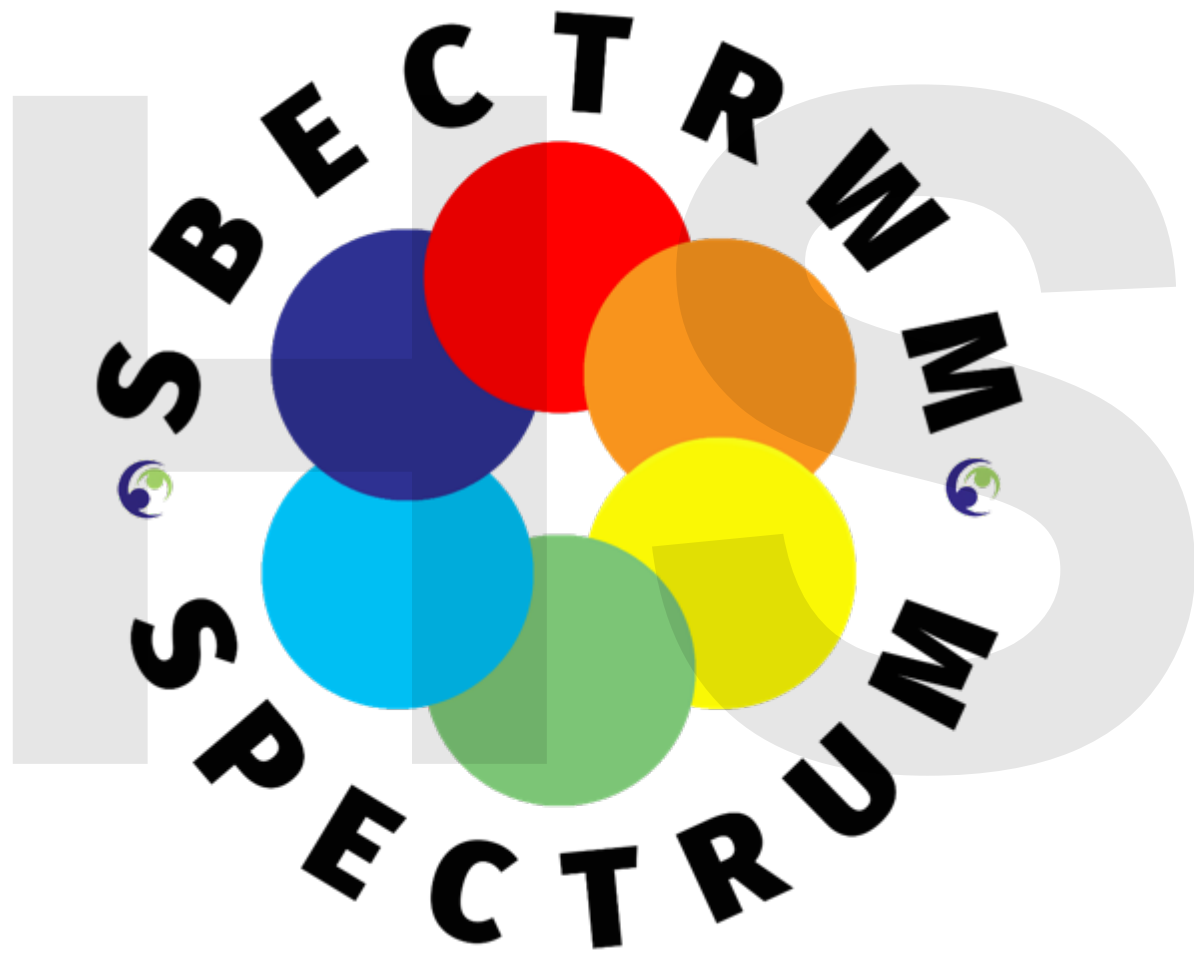


# Spectrum Project

## White Ribbon Day Assembly



 /spectrumproject  @spectrumcymru

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



# Why are Healthy Relationships important?

Studies have shown that healthy relationships:

1. Help us to feel less stressed
2. Are important for our physical and emotional wellbeing
3. Give us stability
4. Give us a sense of belonging





