# Ar trac

**Brighter futures together**
**Dyfodol disglair gyda'n gilydd**

# Break4Change

**Break4Change is a programme that supports families to make positive changes and is suitable for young people between the ages of 11-16 years old along with their parents/carers.**

Break4Change is a 10 week group work programme supporting parents/carers and young people in building healthy relationships. The programme responds to the issue of child to parent violence. It aims to help break patterns of behaviour such as:

→ *Controlling the home environment*

→ *Being violent or aggressive towards the parent/carer*

→ *Putting the parent or carer down*

→ *Making threats*

Parent/carer and young people's groups work in parallel.

## How Does Break4Change Work?

Break4Change is for parents/carers and young people who are willing to change how they communicate with each other and want to improve their relationships.

**Reducing isolation and sharing experience** - The families share their experience with others who are experiencing similar behaviour.

**Feeling safe** - Each group deals with the issue of abuse and develops strategies to help them whilst feeling secure in the confidentiality of what they share in their groups.

**Listening** - Film is used to create a 'conversation' between the parent and the young person. They are both able to ask and answer questions from each other in a safe space.

**Creativity** - Graffiti, lyric writing, artwork and music editing is used by young people to explore the issues they are dealing with.

**Strategies** - Participants leave the programme with strategies and new ways of working with each other to ensure a non-abusive and non-violent future.

**Lasting Memories** - The parent/carer and young person take away lasting memories of their hard work together.

→ **To refer into the service or make an enquiry in Newport or Blaenau Gwent:**

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