



**cedar project**

children experiencing  
domestic abuse recovery project



**LOTTERY FUNDED**

# information for young people

**DON'T FEEL SO ASHAMED**

**I FELT SAFE  
TALKING  
IN GROUP**

**MUM AND I ARE  
CLOSER NOW**

**MORE CONFIDENT NOW**

**I DON'T FEEL  
AS ANGRY  
ANymORE**

**I FEEL LESS ALONE**

**I MADE FRIENDS**

**I KNOW NOW I AM NOT  
THE ONLY PERSON WHO  
HAS HAD DOMESTIC  
ABUSE IN HER FAMILY**

# 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...

## Financial...

withholding money, not being allowed to work, running up debt...

**domestic abuse can make you feel:**

**sad**

**lonely**

**confused**

**scared**

**angry**

**frightened**

**worried**

## how could the CEDAR project help me?

The CEDAR Project runs groups that meet once a week for 12 weeks with activities and discussions that help you to...

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

## young people who have come along to Cedar groups have said

I learned it is not my fault

It helped me understand my feelings and not to bottle them up.

I felt better about myself

### confidentiality

At the CEDAR Project 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.

## where will the group be, and when?

Groups will take place locally in Perth after school. They will last for 1.5 hours. You will have the chance to take part in activities and make friends in a relaxed and supportive place in Perth.

## who else will be at the group?

There will be up to 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 also be adult group workers to support with activities and discussions.

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

Your Mum may come to a separate group so she can support you. If you want you can talk to her or any other trusted adult about group. It really is up to you if you want to tell anyone else.

If your Mum does not manage to come along to group we will send her or your main carer information about the activities that we are doing. They can then still support you.



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## **contact information**

To make a referral or to find out more please contact

**contactus@perthcedar.co.uk**  
**or telephone 01738 635404**

**[www.cedarnetwork.org.uk](http://www.cedarnetwork.org.uk)**