# White Ribbon Day

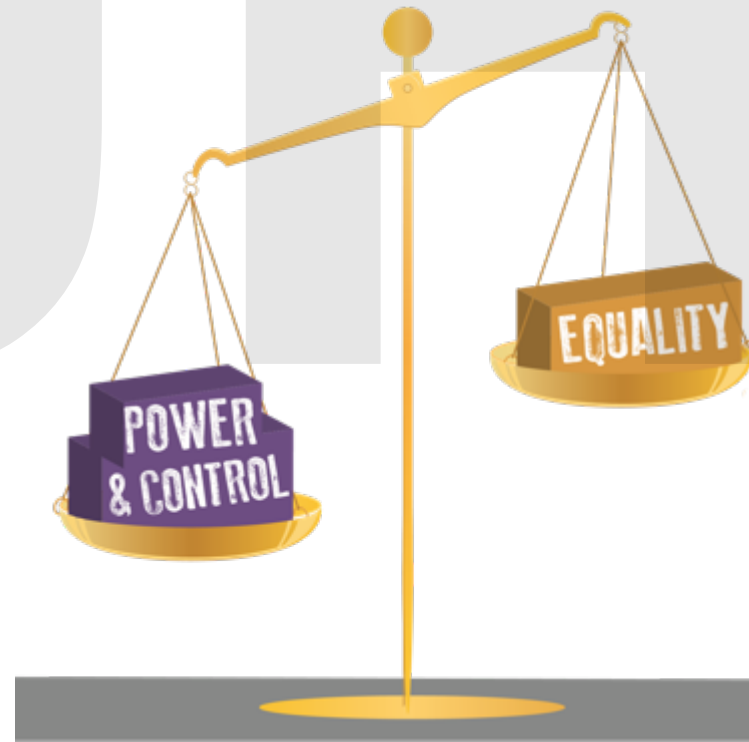
**The White Ribbon** movement is a global campaign which aims to end male violence against women by raising awareness, educating and campaigning to bring about change and to promote **Healthy Relationships**.

**White Ribbon Day** is on the 25<sup>th</sup> November every year and begins 16 days of action to end violence against women follow this date.





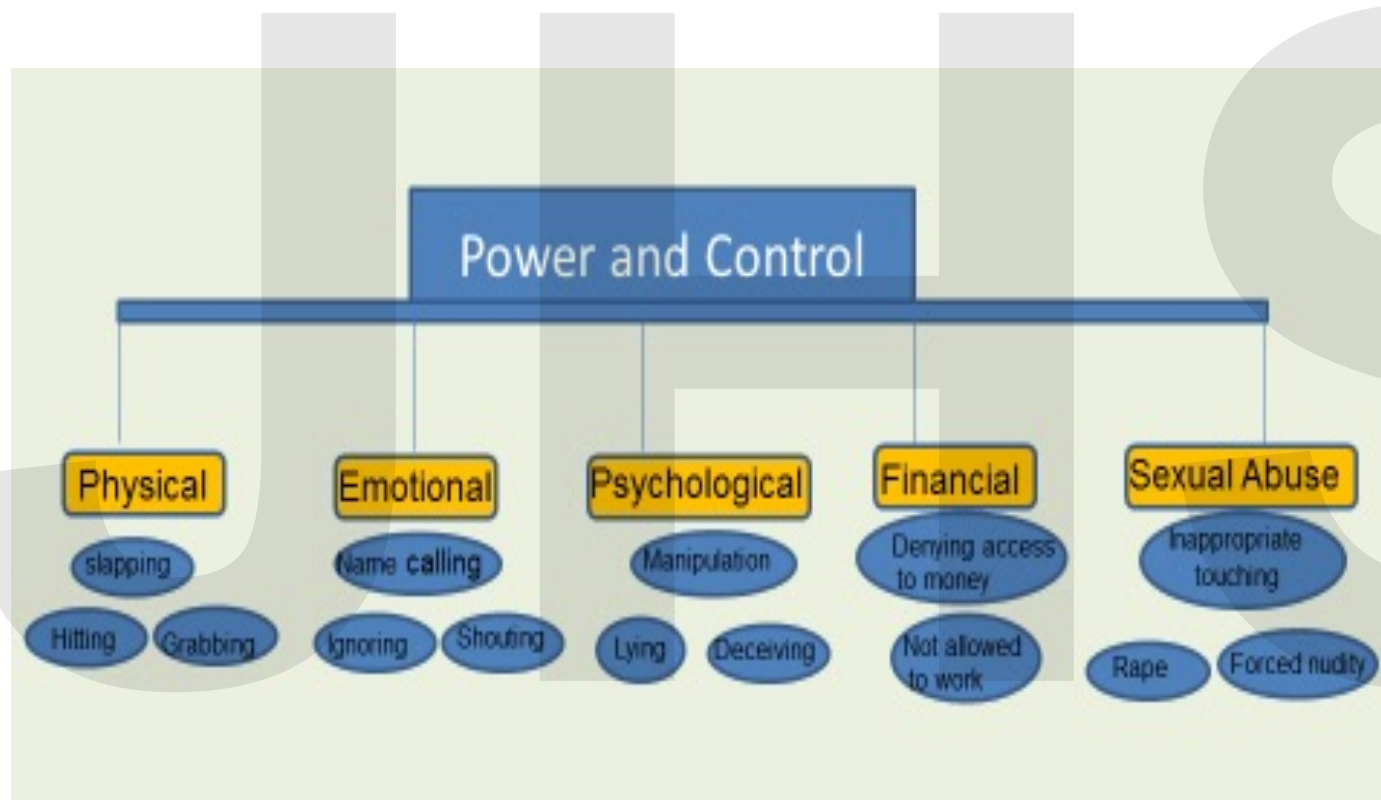
Abuse happens because of an  
imbalance of  
**POWER & CONTROL**  
in a relationship





