

If you would like to know  
more about our

# STAR

programme, please contact  
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**CYFANNOL**  
WOMEN'S AID

**Gyda'n gilydd rydym yn gryfach**  
**Together we are stronger**

# Cyfannol Women's Aid STAR Group



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# STAR

“Safety, Trust and Respect”

is a project developed by  
Welsh Women’s Aid working  
with young children who have  
witnessed domestic abuse.



The STAR Programme aims to reduce the potential for children to develop aggressive behaviour by facilitating better communication between children aged 7-11 and their non-abusive parent/carer, after the domestic abuse has ceased.

*The programme supports the child to:*

- feel safe
- express their feelings in a healthy way
- understand that the abuse was not their fault
- learn how to communicate more positively with their non-abusive parent/carer

The programme also supports parents/carers to understand how the abuse has impacted on their child, how to support their child to feel safe and to communicate with them better.

These outcomes are achieved by delivering two parallel groups over 10 weeks; one for up to eight children; and the other for their parent/carer.

The groups run separately, but simultaneously. Topics run concurrently across the two groups.

Discussions in the parents/carers’ group are facilitated with the use of role-play and video clips, while in the children’s group therapeutic play, arts and crafts, and role-play with puppets is used.

*Outcomes from the courses Cyfannol has run so far include:*

- 100% of mums had a better understanding of the effect of domestic abuse on their child(ren)
- 100% of children felt safer
- 75% of mums felt more confident in their relationship with their child
- 80% of children felt more able to talk to mum about their experiences.

