

Bright Beginnings

A Preventative Education Programme For Children

Workshop Facilitators: Naazma Akhtar & Sabreena Ali

1

Who We Are

Birmingham & Solihull Women's Aid have been commissioned by West Midlands Violence Reduction Partnership to deliver child appropriate workshops to children aged 3-5 in Early Years Settings and Domestic Violence and Abuse Awareness training for staff.

The VRP operates on the belief that everyone has a part to play in reducing violence. They focus on collaborative efforts with public sector organisations, united by a single mission: **to prevent violence, protect young people, and save lives.**

Early intervention is crucial as young children are in their formative years, where they develop social norms and values. By promoting gender equality, respect and non-violent behaviour in early years settings, children are less likely to adopt harmful gender stereotypes or accept violence as normal.

Importance of Early Intervention Work

- **Bright Beginnings** is an Early Intervention programme aimed at encouraging children in early years settings to understand and gain confidence in understanding feelings, Protective behaviour and who to go to when they need help.
- Our programme enables young children to understand what is right and wrong and their right to always be treated with kindness and respect, helping children to understand this, helps to give them a voice and gain confidence in disclosing abuse.

Importance of Early Intervention Work

- **At the time children start school, at least one child in every class will have been living with domestic abuse since they were born.**
- ***827, 000 children in England and Wales were estimated to have experienced domestic abuse in 2023.***
- ***Children are exposed to domestic abuse for 7 years on average.***

What's Included

- **Workshop Sessions:** Facilitators will lead a series of sessions, each lasting up to 1 hour, once a week for a total of 6 weeks.

6 workshop sessions with
Early Years Children

What's Included

- **Staff Training: Facilitators** will conduct a 1.5-hour domestic abuse awareness session for staff. This training aims to enhance professionals' understanding of domestic violence and abuse, focusing on its effects on women and young children, the obstacles women face when seeking help, and the referral pathways available

DVA Staff
awareness training

What's Included

- **Co-Facilitation**: a crucial aspect of the programme involves providing settings with a toolkit. This toolkit will equip them to effectively implement the programme for other children throughout the year and for future groups as a rolling awareness raising intervention

Follow on and co-facilitation toolkits

Session Breakdowns

1. Feelings

During this session we look into different feelings and how we can express them in healthy ways. We explore how different colours make us feel and how different types of music makes us feel.

2. Self Esteem and What Makes a Good Friend

Within this session we focus on individuality and what makes us special and unique. We also explore our own friendships and what makes good friends, we look into how we can be kinder friends to each other and the importance of friends.

3. When I grow

Session 3 celebrates and encourages children's imagination. We will explore a range of different job roles and celebrate that boys and girls can do the same jobs. We finish the session with a job parade celebrating what we want to be when we grow up

Session Breakdowns

4. Warning Whispers and Secrets & Surprises

During this session we explore 'Warning Whispers' the signs our body gives us when we don't feel safe or we feel scared. we also explore the different types of secrets and surprises, both positive and negative, the group look into how different types of secrets and surprises make us feel and what do to when they don't make us feel comfortable.

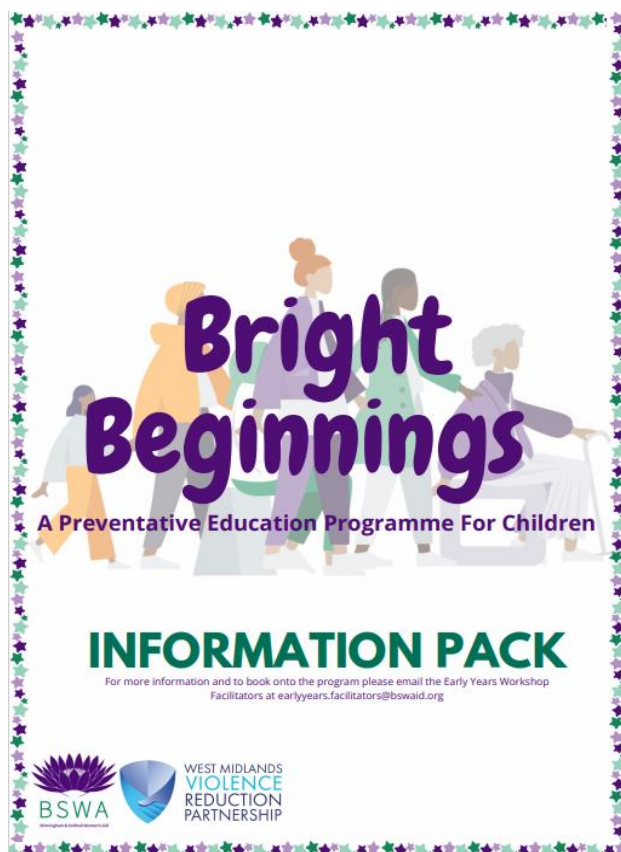
5. Hi Five Hands

This session follows on from session 4. Now the group are aware of the signs their body gives them when they don't feel safe we now explore and identify their own personal support network of people they can go to when they need help.

