



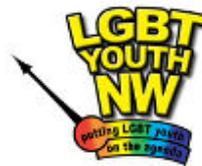
♥ How's Your Relationship? ♥

Peer Research Project

Lesbian and Gay Youth Manchester 2010-2011

Lead trainer and report author: Amelia Lee

With support from



Thanks to the young people who did the research, to those who took part in the research and all others who helped us

This piece of work was based on participatory ‘action research’ models to enable the young people to generate, control, steer and evaluate the work at every stage.

Foreword

North West Together We Can (NWTWC) encourages collaborative learning, practice and research about community empowerment and engagement across the North West. NWTWC is supported by a partnership of voluntary organisations, local authorities, academics, and community groups who are working together to build support for community empowerment and active citizenship.

NWTWC is the empowerment network for this region supported by the Department for Communities and Local Government. We are also a delivery partner for the North West Regional Improvement and Efficiency Strategy and supported by Stockport Council. The peer research projects were funded through the Targeted Support Fund from the Department for Communities and Local Government which aims to support community empowerment and cohesion in the region.

We are delighted to support ICA-UK’s peer research projects as feel that it is vital that young people have their voices heard about issues that are important to them. Young people need to be listened to by decision makers so that services can truly reflect their needs, and young people can feel that they have contributed towards their futures.

Eve Davidson NWTWC

Situation, participants & aims

‘Northwest Together We Can’ (NWTWC) invested in an engagement project where the young people of Lesbian and Gay Youth Manchester designed and undertook a piece of research about a topic they highlighted as important to their community.



The issue they chose to investigate was healthy and unhealthy relationships and the role of abuse in young LGBT people’s lives in a piece of research called ‘How’s Your Relationship’

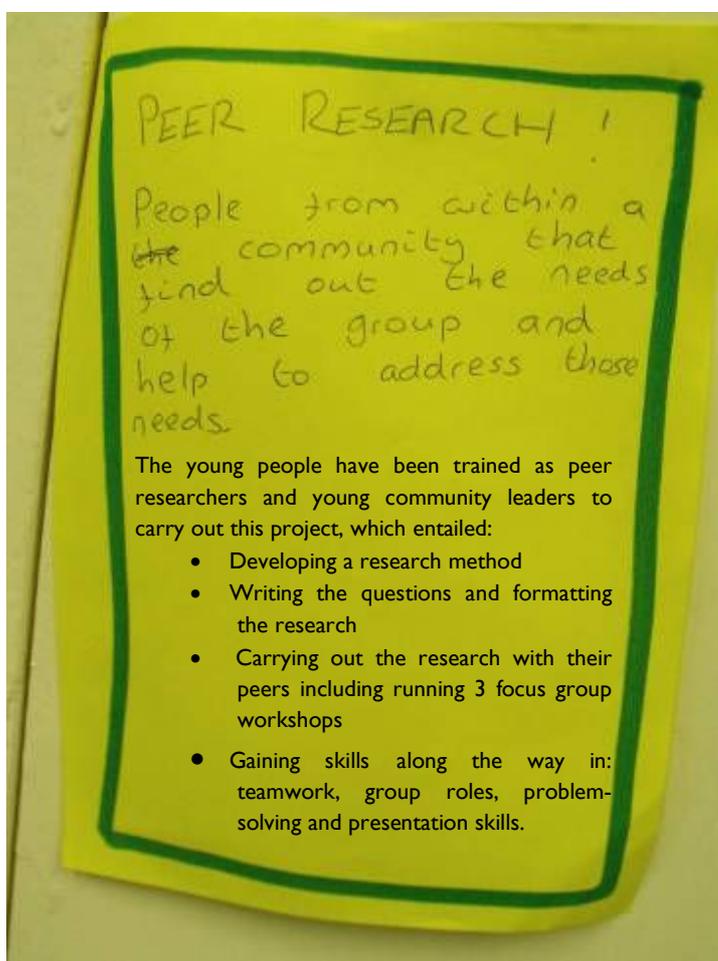
ICA:UK trained a group of young people to undertake this research, supported the project in action and worked with the group to generate findings and recommendations.

The group's aim was to create a medium of research which would encourage and engage their peers to create a dialogue of their needs, and how to address these needs. This research will be for decision makers and practitioners working with young people to use, with regard to supporting young LGBT people. This research should be given due consideration and all key partners working in Manchester and beyond should acknowledge the suggestions made by these young people living in their communities and based upon robust research.

The small group of young people who trained with ICA:UK gained a large amount in relation to their own knowledge, and increased passion for their community. The research also opened them up to the opinions of their peers in the community which empowered the group considerably. The young people also learnt a number of young community leadership skills during their training through following our Young Community Leaders training course alongside planning their peer research.

The group felt that, through this piece of peer research, *"we can finally talk about a subject other people are too afraid to talk to us about"*.

These young people have experiences which are first-hand and ideas which start right from the ground level, so it is important to hear them. The young people involved in the peer research made it very clear that they felt that the voices of young people are often tainted and muted, which doesn't enable problems that communities face to be offered solutions.



This research is a vital look at gaining honest, reliable suggestions on how to address homophobia, support young people and help make our society a safer place not just for LGBT young people but for all young people.

