

How do I know if I'm making the right choices?



Mind The Signs
A 6-Week Course for Girls



Together Women Project
106 Arundel Lane
Sheffield
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Some Useful Organisations

The Corner—Free, confidential, non-judgemental advice about drugs and alcohol for 10-18 year olds living in Sheffield. WhatsApp [07570948925](https://www.whatsapp.com/business/profile/07570948925). Email: thecorner.sheffield@cgl.org.uk. Or find on social media @thecornercgl

IDAS— Specialist Yorkshire-based charity supporting victims of domestic abuse and sexual violence. Call 0808 808 2241 (Sheffield) or 0808 2000 247 (National 24 hours helpline)

Childline - Call 0800 1111 , email or start a chat on their website. Their website is also a great place to go for practical advice on a range of topics.

Door 43— Offering mental health support to people aged between 13 and 25 in Sheffield, including one-to-one emotional support and signposting to other services in the area.

NHS—Use the NHS website to find information and practical advice on a range of health and wellbeing issues, including what to do for low self-esteem and anxiety. They also give information on relevant charities.

Notes

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Welcome to “Mind The Signs”

In January 2020, Together Women Project launched an online campaign to raise awareness of peer-on-peer abuse, and offer potential avenues of support for girls who may be experiencing it. Peer-on-peer (POP) abuse had been identified by girls themselves as a growing but often unacknowledged issue: acts of physical, emotional, sexual and financial abuse between children, including, but not limited to, severe bullying.

Our campaign centred around a graphic novel, featuring Jasmine, a 14 year old girl experiencing various forms of peer-on-peer abuse. We released a new issue across social media every week, for 12 weeks, and these were seen by thousands of girls. The level of interaction with the story confirmed to us (sadly) how much these topics resonate with girls between 14 and 19.

This 6 week course is based on that graphic novel and the story we told. Each hour session covers the topics raised in 2 of the issues, and these issues will be sent out to you as we progress through the course so you can keep track of where Jas is at.

A lot of these topics can be difficult to discuss, so the sessions are fairly short but give you maximum opportunity to share what you think about things. You are free to use the breakout rooms to take some time out or share what’s on your mind one-on-one with one of us.

Friendship Bingo

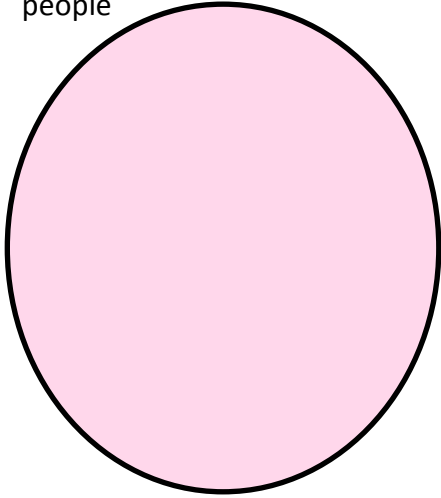


Notes

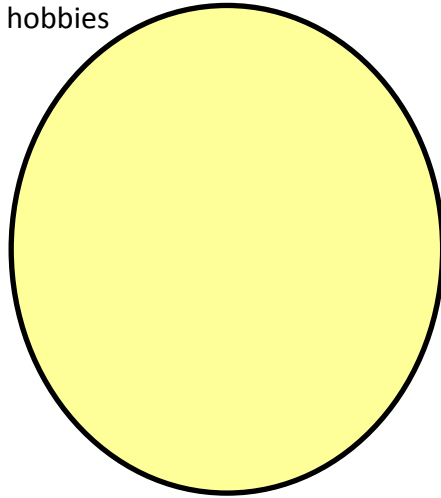
A vertical rectangular area with a decorative green border featuring a repeating geometric pattern. Inside the border, there are ten horizontal dotted lines, providing space for handwritten notes.

Focusing on what you love

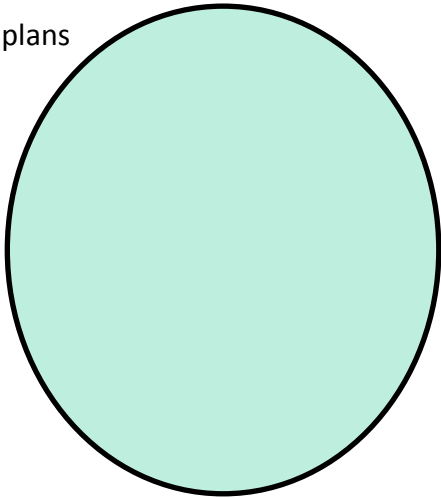
people



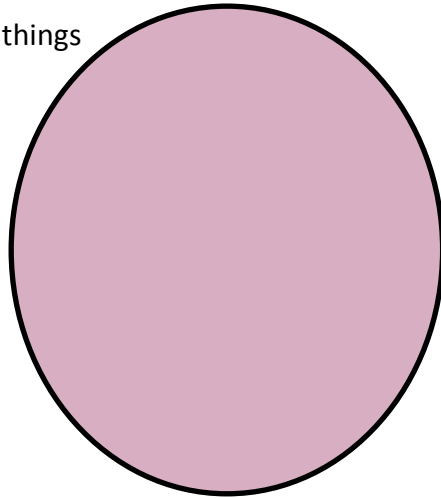
hobbies



plans



things



RED FLAG

A large, empty rectangular box with a black border, intended for writing a red flag.

