



What are Twilights?

- Twilights are a suite of 90-minute training sessions for professionals, particularly those in an education setting, or working elsewhere with children and young people.
- The sessions explore key issues surrounding abuse and relationships, enabling professionals to more keenly identify when children and young people they work with might be at risk, equipping them with the insight and knowledge to take preventative measures and aid survivors in gaining the support they require.
- The sessions are designed for delivery in your own work setting for convenience and accessibility.
- The sessions can be delivered as either interactive sessions or in presentation format.
- The content is suitable for groups of 5 plus.
- More in-depth half or full day training courses are also available for some of the topics on offer.

Why are Twilights important?

1 in 5 children will experience some form of domestic violence (NSPCC, 2009)

16-19 year olds are more at risk of domestic violence than other age group (Director of Public Prosecutions, 2011)

Domestic abuse is an increasingly complex topic covering a wide variety of issues ranging from physical violence, consent, coercive control, to honour based abuse and online safety, to name but a few. In whatever form, abuse and violence puts young people in danger and in many cases affects both their attendance and performance at school. With growing diversity in both the forms of abuse and opportunities for it to occur, safeguarding our children and young people also becomes more and more complex.

For a conversation about what would have the highest impact on the young people you work with, please don't hesitate to [get in touch](#).

See below for the range of options we currently have available:



The Twilight Suite

Domestic abuse awareness twilight

Did you know...

In Nottingham, 1 in 5 primary school children are known to DART (Domestic Abuse, recovering Together, NSPCC, 2017)

Learning outcomes:

- Increase practitioners' understanding and knowledge of domestic violence and abuse and its impacts on children and young people
- Enable practitioners to provide better support to children and young people; this will include thorough safety planning, resilience building, exploring coping strategies and protective factors
- Provide workers with practical tools they can utilise with children and young people who have lived with or are living with domestic violence and abuse
- Increase workers' understanding of appropriate referral pathways and signposting

Domestic abuse in teenage intimate relationships twilight

Did you know...

1 in 4 teenage girls has experienced physical abuse from their partner (NSPCC, 2009)

Learning outcomes:

- Understand the dynamics of domestic abuse within teenage intimate relationships
- Understand the barriers to young people disclosing and accessing support for domestic abuse in their own relationships
- Improve skills to enable young people to disclose their experience of domestic abuse and to explore this with them
- Improve awareness of the young people's DASH RIC as a tool to keep young people safe
- Increase confidence in using the young people's DASH RIC

Child Sexual Exploitation (CSE) basic awareness twilight

Did you know...

At least 16,500 children across England are at risk of CSE each year (The Children's Society, 2017)

Learning outcomes:

- What is CSE? Definition, nature and myth busting

- Understanding the vulnerabilities of young people
- Knowing the indicators of CSE
- Understanding the links to missing children
- Knowing how to respond to CSE in your area

Sexting twilight

Did you know...

There has been a 417% increase in images and videos of child sex abuse since 2013 (IWF, 2016)

Learning Outcomes:

- Understand what sexting is and how it is defined by young people
- Know more about how many young people are sending and receiving sexual images
- Explore the short and long term consequences for those who share sexual images
- Understand the law around sexting

Consent twilight

Did you know...

90% rape victims know their perpetrator prior to the offence (Rape Crisis, 2016)

5,500 Sexual offences were recorded in UK schools over 3 years (Women and Equalities Committee, Sexual harassment and sexual violence in schools, 2017)

Learning outcomes:

- Define what consent means
- Explore common myths about consent and sexual violence
- Focus on capacity to consent and contextualising consent
- Understand social models of consent
- Identify situations that make consent difficult to recognise
- Examine professional barriers to disclosure about sexual violence
- How to support young people

Forced marriage and Honour based abuse (FM/HBV) twilight

Did you know?

In 2015, Nottinghamshire ranked 8th for the number of calls received by Karma Nirvana's helpline (Karma Nirvana, 2016)

Learning outcomes:

- To explore what is meant by the terms 'honour based abuse' (HBA) and 'forced marriage' (FM)
- To raise awareness of communities where HBA and FM are prevalent
- To examine current legislation
- To gain an understanding of the effects of HBA and FM
- To inform delegates of appropriate referral pathways and help available

Female Genital Mutilation (FGM) twilight

Did you know...

There were 849 newly identified individuals with FGM within the Midlands and East area between September 2014 and March 2015 (Health Scrutiny Committee report, Dec 2015)

Learning outcomes:

- Explore what female genital mutilation (FGM) is
- Understand the prevalence of FGM, including looking at potentially affected communities
- Gain insight into the impact of FGM
- Examine current legislation
- Consider the role of schools and other professionals in preventing FGM
- Raise awareness of the multi-agency statutory guidance on FGM
- Inform delegates of appropriate referral pathways and help available

Online Safety

Did you know...

78% of children join social media sites before the age they're allowed to (IWF, 2016)

Learning outcomes:

- Exploring young people's online behaviour
- Considering risk and vulnerability
- How to keep safe online, build digital fluency and resilience
- What are young people doing online?
- Considering risk and vulnerability
- Keeping safe online and digital resilience
- Looking at appropriate support services

Half / Full day courses available

Domestic abuse awareness (learning outcomes above)

Domestic abuse in teenage intimate relationships (learning outcomes above)

Child Sexual Exploitation (CSE) (learning outcomes above)

Multiple perpetrators: working with girls affected by gangs

Learning outcomes:

- Know the key definitions
- Understand how girls/young women are drawn into gangs
- Explore the local and national picture
- Understand consent within the context of gangs
- Be able to identify the nuances in barriers to leaving
- How to identify and manage risk
- Understand pathways and processes for safeguarding and support

We are continuing to develop new and exciting sessions, so please [contact us](#) for information on additional training that will soon be on offer