6. Others have the right to feel safe with us

This session explores how our behaviour can impact the feelings of others and offers healthy ways of expressing big feelings (e.g. anger). We end this session by celebrating the children's efforts and hand out certificates to each participant.

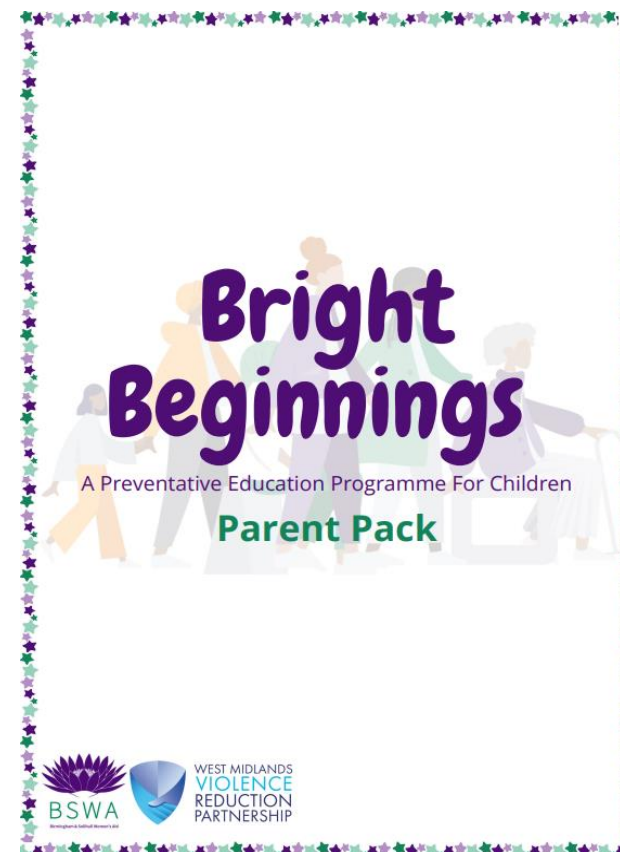
Toolkits



Information Pack



Parent Pack



Facilitator Toolkit



Certificate

Links to Curriculum

Building Relationships

“Work and play cooperatively and take turns with others”

“Form positive attachments to adults and friendships with peers”

“Show sensitivity to their own and to others’ needs”

Safeguarding Training

“Providers must train all staff to understand their safeguarding policy and procedures and ensure that all staff have up to date knowledge of safeguarding issues. Training made available by the provider must enable staff to identify signs of possible abuse and neglect at the earliest opportunity, and to respond in a timely and appropriate way.”

Bright Beginnings Feedback

“I've noticed a real change in the children's vocabulary, children talking about their feelings more, they're using words like frustrated which I haven't heard them say before, it's been lovely to see...”

“When they're not happy with the behaviour of their fellow class mates. They understand that they can come to staff”

“The children are more respectful to each other and considerate when their peers are sad”

How to Contact us

Currently Bright Beginnings is commissioned until March 2026.

Once all of the limited free spaces have been taken up, we will offer the programme out at a cost.

To book a space on the programme please contact the Early Years Workshop Facilitator team by email:

earlyyears.faciliators@bswaid.org

Please note the free spaces will be given out on a first come first serve basis

In order for us to be able to reach out to all settings who are interested in the project please fill out a quick questionnaire:



Birmingham and Solihull Women's Aid

Services

Helpline: 0808 800 0028

Monday-Friday 9.15am-5.15pm.

Calls are free from UK landlines, mobiles and payphones, and do not appear on itemised bills.

Webchat: 10am-2pm Monday to Friday – click on the speech bubble in the bottom right of our website

www.bswaid.org

Text Service: 18001 0808 800 0028 *For Deaf people and people with a hearing impairment*

Early Intervention Hub is open for face-to-face support:

Monday, Tuesday, Thursday and Friday: 10am – 4pm

Wednesday: 1pm – 4pm