COERCION

A large, empty rectangular box with a black border, intended for writing about coercion.

Episode 11—Jas and Poppy open up (or do they?)

Jas: I was worried about you. You should've text me. What happened?

We never keep secrets ... we share them. I don't get it.

Poppy: I don't know either. I don't know why things have changed.

Jas: What do you mean?

Poppy: I dunno! Don't start playing mum.

Jas: I just want my best friend back. I miss her. I miss the stupid convos and the belly laughs until we can't breathe.

Poppy: I miss it too. I miss being able to tell you stuff.

Jas: You still can.

(Jasmine's phone makes a noise. She ignores it)

Jas: Where did you meet that lot anyway?

Poppy: One of them sent me a DM on Insta.

Jas: Who?

Poppy: Kyle from the other school. Said he knew me. I heard his name before so thought I did too.

Jas: Really Popp? This all started because a guy slid into your DM's?

Poppy: Shut up! Haha!

Jas: I need to say it ... what were you thinkin'?

Poppy: I wasn't. I hate myself for letting it happen.

Jas: Did you though, or did they make you?

Poppy: People kept giving me drinks but ...

Jas: But what?

Poppy: I just felt like I ...couldn't say no. Got it in my head that I wanted to but ... thinking about it now. I just feel sick.

Jas: I tried to find you, I really did. If I'd have found you I could've talked you out of it

Poppy: No. Don't. It was my stupid fault and I'm just gonna have to deal with it.

Jas: You should... you know... probably go get checked out. I can go wi -

Poppy: I don't wanna drag you into this more. People at school are saying stuff

Jas: ... a bit.

Poppy: I know. I've been removed from the group chat.

Jas: If I see the video anywhere I'll report it. We should try and get the police in. You need to focus on what's best for you. Join my footie team! It will be like when we used to play in the park.

Poppy: I dunno.

Jas: Sorry.

Poppy: It's OK. (looking at Jasmine's pictures stuck on the wall) Wish I was good at art.

Jas: So do I.

Poppy: You're amazing! Need to show it off. Start an insta just for -
(Jasmine's phone makes a noise again)

Poppy: Who's that?

Jas: No one.

Poppy: Now who's hiding sh*t?

Jas: It's Jake. You know him too right?

Poppy: Jake? Why you talking to him?

Jas: Met him last week outside the shop. Said he knew you.

Poppy: Why's he texting so much?

Jas: He wants to see me. He was nice, walked me home, but ...

Poppy: Be careful. I've heard stuff.

Jas: He said that about you ...

Poppy: He's a right manipulator.

Jas: You alright?

Poppy: Yeah my—a. Dad's here to pick me up.

Jas: Your dad?

Poppy: Asked him to pick me up at 7. Didn't realise the time. Is your mum not here?

Jas: Is she ever? Started a new job?

Poppy: That's good! Earning herself some coin.

Jas: I guess.

Poppy: I've missed you! Thanks for having my back!

Jas: Always. Love you.

Poppy: Love you too. (she get into a car with a man Jas doesn't recognise, as Jake continues to bombard Jas with texts)

Four Types of Abuse

We won't cover everything in this course, and this list could be much longer. If you think you are experiencing peer-on-peer abuse, the key is to talk to someone: teacher, family, Childline, support worker. Then things can start to change.

A large sheet of lined paper with a vertical red margin line on the left and a folded bottom-right corner. The paper is white with light blue horizontal lines. The red margin line is positioned approximately one-fifth of the way from the left edge. The bottom-right corner is folded over, showing a white underside.

Consent

enthusiastic

active

voluntary

informed

able to withdraw

Power & Control in Relationships

Controlling what a partner does, who they talk to, where they go.

Limiting interaction with others; jealousy may be used to justify these limitations

Insults; name-calling; making partner feel guilty and ashamed or making partner feel bad about themselves in order to manipulate them

After one person has already committed abuse or violence, denying it, blaming the other person for “causing it”, minimising the severity of it in order to retain control

Threatening to spread rumours or tell lies about an individual to their peer group. Manipulating what the person can do based on “rules” of gender, culture etc.

Making someone afraid by using looks, gestures or words;

Destroying possessions, displaying a weapon, threatening to commit suicide

Emotionally manipulating partner to engage in sexual acts (pestering, guilt-trips, implying partner is “immature” to say no). Getting partner drunk to lower resistance