

SureStrive.

BUILDING HEALTHY RELATIONSHIPS TOGETHER.

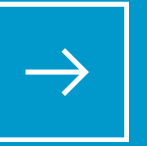


**PROGRAMMES FOR
SCHOOLS.**

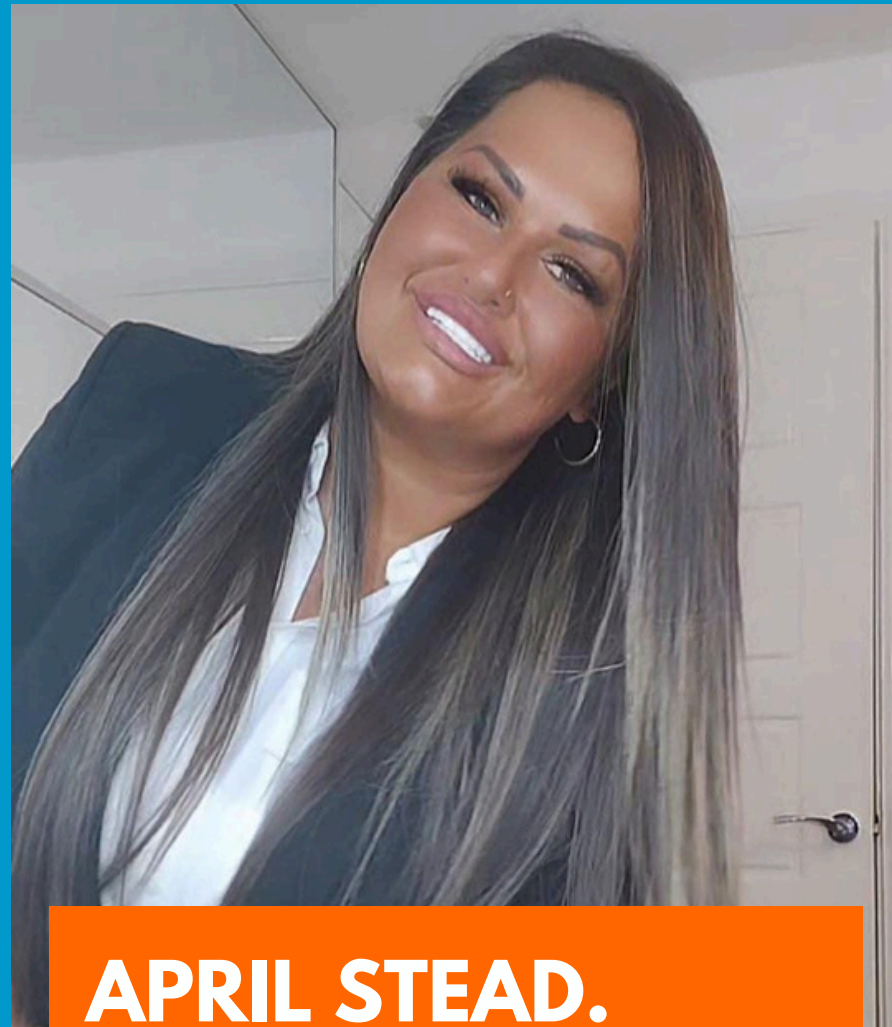


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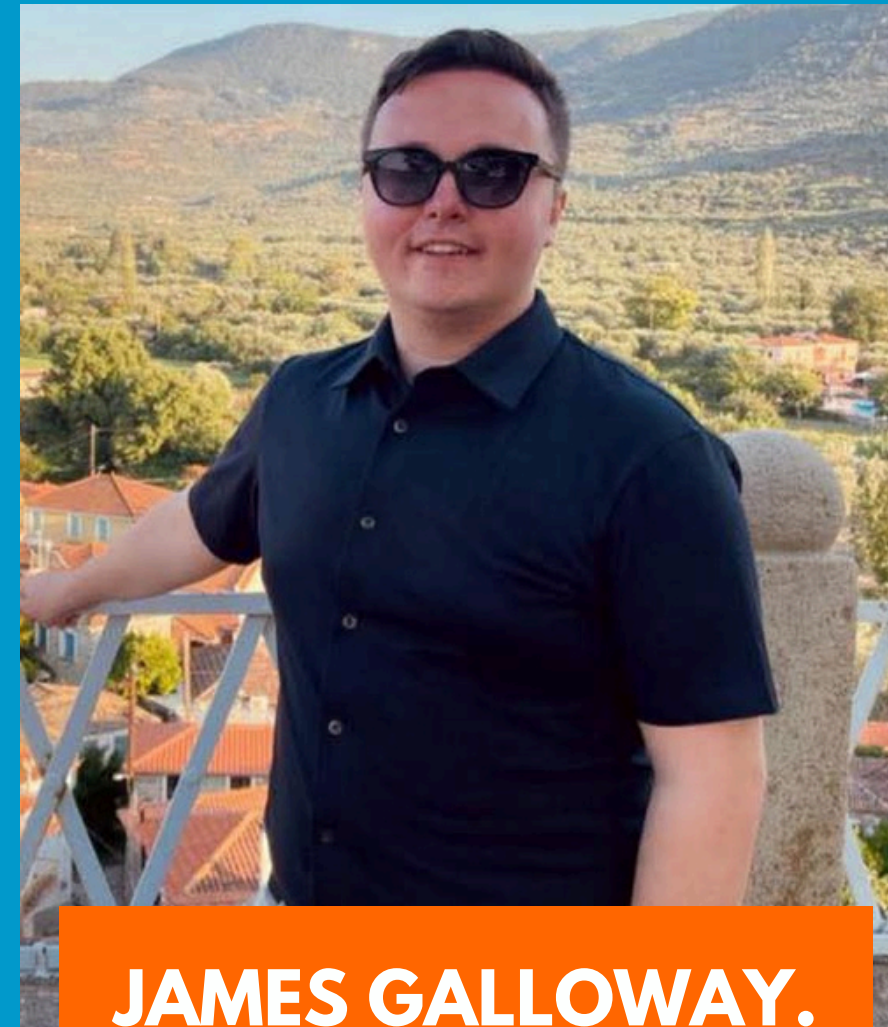


Meet the founders



APRIL STEAD.

Founder & Social Worker.



JAMES GALLOWAY.

Founder & Social Worker.

Who are we?

We are registered social workers, experienced in supporting children, young people, and families.

We have extensive knowledge of working with children and young people. We are passionate about early intervention and a trauma-informed approach. We have worked with many children and families where exploitation, domestic abuse and criminality has occurred; often due to young people being unable to identify the signs of risk. We feel this needs to change.

We've seen first-hand how unhealthy relationships and family breakdowns contribute to safeguarding concerns and children entering care. Our mission is to break this cycle, giving young people the knowledge and confidence to create safer, more stable futures.

Why SureStrive?

As parents ourselves, we understand the real-life struggles young people face and are committed to providing practical, compassionate support that makes a lasting difference.

Recognising the need for real change, we developed a structured and engaging programme that truly prepares children for life, equipping them with the skills to build and maintain positive, respectful relationships.

This includes understanding emotions, setting boundaries, effective communication, and recognising unhealthy behaviors; all essential for laying the foundation for emotional well-being and preventing future domestic abuse.

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The problem.

- Rising concerns about young people's mental health, emotional intelligence, and relationship skills.
- Increased levels of children entering criminal gangs and being exploited.
- Increased youth violence including knife crime.
- Increased levels of bullying, particularly online.