The group decided that in the period of time which they were set, that it would be best to develop and distribute a written questionnaire, carry out a small number of interviews and run a few focus groups.

We intended to:

- Empower young people
- Give new skills to young people
- Find the needs of young people in their own communities and groups
- Gain a greater knowledge of homophobia and the role of abuse in young LGBT people's lives
- Be open and connect with young people so they felt listened to and that silence was broken down about the topic
- Make change happen

GROUND RULES- created by the group

- Respect each person's views
- Don't leave anyone out i.e. If someone is quieter in the group encourage them to join in and include them in activities.
- Don't use offensive/derogatory language. It's just not nice.
- Confidentiality
- Get involved- Use your voice!
- Encourage and support others
- Respect the space a.k.a tidy up!
- Contribute, be involved with the session
- Take phone calls outside
- Challenge the comment not the person

During the Autumn half term week the peer researchers worked with Ali Hanbury from Brook Manchester, Amelia Lee and Kathryn Aylett from ICA:UK to undertake the training, decide their research topic and plan their research. Their action plan is on the next page, and their survey can be found at the back of this report. They also designed a focus group plan which is at the back of this report too.

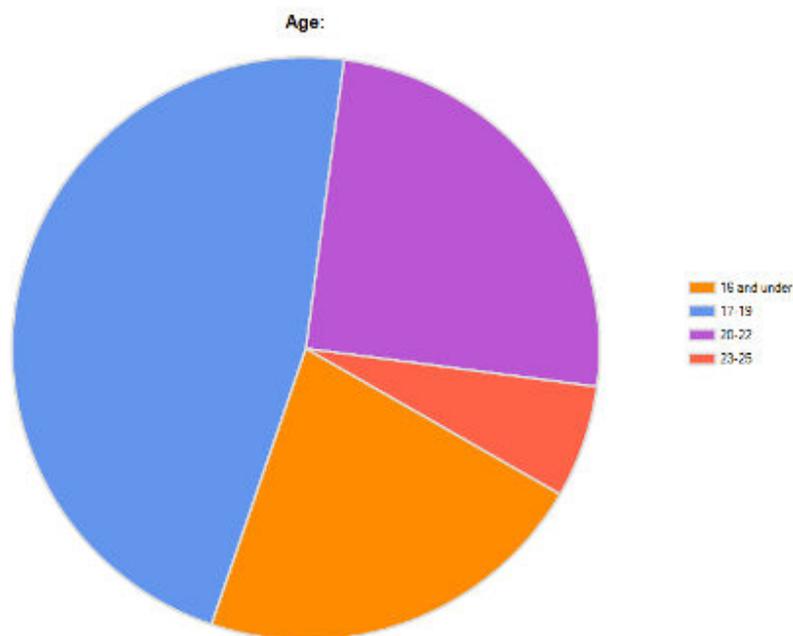
Action Plan for ‘How’s Your Relationship?’

This week	1-7th Nov	8-14th Nov	15-21st Nov	22-28th Nov	29-5th Dec	6-12th Dec	Infinity and beyond
Type up questionnaire and finish -Sam	Questionnaire Layout and Survey Monkey – Heather*	8 th Launch paper questionnaires- Sophie (Tues) and Sam (Sat)	LGYM focus group 20 th – All followed by catch up meeting	Trans focus group 23 rd Nov- Heather and Sophie	Day for interviews- Heather and Sam 3 rd	Write report- ALL	LAUNCH!
Plan focus group and interview questions- All	Announcements - verbal at LGYM Sophie Tues and Sam Sat, internet Sam+Heather	E media (email and facebook) launch – Heather and Sam	1 day for interviews 19 th - All.		5 th Collate questionnaire results- Heather	Meet to work out launch/ dissemination	Develop solutions to recommendations e.g. training, resources, etc
Prepare sections for focus group- Sam, Heather, Laura	Focus group 1 women 3 rd Nov Heather/ Sophie	Send out to all youth service groups- Amelia	Questionnaire s- do we need to do more? More advertising?		ICA inputs all data and produces results		
	Amelia to bring in post box						
	Focus group 2 men 6 th Nov- Sam	Laura research issues re online safe interviewing					

The Questionnaire

There were 32 responses to the questionnaire

Findings



Most respondents were between 17 and 19, and all were under 25 years old

Place: Most were from Manchester, with some respondents from Oldham ,Rochdale and Salford.

