

The POW Project

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The definition: comfort or consolation in a time of distress or sadness.

We have a vision for a world without violence or abuse against women and girls.

The organisation works proactively to:

- **Prevent abuse**
- **Serve the needs of survivors**
- **Help survivors to achieve independent lives**
- **Provide education and training**

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POW Project Overview

The POW Project is on its 10th year running and has been expanded and adapted based on feedback and evolving needs over the years. Across Projects & Programmes POW has received stellar feedback from CYP and professionals. All programmes and sessions can be delivered on a bespoke basis. Currently, the programme includes:

1. RSE Provision:

Highly interactive, age-tailored, and expert-led Programme, designed according to DfE Guidance and delivered from a VAWG-expert, child centred, and trauma-informed approach.

- *POW Primary Programme: 10 sessions.*
- *POW Secondary Programme: 12 sessions, AQA Accreditation (level 1 and level 2).*

2. Emotional Wellbeing Programme:

Highly interactive, age-tailored, and expert-led Programme, includes Primary and Secondary provisions of 6 sessions each. Aims to support CYP in understanding and managing feelings, and develop positive coping mechanisms and a healthy relationship with the self.

3. Whole School Approach:

Targeting CYP, teachers, professionals, and parents, addressing CYP's healthy relationships on all levels. An important aim for POW is Support for schools by having a VAWG professional in the school: identifying risk-cases, signposting, handling disclosures, policy-writing, etc.

4. Young Change Makers:

Currently on Pause. Engaging YP to pursue further knowledge, be ambassadors in the community, and develop campaigns and consultations.

5. Currently Piloting:

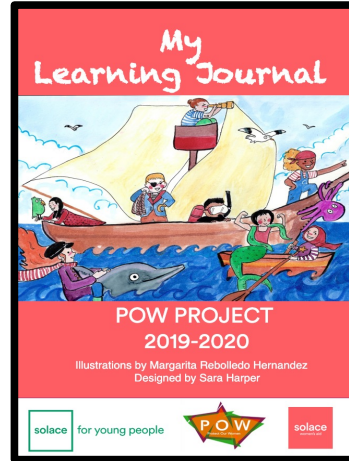
- *Boys & Young Men's Programme: 10 sessions, providing a space for B&YM to examine un/healthy models of masculinity.*
- *Message in a Bottle Project: A sustainable peer-mentoring project for primary/secondary school CYP.*

About the POW Programmes

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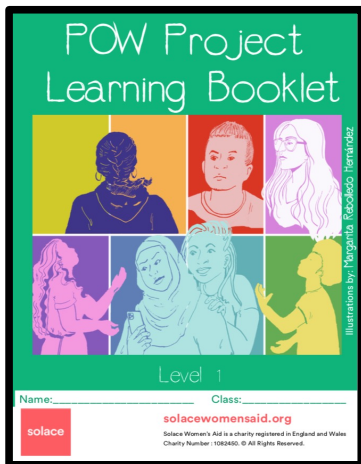
POW Primary

1. Family
2. Healthy Relationships
3. Equality and Human Rights
4. Consent and Personal Space
5. Gender Stereotypes
6. Bullying
7. Domestic Violence and Abuse
8. Self-care Strategies
9. Feelings and Emotions
10. Online Safety



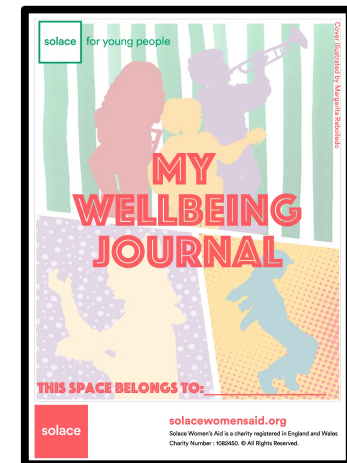
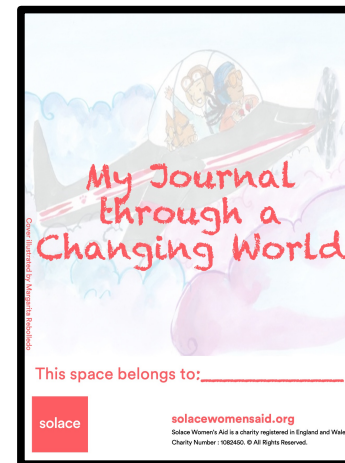
Emotional Wellbeing

1. Identity and Self-Awareness
2. Feelings and Emotions
3. Emotional Wellbeing
4. Self-Care
5. Growth Mindset
6. Social Wellbeing



POW Secondary

1. Introduction
2. Gender Stereotypes
3. Power
4. Healthy Relationships
5. Domestic Violence and Abuse
6. Sexual Violence and Consent
7. Social Media and Safety
8. Stalking & Harassment
9. CSE and Grooming
10. VAWG in Media
11. Harmful Practices
12. Campaigning



Whole School Approach

Training for Staff:

- *Spotting signs of trauma and abuse*
- *Supporting pupils*
- *Facilitating conversations on challenging topics*

Support for Parents:

- *Raise You Up Parents' Wellbeing Programme*
- *Literature, focus groups, and coffee mornings*
- *Focusing on healthy relationships and abuse*
- *Discussing how to best support young people*

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The Young Change Makers

YCM is the next step for all young people who want to gain deeper knowledge and become leading voices working to end VAWG.