- 1 in 5 young people in the UK struggle with a mental health difficulty (Mind, 2025).
- An estimated 2.3 million individuals aged 16 and over—1.6 million women and 712,000 men—experienced domestic abuse in the year ending March 2024 (ONS, 2024).

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Abuse in teenage relationships

Young people are particularly vulnerable, especially as they begin exploring their first romantic relationships. These early experiences significantly influence their perception of healthy relationship dynamics.

More than 25% of domestic violence cases involve technology-facilitated abuse of children

Overwhelmingly, young people keep these incidents within their peer group, talking to friends rather than to parents or carers or to other adults.

Research from the University of Bristol and the NSPCC shows that 25% of girls aged 13-17, and 17% of boys, have experienced the use of physical force (pushing, slapping, hitting or being held down) in a relationship

72% of girls and 51% of boys had experienced emotional violence (most commonly “being made fun of” and “constantly being checked up on”).

Several independent studies have shown that 40% of teenagers are in abusive dating relationship.

Teaching young people about healthy relationships can empower them to recognise respect, boundaries, and consent, reducing the likelihood of them entering or accepting abusive relationships in adulthood.

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(Reducing the risk of domestic abuse, 2024)

Our programme offers the solution.

Structured, engaging workshops which teach children how to develop healthy relationships by understanding emotions, communication, boundaries, and respect – covering but not limited to:

- ✓ Healthy friendships & social skills
- ✓ Effective communication & conflict resolution
- ✓ Digital safety & online relationships
- ✓ Mental wellbeing & emotional intelligence
- ✓ Recognising red flags in relationships
- ✓ Navigating peer pressure & influence

Delivered through discussions, role-playing, real-life scenarios & interactive activities.

