



"We give them skills they can use in everyday life after they leave school."

# Angel NEWS

AUTUMN 2016

## CHAMPIONS AGAINST VIOLENCE

**As a young teenager, Kaylee,\* was physically abused by family members living in her home. She was placed with a series of different foster caregivers but often ran away, so she was moved to another city where she had to start all over again at a new high school.**

Kaylee's story is not unusual. Many young people at secondary school are at risk of harm from family violence or abuse. Or they've moved around a lot and lack a secure base from which to form positive relationships with others.

Family Works aims to prevent further harm to these young people. As well as our counsellors and family workers, we have two community violence prevention advocates who work with high school students to explore what healthy relationships and a safe community can look like.

Emma Barker-Clarke and Shelley Hirst say young people affected by violence don't want to grow up to repeat their parents' story, but often don't know what they can do about it.

"Their parents may be violent but life can be different for them. We give them the tools to know how to make it different."



In workshops with students, the pair talk about consent, cyber-abuse and what bystander intervention means. They encourage students to take part in White Ribbon events and become anti-violence champions by developing their own awareness campaigns.

"We show them how they can act to prevent violence happening to others, and give them skills they can use in everyday life after they leave school."

As for Kaylee, after counselling and four months of intensive support at her new school, she was no longer wagging or running away from home. She'd made some friends and started to enjoy learning for the first time.

# WHEN I'M MAD AND WANT TO ROAR...

Volcanoes mean a lot to a small boy who has been learning how to express his angry feelings safely. Exposed to family violence from a very young age, 5-year-old Timmy\* became aggressive at school, so his hours were restricted.

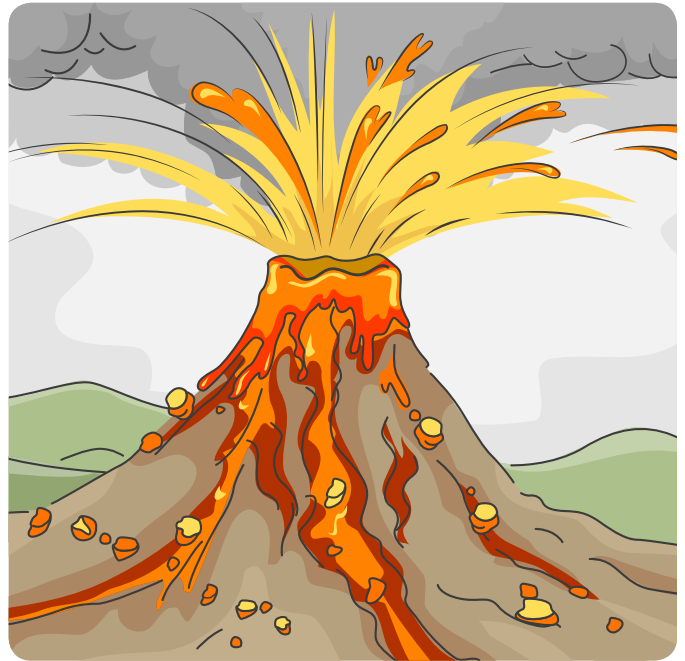
Your support is helping provide specialist services that protect children like Timmy from further harm.

A family worker used a sand tray and play therapy to help Timmy express and manage his strong feelings. Together they came up with a saying he could relate to:

“When I’m mad and want to roar, I take a big breath and count to four.”

Timmy has thrived on the positive encouragement provided by the family worker, and life at school has improved. He has made a friend and his attendance hours

have increased. Timmy is very interested in volcanoes – a metaphor for his anger – and he has been able to share this in ‘Show and Tell’ with his peers.



## HELPING THE VERY OLD CARE FOR THE VERY YOUNG

Ashleigh\* had been exposed to significant abuse in her own family and was now living with her great-grandmother, aged 80.

The elderly woman and her husband both had health problems and it was becoming beyond them to deal with the 9-year-old’s challenging behaviour. Family Works became involved after a referral from the school she attends. Through the Strengthening Families process, they coordinated all the agencies that could help, worked out a plan with the family, and acted on it immediately. Home help was put in place for the adults, and Family Works provided counselling for Ashleigh, alongside extra support from her school.

Now that the great-grandparents’ health issues are being addressed, they have more energy to devote to Ashleigh. Better still, they know who to turn to for help and how to access support when life gets tough.

Donations from people like you help make a difference for grand-parents like this who are doing their best to raise those in their care.



\*Names changed and model used to protect identity

To donate, please use your personalised response slip,  
or send your gift to Presbyterian Support Northern, PO Box 99890, Newmarket, Auckland 1149.  
Alternatively visit [www.psn.org.nz](http://www.psn.org.nz) to donate online by credit card.