- *Young people aged 11-21*
- *Creating a safe space to learn and discuss topics*
- *Consulting on Solace's future directions*
- *Training on VAWG and Mentoring*
- *Creating Multi-media materials to raise awareness*
- *Campaigning*

CURRENTLY ON PAUSE



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Boys and Young Men's Programme

In 2023 we began delivering our Boys & Young Men Programme as a way to address some of the factors at the root of VAWG, including power, gender stereotypes, and models of masculinity. This work is delivered to groups and 1:1, targeting BYM generally, as well as male survivors, and boys with perpetrating experiences. Its aims include:

- Facilitating conversations around masculinity, identity, sexuality, and relationships through an expert, professional framework.
- Challenging normalised behaviours and beliefs linked to Rape Culture.
- Learning about inequality, MVAWG, masculinity, and self-expression.
- Knowledge sharing: empowering boys to share their learning and help others.
- Implementing positive and healthy models of masculinity.
- Providing boys and young men with a lifelong toolkit to support them across relationships (family, school, work, friendships, romantic, sexual, etc.)
- Prevention: providing a safe space to explore, educate, help prevent and give understanding and background.
- Providing a trauma-informed approach, rather than a punitive or alienating environment.

Boys and Young Men's Programme Sessions

A 50-page brief on the programme's aims, development, session plans, and current delivery and feedback was created in Q2 and for our Haringey Commissioners.

1. Why are we here?
2. Understanding Gender Inequality
3. Gender stereotypes and pressure
4. Managing and expressing emotions
5. Healthy/unhealthy relationships-power and control
6. Consent and Sexual Violence
7. Victim Blaming and Finding accountability
8. Trauma-self and others
9. Key lessons
10. Creating Change

Message in a Bottle Project

This new and recently piloted branch of the POW project is an excellent and sustainable way to foster peer-to-peer education and mentoring. The project entails facilitating an anonymous question and answer exchange between Year 6 and 8 pupils. The project is closely monitored to ensure safeguarding practices and anonymity of participants are upheld.

The aims of MiB are to create a sustainable opportunity for peer-to-peer education and mentoring, to create a space of self-reflection on challenges and anxieties for both primary and secondary school students, and to address the emerging pattern of Year 6 students having anxiety around transitioning into secondary school.

Example Q&As Collected Last Quarter:

- *Q: Did you make any friends on your first day at school?*
A: Yes, I did, and some are still my friends today. You will also make friends you just need to be yourselves and you will make friends.
- *Q: Have you ever been bullied?*
A: No, I have not, but some of my friends have been. It is important that you tell a teacher if you are being bullied straight away,
- *Q: Did you get lost on your first of school?*
A: Yes, lots of times. After a while you get use to it. The teachers know you may get lost, and they are pretty good at letting you off.
- *Q: Are the teachers nice?*
A: Some teachers are nice, and some are not.

Impact and Feedback

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Over the past 6 quarters, various branches of POW were delivered to **1384** participants.

We are delighted to be running the POW programme at Highgate Wood School. We need advocates who stand against VAWG in every school – now more than ever – and the POW programme is training our students to be champions for women’s rights and equality. Our students look forward to their sessions each week and Marcella is a truly inspirational facilitator. It’s great to hear the students talking about what they have learnt in lessons later that day or in the playground.

Teacher at Highgate Wood Secondary School

“When we learn about bullying because I was bullied I didn’t know why but now I know how much it hurts most likely they would like to say sorry. I should of talked about it.”

“I love the way we have a long talk about Gender Stereotypes, because it is really important we talk about this and how we can make a change.”

“My favourite part of the programme is when we learn about consent and domestic violence and abuse because now i know more about all of these and it will help me in life in the future and it will help me to try not make people feel uncomfortable.”

Quotes from Primary School Pupils on their favourite part of the Programme

“I loved the campaigning part as it has given me the opportunity to take my knowledge and passion for the cause and make a difference.”

“The harmful practices session was extremely eye opening as it taught me about an area I was less familiar with.”

Quotes from Secondary School Pupils on their favourite part of the Programme

The children at Holy Trinity benefit greatly from the Solace Project. It gives them a safe space to explore a variety of themes and to ask questions. The children gain knowledge about consent, relationships, forms of abuse and online safety, amongst other things. This is important due to the exposure of things online via social media and the demographic of children in our school and their experiences. This programme gives children the vocabulary and knowledge they need when faced with difficult situations and it also helps them notice the difference between right and wrong. I have seen the benefit the programme has with helping the year 6 children prepare for their transition to secondary school.

Teacher at Holy Trinity Primary School

Examples of Video Campaign Projects

- <https://vimeo.com/688316145>
- https://youtu.be/N17S_VSNx6s
- <https://youtu.be/7lhMggSEnS8?si=ggJDGLlibpvhUkvf>