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- ✓ Parent/Child Relationships
- ✓ Self-worth & confidence-building
- ✓ Consent & personal boundaries
- ✓ Understanding emotions & managing anger
- ✓ Cultural differences & inclusivity in relationships
- ✓ Healthy romantic relationships, expectations & long-term impact
- ✓ Dealing with loneliness & social anxiety
- ✓ Recognising & responding to bullying
- ✓ Support networks & where to seek help

Why SureStrive is needed.

- ✓ Giving children the benefit of external support which they may feel more comfortable to engage with.
- ✓ Ensure children leave school equipped with the knowledge they need to keep safe.
- ✓ Improves student wellbeing, engagement & academic performance.
- ✓ Reduces workload for staff—fully planned sessions delivered by professionals.

Our impact.

- ✓ Improved school attendance and reduced exclusions.
- ✓ Reduced safeguarding concerns, stopping harm before it can occur.
- ✓ Reduced financial impact of resources and time which school provide when harm occurs.
- ✓ Children get the support and experience of a professional agency, linked with other agencies to ensure that support is there when it is needed.
- ✓ Parents and carers are more aware of the risks in today's modern world, and know where they can turn to for support when they need it.

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The Community Impact.

Investing in prevention now means long-term savings for schools, local authorities, and public services.

01

CHILD WELFARE & SAFEGUARDING

- ✓ Fewer children entering care due to family breakdown.
- ✓ Lower safeguarding referrals and child protection cases.
- ✓ Improved mental health and emotional well-being for children.

02

CRIME & PUBLIC SAFETY

- ✓ Reduction in youth offending linked to childhood trauma.
- ✓ Reduced criminal activity e.g., county lines.
- ✓ Less demand on police and emergency services.

03

HEALTH & NHS IMPACT

- ✓ Fewer A&E admissions due to domestic violence injuries.
- ✓ Lower rates of substance misuse linked to trauma.
- ✓ Improved maternal and infant health outcomes.

04

ECONOMIC & SOCIAL BENEFITS

- ✓ Less demand on social services and crisis interventions.
- ✓ Higher educational achievement as children thrive in safe homes.
- ✓ More stable families, reducing homelessness and welfare dependency.

What makes SureStrive different?



- ✓ Long-term impact
- ✓ Fully structured, taking the pressure off schools & staff
- ✓ Engaging delivery tailored to young people's needs
- ✓ Addresses online & offline relationship challenges in today's digital world
- ✓ Supports not just students, but also their wider communities
- ✓ By helping children build strong relationship skills now, we reduce the risk of future unhealthy relationships and domestic abuse

Accessible for all

PROGRAMME OPTIONS AND THEIR BENEFITS

01 A WHOLE SCHOOL APPROACH.

- ✓ An extension of the school team, working with the school for the whole academic year.
- ✓ Our programme is delivered across all year groups in a way to suit the school timetable.
- ✓ Parent and carers information and online events throughout the year.
- ✓ Weekly drop in's for students provided on-site.
- ✓ Contribute to school assemblies once per term
- ✓ Support with safeguarding concerns and provide early help as and when required.

02 A FOCUSED APPROACH.

- ✓ A chosen module from our programme delivered to a year group, smaller group or focus group, typically concluded between 6-8 weeks.
- ✓ Parent and carers information and online event on the chosen topic.
- ✓ Two drop in sessions for students.
- ✓ Support with providing advice to school staff

03 A TAILORED APPROACH.

We recognise that every school is different. We offer the opportunity for schools to work with us to design a programme which is specific to their needs. This can range from a whole day of workshops to a long term plan.

- ✓ A programme specifically addressing your schools needs.
- ✓ Full flexibility with the support we provide.



Programme overview:



SIX ENGAGING AND COMPREHENSIVE MODULES

Friendship Foundations

Focus: Healthy friendships and social skills.

Talk It Out: Communication & Conflict Resolution

Focus: Effective communication and resolving conflicts.

Safe & Sound: Digital Safety & Online Relationships

Focus: Navigating online relationships and ensuring digital safety.

Emotions Unlocked: Mental Wellbeing & Emotional Intelligence

Focus: Understanding emotions, mental health, and emotional intelligence.

Red Flags: Spotting Healthy vs. Harmful Relationships

Focus: Recognising red flags in relationships and understanding boundaries. This includes domestic abuse and coercive control.

Stand Strong: Peer Pressure & Navigating Influence

Focus: How to resist and navigate peer pressure and external influence.

No risk - free trial!

We're now taking bookings!

Let's discuss how we can tailor this to your school's needs.

Contact us to schedule a meeting to explore funding options and implementation!

 info@surestrive.org.uk

 www.surestrive.org.uk



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References

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