# What does abuse look like?

Abuse can happen to anyone regardless of age, gender or sexuality.





- 1 in 4 women and 1 in 6 men will be affected by Domestic Abuse at some point in their lives



- 91 schools in Wales were named on the 'Everyone's Invited' website in allegations of sexual harassment and abuse
- Child sexual offences in Wales have doubled in the past five years, according to an NSPCC Cymru report. In 2019/20 there were more than 3,700 cases recorded by Wales' four police forces - a rate of more than 10 a day





# Operation Encompass

- On average 30 children and young people every day in Gwent experience incidents of domestic abuse where the police have to be called. Sadly, we know that many more cases go unreported.
- Operation Encompass allows the police to tell schools about any child or young person who has been involved in an incident of domestic abuse or violence at home.
- It allows the school to provide appropriate help and support to their pupils who are living with domestic abuse.





# White Ribbon Day 2021 #30Challenge

Get involved this White Ribbon Day 2021 by completing the #30Challenge.

Once you complete the challenge, share it on your social media accounts, copying in @GwentVAWDASV @GwentPCC @GwentPolice and using the hashtags #WhiteRibbon2021 #NoExcuseForAbuse.

The challenge could take place on 25<sup>th</sup> November or anytime during the 16 days of action which ends on 10<sup>th</sup> December.







Support Video:

<https://www.youtube.com/watch?v=KfqopfiQvKI>





# Support



Rhywun ar dy ochr di  
Someone on your side



gwe/im/web:  
[www.meic.cymru](http://www.meic.cymru)



rhadffôn/freephone:  
08088 23456



testun/text:  
84001

## childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



Live Fear  
Free Helpline

Llinell Gymorth  
Byw Heb Ofn

**0808 80 10 800**



# Support

There is **always** help and support available to you.

In our school there are a variety of people you can trust and talk to regarding issues you may be experiencing in your life.

- Your form tutor who you see twice a day.
- Your head of year who is always mobile, has an office base and is visible during break times.
- Your favourite teacher who will have a classroom base and you may see regularly during the week.
- Members of our senior leadership team who are always on duty throughout the day and are located in various parts of the school.
- Our experienced and approachable Inclusion staff who are based on the first floor near rooms F1 and F2.
- The school's office staff who are located on the ground floor near main reception.

**YOU ARE NOT ALONE**





**spectrumproject**



**@spectrumcymru**



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