Committee having shown interest. We owe it to young people to be working hard to prevent abuse happening in the first place.



Launched in 2014 – first schools pass in 2016

- 2 Primary Schools (Shirehampton Primary and Chester Park Juniors)
- 2 Secondary Schools (Cotham and Redland Green) + 1 (Bristol Free School)
- 14 working currently including 1 special school

Case Study - Cotham School

Mixed-gender secondary school, half of North Bristol Post 16 Centre, students aged 11 -18.

18 months. Achieving Bristol Ideal standard in July 2017.

Training for post-16 tutor team and leadership team, all learning coordinators, then all tutors (years 7 – 13).

- Prevalence of DVA in teen relationships, statistics, warning signs
- Types of abuse, coercive control and the law
- Summary of STIR research
- Personal experience
- Suggestions for resources

Awareness week – spoke to whole school in assemblies, tutors planned activities for tutor times.

Review and Feedback

Feedback from learning coordinators, year 10 students and tutor, discussion with post-16 students “What would you like to have learnt?”

- Real life stories are most effective/lasting impact.
 - How to support a friend in an unhealthy relationship.
 - Reflect experiences – online, age, sexuality, ethnicity etc.
 - Older students learn best hearing each others opinions and challenging each other.
 - The law especially digital abuse and coercive control.
- Review and lesson plans for every year group.
 - Easy to deliver year-on-year.
 - Build on knowledge throughout school.

The Respect Ambassador Project

Young people are much more likely to talk to their friends about problems including relationship abuse.

Respect Ambassadors – 33 students (year 11 and 13) trained to offer support/have conversations.

Survive – worked together to plan training. Experience of peer mentoring training, safe-guarding/confidentiality.

Currently a drop-in once a week at lunch time. This year awareness week. Workshops and one-to-one referrals.

How can your role/organisation
support schools to work towards the
Bristol Ideal ?

Pledge

- What will you do.....?
- Examples
- Assemblies
- Article for schools newsletter
- Teacher training
- Email for school so they know about you
- Resources leaflets etc. for schools