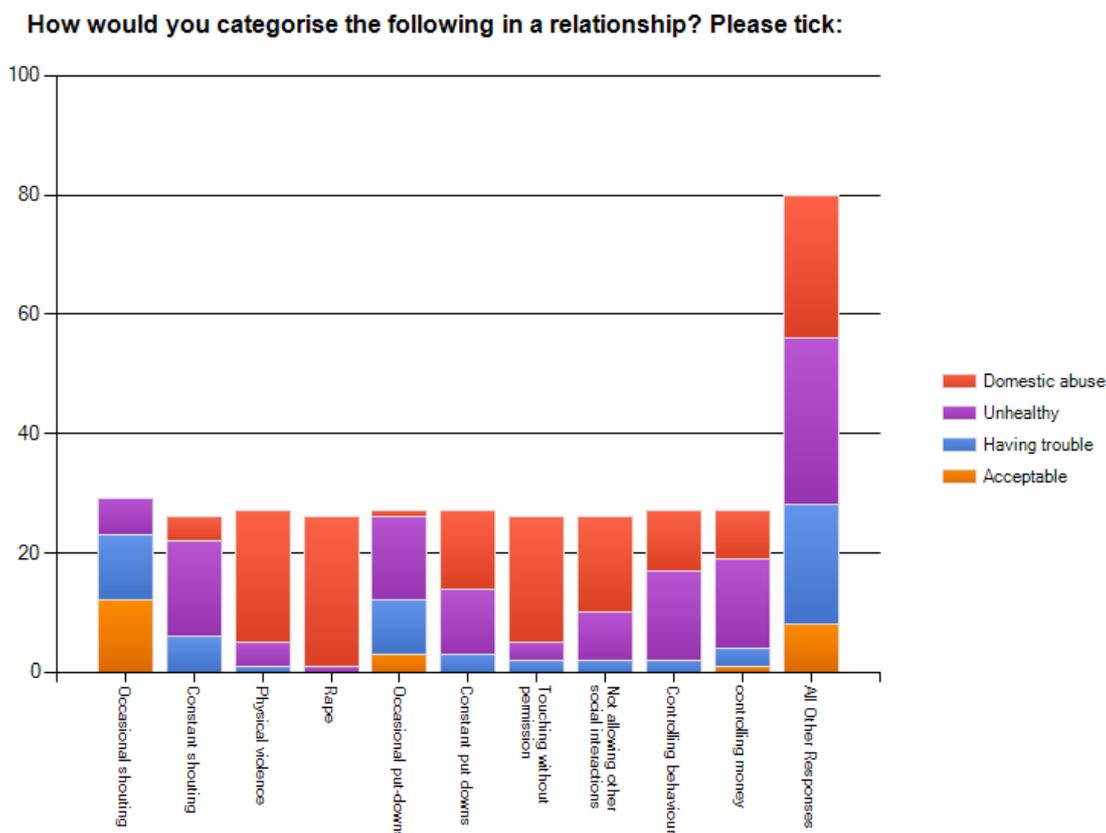
Religion: 12 people said they were Christian, there was also 1 Pagan, 1 agnostic person, 4 atheists, 2 who preferred not to answer and the rest said they had no religion.

Disabilities: 29 per cent had a disability, 71 per cent did not.

Sexual Orientation: 10 described themselves as Gay, 10 as a Lesbian, 5 as Bisexual, 2 as straight, 1 as a transman, 1 as pansexual and one as 'mostly gay', 2 people did not answer the question.

Gender Identity: 14 described themselves as female, 13 as male, 4 as trans men and 1 person as neither. 1 person did not answer the question.

How would you categorise the following in a relationship?



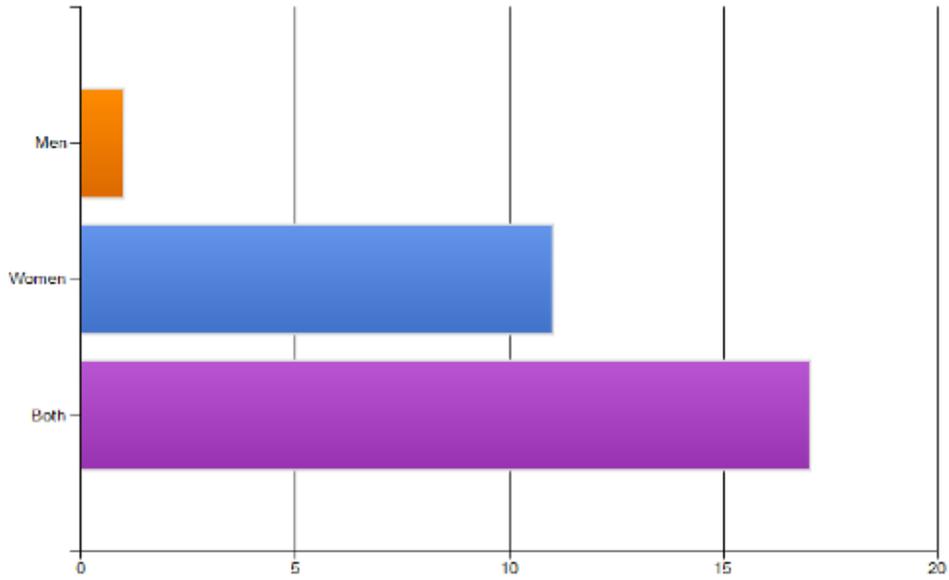
Analysis- respondents on the whole classed more consistent and severe forms of abuse as either Unhealthy or Domestic Abuse (D.A).

- 25 per cent considered constant shouting as 'Having Trouble' rather than Unhealthy/D.A.
- 40 per cent considered constant put downs as Unhealthy rather than D.A.
- 7 per cent classed touching without permission, not allowing social interaction and controlling behaviour as 'Having Trouble', rather than Unhealthy/D.A.

