



*Helping Hands* is a fun packed programme which addresses challenging issues of personal space, safety planning and awareness of acceptable and unacceptable behaviours, not only in others but in themselves. Three themes are reinforced throughout the course:

1. We all have the right to feel safe all the time
2. Others have the right to feel safe with us
3. There is nothing so small or so awful we can't talk about it with someone

### *Aims*

- To increase children's understanding of feeling safe
- To explore and promote behaviours which will contribute to a safe environment

### *Objectives*

- Develop children's level of self-esteem and confidence
- Enable children to explore and express feelings
- Inform children of their right to feel safe at all times
- Increase children's abilities in safety planning
- Encourage children to seek support when needed
- Empower children to identify their own personal support network
- Explore how choice of behaviour can affect the feelings of others and identify healthy ways to manage conflict

### *Links to the Curriculum*

The Helping Hands Programme supports the aims and objectives of the Northern Ireland Primary Curriculum at Key Stages 1 and 2 and is designed for children between 8-11 years.

The programme contributes strongly to the learning areas and the development of whole curriculum skills, particularly

- Personal Development and Mutual Understanding
- Communication
- Thinking Skills and Personal Capabilities
- by encouraging self confidence and independence
- enabling children to participate as part of a group
- using a range of strategies and activities and an active approach to learning
- stimulating imagination, natural curiosity and creative abilities
- providing opportunities for problem solving and decision making
- supporting the development of literacy and communication skills through talking, listening, reading and writing.



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## *Heading for Healthy Relationships*

This is a preventative education programme which is delivered to teenagers aged between 12 – 18.

It explores issues around healthy and unhealthy relationships and uses discussion, group work and is highly interactive.

## *Transformers*

Transformers is a 6 x 1 hour programme offered to children aged 8 - 12 to help them overcome the effects of domestic violence in the home.

If you wish to contact Women's Aid regarding further information on the Helping Hands Programme or any other Women's Aid services, telephone or call at :

Cookstown & Dungannon Women's Aid  
The Resource Centre  
27 Old Coagh Road  
Cookstown  
(028 867 69300)

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## *Helping Hands For Children*