



# REALITIES

youth



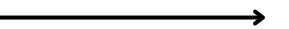


# who WE ARE

Youth-led charity addressing teenage relationship abuse through creative education and support for young survivors.

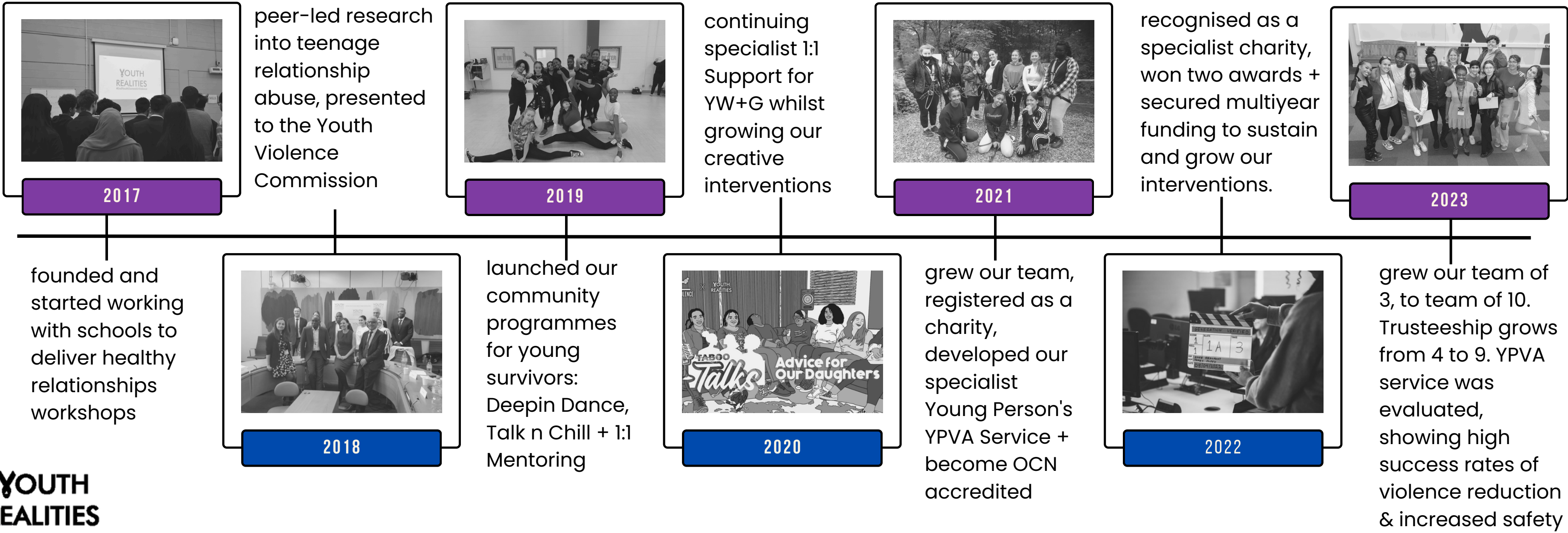
Our aims are to:

- Reduce abuse within teenage relationships,
- Increase awareness and challenge abuse through creative and inclusive education,
- Empower young people's personal development & growth,
- Provide specialist advocacy & trusted support for young survivors.





# Our JOURNEY



# VISION

**a world where young people live free from relationship abuse and violence.**

We utilise creativity to engage and empower young people to lead positive change in their own lives and wider communities.

# MISSION

Our mission is to end relationship abuse and violence by working with young people to provide specialist spaces for **prevention, intervention and healing.**





# Our PILLARS

creative education to challenge harmful cultures + contexts, unlearn and relearn healthy behaviours that foster **respect, consent, freedom and safety.**

PREVENTION

**specialist, long term** crisis support, practical + emotional development to prevent escalation and promote immediate and continued **safety** and **wellbeing.**

INTERVENTION

**specialist, trusted and relationship-based** spaces that centre young people's lived experiences and focus on empowering them to access **thrive post-abuse.**

HEALING



*Why we*  
**CARE**

**1 IN 3**

young people experience abuse  
from an intimate partner.

**2 WOMEN**

**A WEEK**

are killed by a  
current or  
previous partner  
in the UK.

**59%**

of girls experienced sexual harassment  
in school\*, including name calling +  
being sent explicit imagery.

**2.4M**

people  
aged 16+  
experienced  
abuse in  
2021/22.

**YOUTH  
REALITIES**





# Who we SUPPORTED

in 2023

## 101

young people supported  
by Youth Realities in 2023

## 57

young women & girls  
engaged in **636 hours of  
1:1 YPVA support**

## 67

young people engaged in  
**773 hours of community  
wellbeing activities**

## 100%

of young women & girls  
reported **increased  
safety, wellbeing** and a  
**'good' or 'excellent'**  
experience of YPVA  
support

**YOUTH  
REALITIES**





# What WE DO



1:1 YPVA SUPPORT



DEEPIN RELATIONSHIPS



DEEPIN DANCE



DEEPIN MANHOOD



WELLBEING WORKSHOPS



BESPOKE WORK





# What Does Love Look Like?:

# A GUIDE TO HEALTHY RELATIONSHIPS



## YP FEEDBACK

“THE GUIDE IS USEFUL FOR MY AGE GROUP, IT WAS AN EASY WAY TO UNDERSTAND DIFFERENT TYPES OF ABUSE AND WHAT ABUSE REALLY IS”

“IT HELPED ME TO KNOW WHAT A HEALTHY RELATIONSHIP IS AND IT WAS EASY TO WORK THROUGH ON MY OWN”

A guide, designed to empower young people with the knowledge to recognise abusive behaviours and foster healthy relationships, tailored for individuals aged 11-25. The guide includes reflective activities, scenario based questions, a healthy relationship quiz and more.

Our hope for this guide is that it will bridge the gap for young people that aren't/don't know they need to access support for their relationships or knowledge around relationships. It is designed so that young people can go through it themselves or professionals can go through it with the YP

PRICES:

£9.99 PER COPY

DISCOUNTED RATES APPLY FOR BULK ORDERS (25 COPIES+)



# FEEDBACK

"I was a victim of domestic violence between the ages of 16 and 17, my experience led me to many dark areas within my life; bad friendship circles, breakdown with my family, but most importantly the **loss of my own identity**.

When I became aware of Youth Realities they took me in and transformed my story of **being a victim to being a survivor**, providing me with endless **life changing opportunities**, using my story and educating myself on domestic abuse in order to help myself and others. Slowly, my life began to turn back to normal; everything has without a doubt **saved my life**."

90%

of 889 students learnt more about domestic abuse from our Deepin Relationships workshops

97%

of 889 students would recommend Deepin Relationships workshops to a friend or family member

100%

of young women who completed their 1:1 YPVA support reported an increase to their safety and wellbeing

100%

of young women who completed their 1:1 YPVA support reported a 'good' or 'excellent' experience with the service





# Funders SPONSORS + PARTNERS



founded in 1628



JOHN LYON'S  
CHARITY



LENNY LONDON



YOUTH  
REALITIES



*Lets work*  
**TOGETHER**  
**TO END YOUTH DOMESTIC ABUSE**

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