For 'other responses' we had:

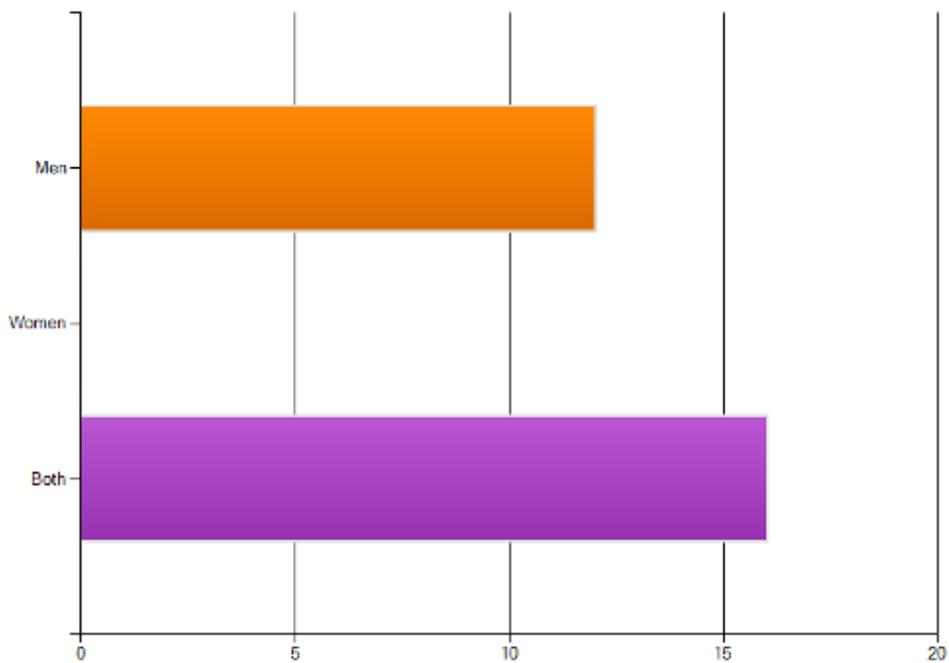
Activity	Acceptable	Having Trouble	Unhealthy	Domestic Abuse
Occasional arguments	29.6%	51.9%	18.5%	0.0%
Constant arguments	0.0%	15.4%	69.2%	15.4%
Hair pulling	0.0%	7.4%	18.5%	74.1%

Who do you think is more likely to be abused?

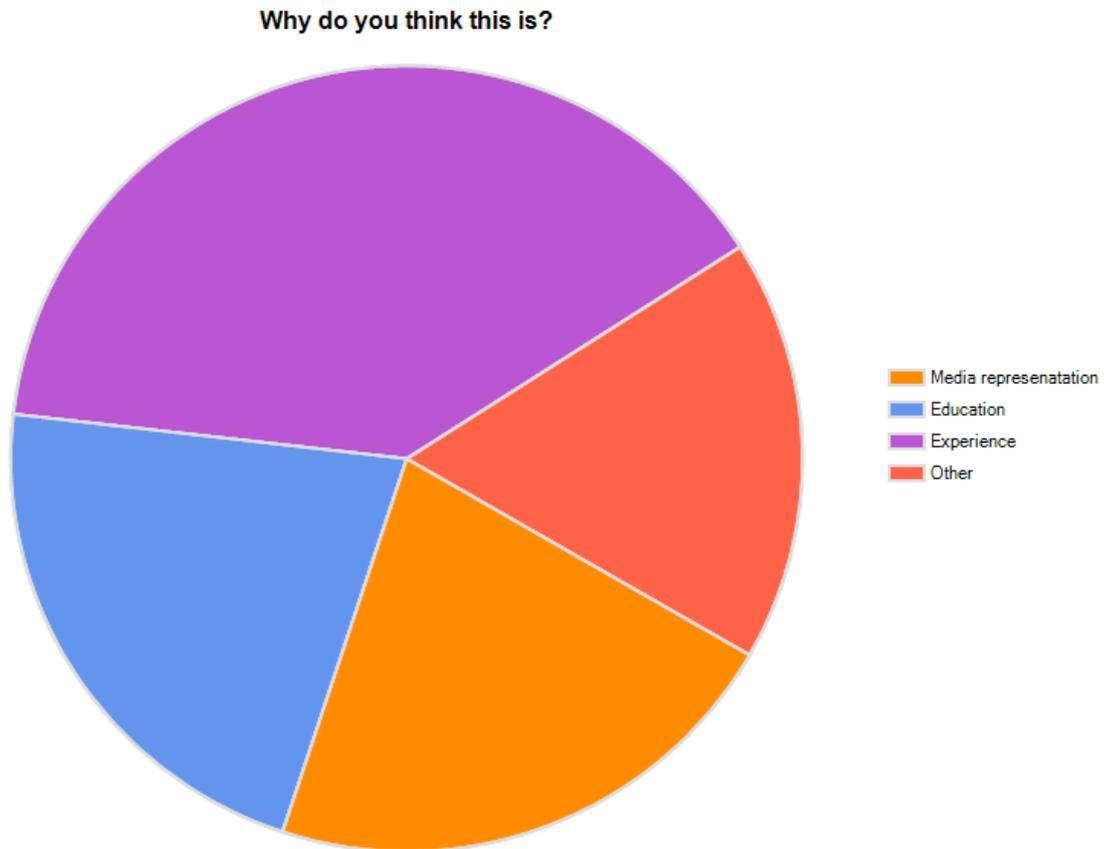


60 per cent of respondents thought that both men and women were equally likely to be abused, one third of respondents thought women were more likely to be abused than men and 3 per cent thought men were more likely to be abused

Who do you feel is more likely to be abusive?



