

The logo for 'Know More' features the words 'know more' in a colorful, lowercase, sans-serif font. The letters are filled with various colors: 'k' is yellow, 'n' is green, 'o' is blue, 'w' is purple, 'm' is pink, 'o' is orange, and 'r' is green. The text is set against a dark, textured background that looks like a torn piece of paper or a paint splatter.

An interactive project addressing the risk of domestic abuse and sexual violence for young women involved in gangs through building self-esteem and confidence within relationships.

## Why is Know More needed in schools?

Know More was developed because young women involved in gangs are highly vulnerable to sexual exploitation and abuse (Firmin, 2010), and because domestic abuse has a huge impact on young people in Nottingham and the UK.

- 16-19 year olds are more at risk of domestic abuse than other age groups (Director of Public Prosecutions, 2011)
- 1 in 4 teenage girls have experienced physical violence from their partner (NSPCC, 2009)
- 1 in 8 women aged 17-21 years say a partner frightened or threatened them (Girlguiding, 2015)
- 1 in 6 teenage girls have been hit by their partner (NSPCC, 2011).

This violence puts young people in danger, and can affect their attendance and performance at school. Prevention work to stop domestic abuse needs to start early. It is hugely important to encourage all young people to aspire to have healthy relationships in the future and acknowledge that they deserve healthy relationships. This is especially important for young women in vulnerable situations, such as those involved in gangs.

## What are the aims of Know More?

Know More aims to empower girls and young women to change their own lives and avoid or exit abusive situations, by helping them:

- recognise their rights within relationships
- build their confidence in being women
- make positive relationship choices

Know More has been designed in line with the British Government's Violence Against Women and Girls (VAWG) strategy, which aims to use prevention work to "educate, inform and challenge young people about healthy relationships, abuse and consent, and engage men and boys in challenging VAWG."

## What does Know More involve?

The project is designed for for small groups of young women in Year 9 identified by schools and by youth offending teams as being involved in or at risk of involvement with gangs. The project takes place during school time, requiring attendees to be released from their school timetable. Alternatively, Know More can be run as an after-school project that the school actively supports and encourages young women to attend.

The first 7 sessions will each focus on a different topic: introduction to the project and boundary-setting; being a woman and social expectations of womanhood; choices – tools and techniques to consider your actions and their consequences; dealing with feelings and anger; healthy relationships - what young women deserve from a relationship; the importance of personal space and raising awareness of sexual bullying; women who have achieved and positive goal-setting.

All these sessions involve a range of learning techniques to maximise the young women's engagement, knowledge retention and enjoyment. They include a range of collaborative, interactive exercises, self-reflection, fun and challenging group activities, and role plays. The sessions also involve interactive theatre and creative performance led by MonOlisa Productions[1]. However, Equation's delivery is flexible, allowing the structure and pace to be altered to suit the young women's needs.

In session 8, the project culminates in the development and presentation of a piece of creative work in conjunction with *MonOlisa*, the creative format as decided by the young women. This creative work consolidates their learning, facilitates sharing of their learning with others and helps to build their pride and self-esteem.

[Read an example Know More session plan](#)

## What are the benefits of Know More?

- Young women increase their self-worth and aspirations for their future, reducing their vulnerability to abuse and exploitation
- Participants learn where to go for help and support with unhealthy relationships
- Young women increase their understanding of their rights and their bodies
- Participants improve their skills in managing friendships and family relationships

Long-term studies also suggest that interventions focussing on social and emotional well-being can result in a positive shift in attainment levels (Durlak *et al.*, 2011)

## Evaluation: measuring success

All work with young people involves a one-to-one session at the beginning and end of the project. This enables individual signposting to support and completion of an evaluation tool.

Following project delivery, each school will receive a detailed impact report that highlights evaluated changes in knowledge and attitudes amongst the project participants, as well as what they thought of the project.

**In 2015-16, overall the young women felt that the project had...**

- ...helped them to make positive changes to their life, by a score of **8/10**
- ...changed the way they thought about being a woman, by a score of **8/10**
- ...helped them to feel good about themselves, by a score of **8/10**
- ..helped them to sort out differences in a way that is fair, by a score of **8/10**
- ...helped to improve their friendships, by a score of **8/10**
- ...helped to improve a family relationship, by a score of **7/10**
- ...made them think about how they behave in their relationships, by a score of **9/10**

- ...helped them to understand their rights and regarding their bodies, by a score of **9/10**
- ...helped them to know where to go for help and support with unhealthy relationships, by a score of **9/10**

All young women overall gave The Choices Project an average score of **9/10**

## Comments from young women

### The best thing about the project was:

Hearing about others opinions

Communicating with others

Creating the collage of stereotypes of women

Understanding more about relationships

Going to the studio

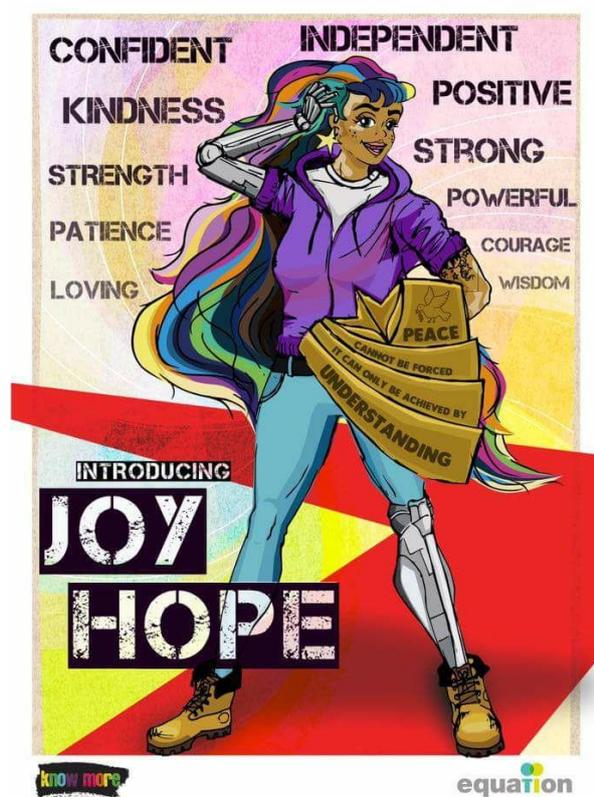
Understanding about relationships, helped her friends going through tough time

Patty Dumplin

Activities working together

Topics learnt

The facilitators and how understanding and welcoming they were but could also have a laugh



At the end of the project, young women taking part in Know More work together with an expert creative professional to produce something creative to represent and share their learning.

One example is this Super Heroine, which a group of Know More participants created to celebrate International Women's Day.

Young women taking part in Know More have also produced music and video materials.

## Funding

Costs for Know More projects will vary according to the delivery needs. [Please get in touch](#) with our Children and Young People team to discuss your requirements and get a quote.

[1] MonOlisa (Lisa Jackson) is a well-known and successful local performance artist. Her previous work includes using her creative character Patty Dumpling to promote healthy eating amongst the Nottingham's African-Caribbean community, in conjunction with the British Heart Foundation.