



*Fife* cedarplus

children experiencing  
domestic abuse recovery

# information for young people



# what is domestic abuse?

It is abuse/bullying between partners/ex partners including:

## Physical...

Punching, kicking, slapping, spitting, using weapons...

## Emotional...

Harassing, threats, name calling, stalking, mind games, lies...

## Sexual...

Unwanted sexual attention or touching, rape, unwanted use of pornography...

**domestic abuse can make you feel:**

**sad**

**lonely**

**confused**

**scared**

**angry**

**frightened**

**worried**

## how could CEDAR help me?

Fife Cedar Plus runs groups that meet once a week for 12 weeks with activities and discussions that help you to...

- understand what has gone on in your family
- feel better about yourself
- plan how to stay safe
- talk with your mum about what has happened
- talk about how you are feeling

## other young people who have been to similar groups have said...

It made me happy again

I learned that it wasn't my fault

I learned I was not alone

I learnt what domestic abuse is and how it changes your life

There will be snack breaks and the chance to relax and have fun with other young people each week.

## where will the group be, and when?

Groups will take place locally, and might be during the school day. You will get help to travel to and from the group, if you need it.

## who else will be at the group?

There will be about 8 young people in the group, around the same age as you. Everybody who takes part in the group will have experienced domestic abuse in their family.

There will be three adult group workers to help with activities and discussions.

## who will know that I am going to the group?

Your mum will know, and she will have the opportunity to go to a mother's group so that she can get support to talk to you about what has happened.

We will arrange with the relevant staff for you to get time off school. It is up to you who else you tell.

## confidentiality

With CEDAR Fife you can share your experiences safely and without fear of what you say being repeated to others.

**BUT** if workers feel that you or another person may be at risk then they will have to share that information with people who can help.





## contact information

To make a referral or to find out more about the groupwork programme please contact the coordinators.

**FifeCedarPlus**

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