No-one thought women were more likely to be abusive. 40 per cent thought men were more likely to be abusive and 60 per cent thought that it was equally likely to be a man or a woman.



People mostly thought this was to do with experience, followed by media representation, education and other responses which included:

'opportunity' *'we will never know the full truth- men do not disclose.'*

'because of talking to friends who have been abused.'

'depends on personal situation'

'evolution-men are generally more dominant.'

'can happen either way'

Have you ever learnt about domestic abuse?

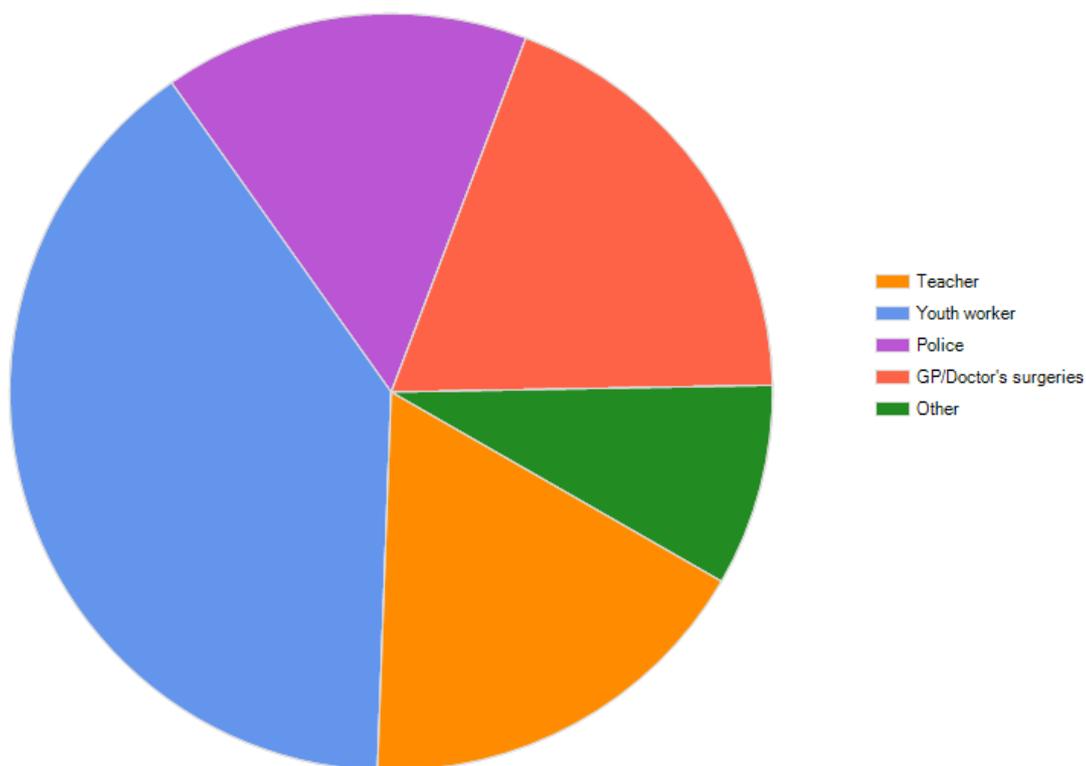
- 50 per cent said yes
- 50 per cent said no

Those who said yes mostly learnt this from school/college, social workers or youth work.

Of these 30 per cent they found this very effective/ informative, and 60 per cent said they found it somewhat effective/ informative. 7 per cent said it was not effective/informative.

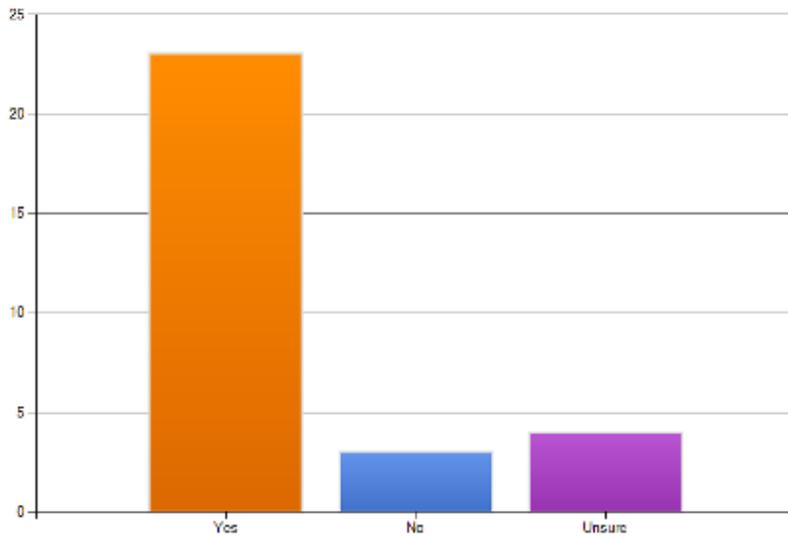
When asked why people said 'it was very basic', 'I already knew about it from the news', 'they only talked about male on female abuse', 'there is not enough information given', 'it was good because they covered all aspects of abuse'.

