

# R'Space

Are you aged  
5-14?  
Have you lived with  
domestic abuse?  
**We can help!**

## What is Domestic Abuse?

Domestic abuse is when a grown-up threatens, bullies or hurts another adult in the family. It can happen in any family and it can be very hard to deal with. Remember, it is NEVER your fault.

This can look like:

- > Physical violence  
(e.g. kicking, slapping and pushing)
- > Emotional abuse  
(e.g. threats, shouting and name-calling)
- > Controlling who an adult see's or talks to
  - > Controlling money
- > Making an adult or you, sad and scared

## What is R'Space?

- A 6 week programme
- A safe space for children and young people who have experienced domestic abuse
- Meet other young people who have also lived with domestic abuse

## The Programme covers:

- > Domestic Abuse
- > Family and relationships > Feelings
- > Self-esteem
- > Worries
- > Anger
- > Safety planning

## These sessions are for:

- ✓ Children aged 5-14
- ✓ Living in Salford or going to school in Salford
- ✓ Lived through domestic abuse

For more information or to make a referral please contact:  
Safe In Salford (SIS)  
email: [CYPinbox@safeinsalford.org.uk](mailto:CYPinbox@safeinsalford.org.uk)  
or visit us at:  
[salfordfoundation.org.uk/safeinsalford/](http://salfordfoundation.org.uk/safeinsalford/)

