



Under Pressure: Tackling Abuse and Exploitation in Young People's Intimate Relationships

Nadine Aisha Jassat, Zero Tolerance

A Train the Trainer Programme



- Trainers receive a full day training on delivering ‘Under Pressure’, certified by ZT and YouthLink Scotland
- As well as a copy of the Under Pressure Activity and Resource Pack
- Access to an online learning network of Under Pressure trainers
- Top up training and networking day
- Chance to learn from other professionals in their field as well as draw on resources of Zero Tolerance and YouthLink Scotland
- Support to help guide delivering UP to their staff team/ wider community learning environment

Aims



Trainers feel confident to achieve the following aims using the training and resource pack developed by Zero Tolerance in association with YouthLink Scotland:

- To equip youth workers with the knowledge, skills and confidence to deliver effective sexualisation awareness, abuse prevention and early intervention initiatives with young people.
- To enable youth work staff to incorporate prevention and early intervention strategies into their work and initiate new activities to address abuse in young people's intimate relationships.

Learner Outcomes



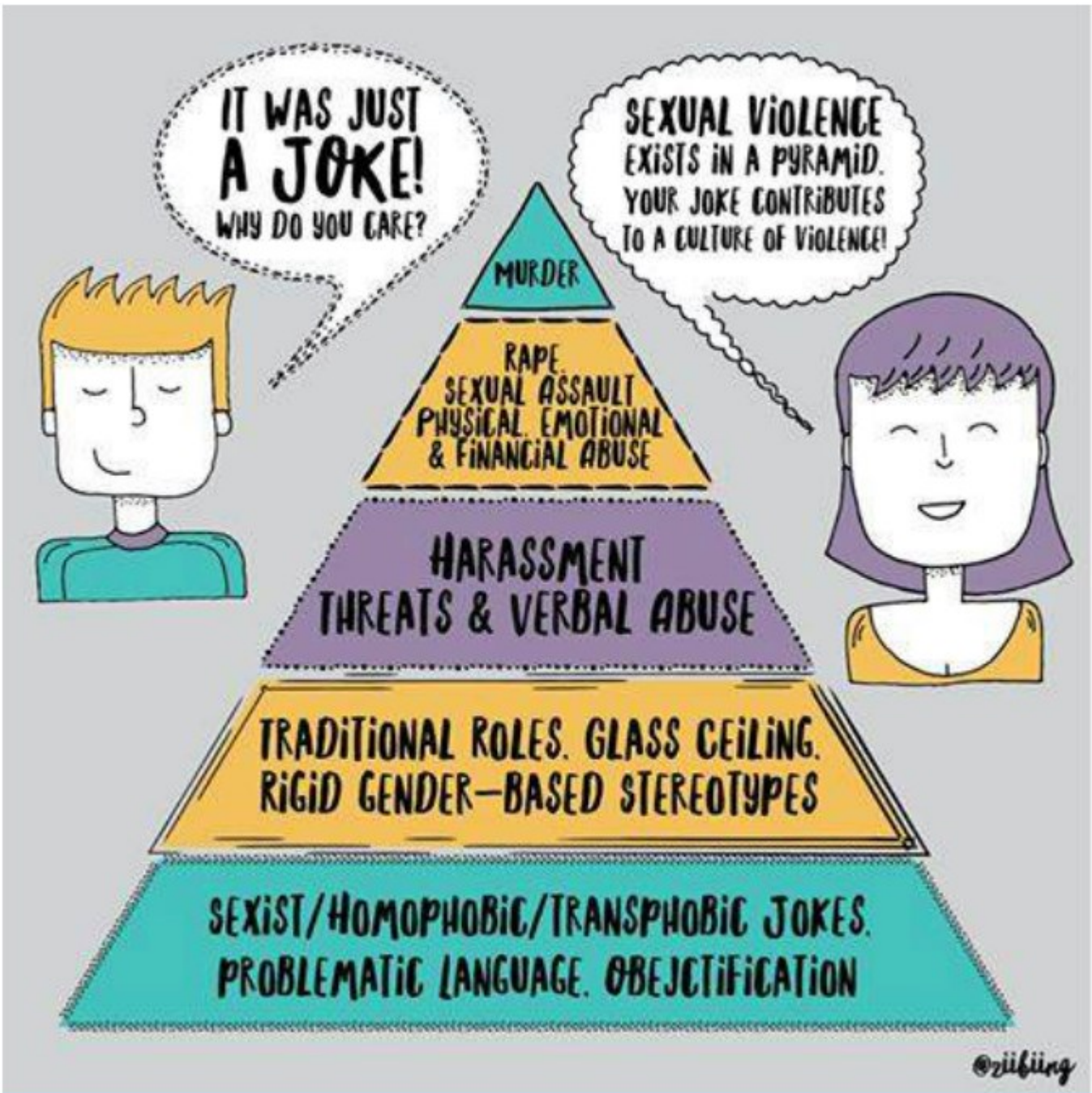
The training covers the following learning outcomes:

- 1.** Learners will demonstrate increased understanding of abuse within young people's intimate relationships.
- 2.** Learners will report that they feel more confident in addressing relationship abuse with young people they work with.
- 3.** Learners will report that the learning has had a beneficial impact on their practice.

Programme Contents



- 1. Under Pressure to be Sexy**
includes activity for delivery with young people exploring gender, the media and expectations on how we should look and behave
- 2. Under Pressure in Love**
includes 2 activities for delivery with young people exploring healthy and unhealthy relationships and abuse and exploitation
- 3. Under Pressure to Cross the Line**
includes activity for delivery with young people exploring grooming and sexual exploitation
- 4. Under Pressure to Make A Difference**
space for workers to explore challenges and identify solutions to help aim them in delivering this work with young people and overcome barriers



Nadine.Jassat@zerotolerance.org.uk

www.zerotolerance.org.uk

@ZTScotland #underpressure