Where would you prefer to receive information about domestic abuse



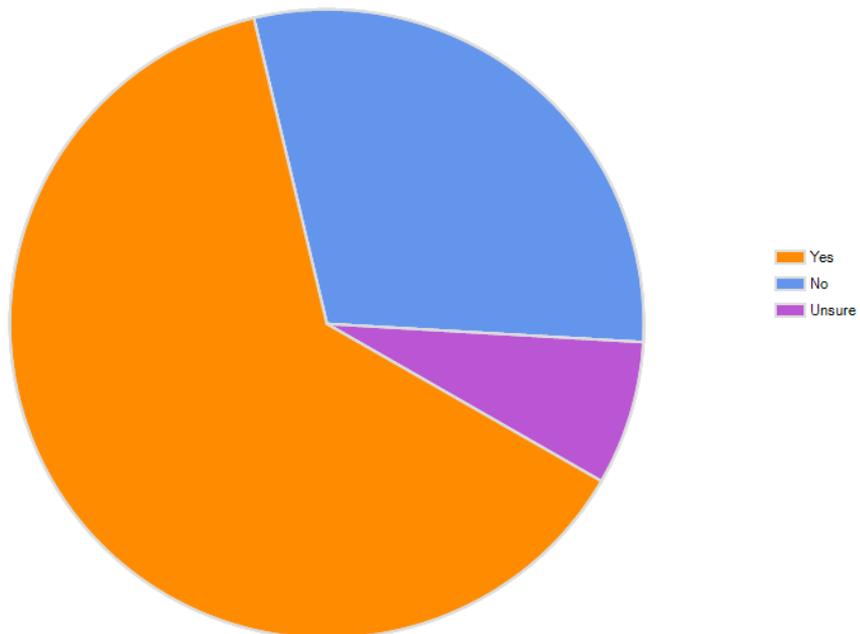
People said they would like to receive information about domestic abuse from (in order of preference) a youth worker, their GP surgery, a teacher and the police. Other responses included 'people I know' and 'a counsellor'.

Do you feel that you , or someone you know have ever been in an unhealthy relationship?



Over three quarters (77%) of respondents have been in an unhealthy relationship or know someone who has been in an unhealthy relationship

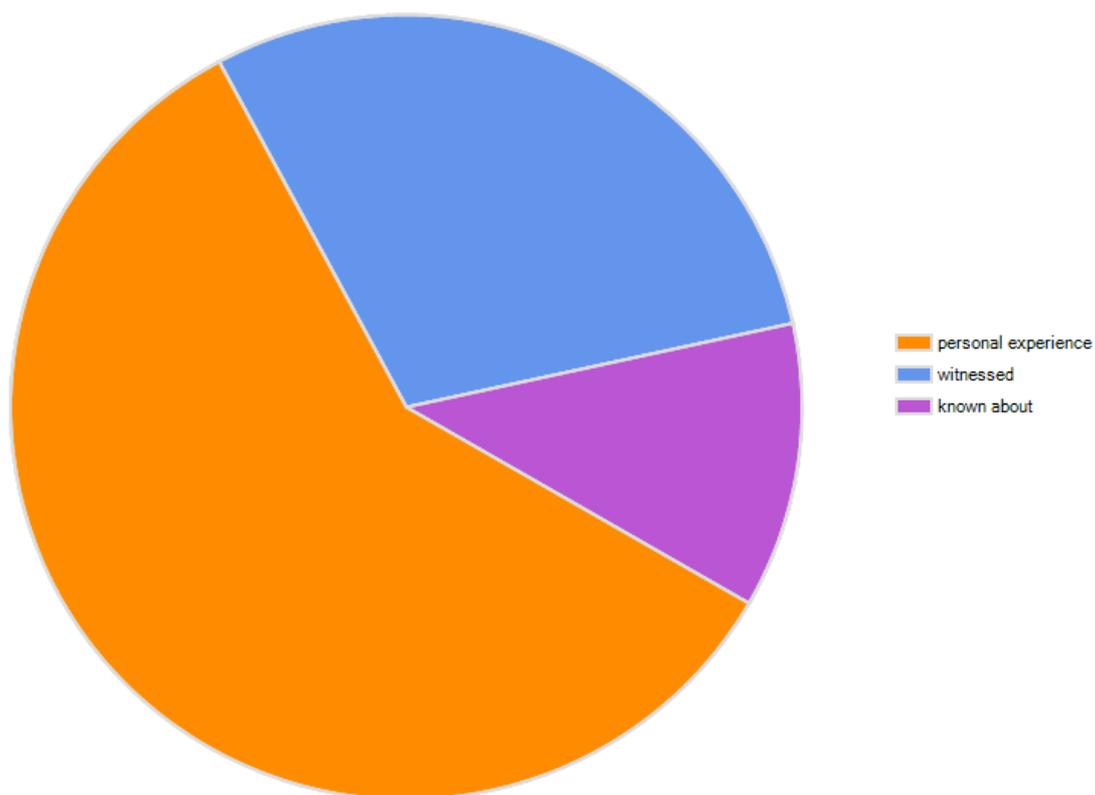
Do you feel that you or someone you know have ever experienced domestic abuse?



Nearly two thirds (63%) of respondents have experienced domestic abuse or know someone who has. Of these 58 per cent said the domestic abuse was personal experience.

This means 30 per cent of our survey respondents have experienced domestic abuse directly.

If you answered yes, could you clarify whether the abuse was:

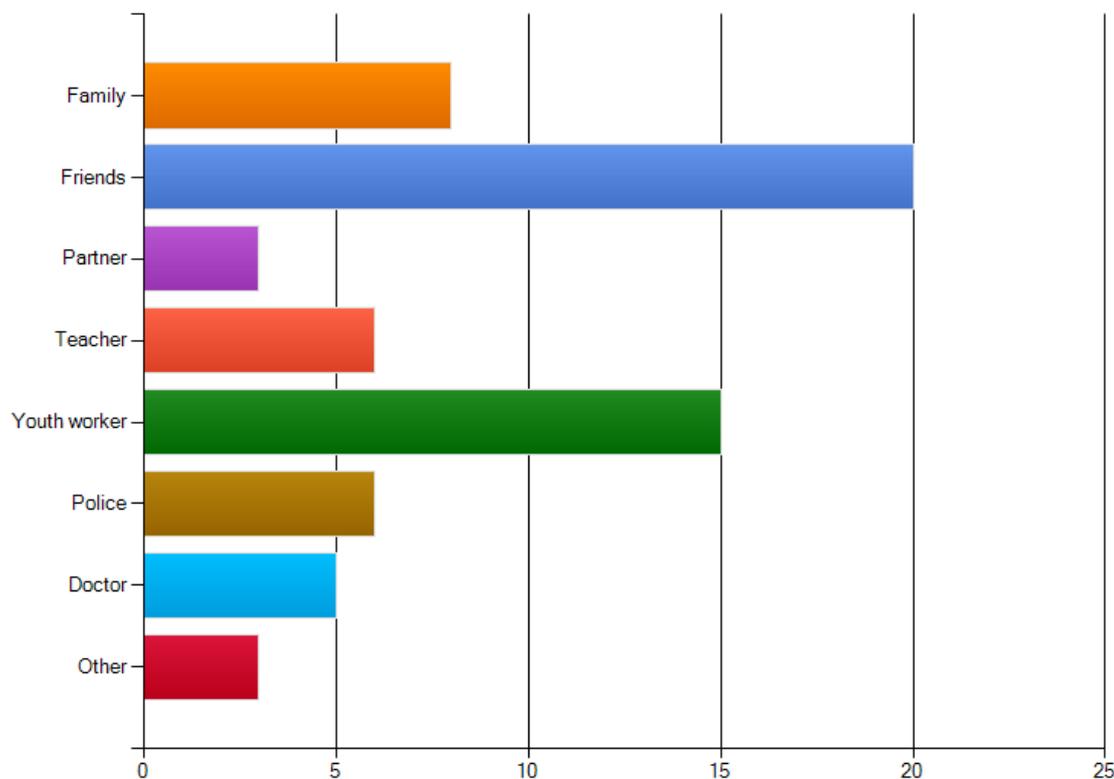


Of these there were 5 experiences described as partner to partner; 7 experiences described as parent to child (6 as father to child, 1 as mother to child); and 3 described as abuse witnessed between parents (husband to wife).

11 of the people carrying out the abuse were described as male, 2 as female.

In these incidents, 12 of the people being abused were female, 3 were male and 2 were trans.

If you were in an abusive relationship, who would you feel comfortable talking to?



75% of young people would feel most comfortable talking to their friends, and half would feel comfortable talking to their youth worker.

- **48 per cent said they knew where they could get support**
- **52 per cent said they did not.**

Of those who knew where to get support they suggested Lesbian and Gay Youth Manchester as the most common response, followed by police, friends, family, helplines, Brook, 42nd St, college and the internet.

How could facilities/services be improved to support survivors of/prevent domestic abuse?

People who had suggestions said:

- Make people feel more comfortable about coming forward.
- Be more confidential.
- Have more access for men to report abuse.
- Spend time with the person a bit more and talk about all the problems.
- Talk to people less authoritatively, make them feel comfortable.
- Making people more aware of services.
- More awareness of available help...Media on males being abused (more of it).
- More visible day to day advice.
- Better witness protection for victims, better conviction rate, culture change with regards to reporting domestic violence.
- Education/ awareness of what it is- as I did not realise it was abuse until police were called in. I thought it was normal.
- Be more empathic.
- Give resources or other support groups.
- Discuss what to do after the experience.

Interviews

We carried out 4 interviews with people from the survey who had opted in to be interviewed. Here is a summary of each interview.

Person A

Gay trans male

I have experienced constant domestic violence from my father (verbal and physiological abuse) since I was 8. I was told by him that I should be beaten for being stupid. He makes the house full of fear. I have told a few people and I have accessed councillors, the crisis team and psychiatrists, but he is nice to people outside the house so it's hard for people to believe me. I try and protect my mum from it, and I think this has had some influence on my gender identity e.g behaving like a tom-boy.

Person B

Lesbian

I have witnessed physical and verbal abuse from my parents, sometimes it can happen every night. There was one incident this year where they tried to strangle each other, while my mother was drunk, she gets angry when she is drunk, and has a drink problem. I think sometimes she wants a divorce. Connexions really helped me and I felt respected by them and they were friendly to me. To cope I just try and avoid it and support my dad as best I can. I don't think it has had an impact on my sexuality or gender.

Person C
Gay male

I have had physical and mental abuse. I have no relationship my father. My mother is an alcoholic, but we are very close. I get on with her new partner, but her old partner was an alcoholic too. Incidents that have happened are big but depend upon my mum's alcohol and mood. Sometimes I have had to restrain her. It makes me terrified and sometimes disgusted, and has made me depressed. I haven't told anyone but some family and friends have witnessed incidents. I tried to contact a service in Oldham but there was no response. Drawing and art help with stress.

Person D
Bisexual woman

I don't live at home and my family are dysfunctional. I have had physical and mental abuse from my mum. I was beaten and locked in my room once because a plastic drink bottle was damaged and she thought it was me. She sometimes threw things at me. It wasn't domestic abuse it was just something that happened it was "normal" since I was very young. I hid it from people and hid bruises. The police have been involved, and discovered the bruises. I was put in care and people thought I was a naughty child. I have had counselling. I am not close to my mum now but am in contact. My mum blames me for her behaviour. She also makes sly digs about my sexuality and disability. Her words hurt more than the thousands of bruises. I have had support from 42nd Street charity.

Focus groups

We did 3 focus groups:

1. 3rd November with 8 young women at the young lesbian and bisexual women's group 'LIK:T'
2. 6th November with 5 young men at the the Young Men's Project for gay and bisexual men
3. 20th November with 16 young lesbian, gay, bisexual and trans people and 3 staff in it, at Lesbian and Gay Youth Manchester.

The purpose was to find out what people thought abuse was and to educate people about abuse, assertive communication and where they could go if they ever needed help

This is what people thought abuse was

Abuse is...

<p>Violence Sexual abuse Emotional blackmail Controlling behaviour Emotional abuse Fighting Little and constant/big and rare Controlling behaviour Sarcasm Notes Status</p>	<p>Balance of power-hierarchy Mental abuse Hurting someone To cause damage Words Name calling Restricting access to basic needs People being mean Name calling Shouting Unwanted physical contact</p>	<p>Using fear to control Being unhappy Gradually affecting someone in a negative way Disrespecting someone as an individual or part of that partnership Controlling money Anything that can be perceived as abusive Is the next level Between two people Taking advantage of a relationship About closeness and level of relationship Usually someone you know Power</p>
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People felt these factors or situations affected abuse BUT were very clear that these should not be used to condone abuse

- Experiences
- Power/powerless
- Alcohol and drug abuse
- Learned behaviour
- Money
- Stress (some situations)
- Choice
- Social networks
- Sexism

These were the support places people felt they could go to and the approaches they would take.

<p>Finding someone to help- counselling, friend. Talking to someone you trust. Talk to a youth worker /Brook / Police /Childline/ Broken rainbow/ teacher/ carer/parent. Listen. Look out for signs. Counselling. Opportunity to talk Go to a Support group/ Manchester rape crisis/ GPS/42nd St/ Young women's domestic abuse helpline Be there for friends/ Shelter</p>	<p>Someone to talk to. Take them on a night out-if people want to forget-take them out of situation Point them in right direction to build self esteem to then give them the strength to challenge. Support until point of contact? Help-lines on poster in the youth centre Do targets exercise like the one we did in the focus group</p>
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What participants and the researchers learned:

- Percentages and facts on domestic abuse and violence
- Talked through shared experiences
- People have broad understanding of abuse and everyone has their own opinion on it
- It is good this is not taboo anymore to talk about
- Not everything is understood in the same way by people, it can be very emotive
- Developed knowledge through informative discussion
- What people think are factors of abuse

Summary of young men's group session by Sam

The Young Men's focus group took place on 6th November. The session was well attended, and all the young men who were there participated fully.

Due to late arrivals, the whole workshop could not be delivered, so the spectrum section was not done.

The most successful part was the roleplaying on passive, assertive and aggressive communication. This was because all who were involved seemed to appreciate the chance to do something relatively light-hearted, and everyone enjoyed watching the other people doing their roleplay, often ending with the group laughing almost uncontrollably.

If there was a low point, it would be the icebreaker Bombs and Shields. The reason for this is that not all of the young men understood the game, so found it difficult to participate, though most of the young men understood the meaning of the game.

The response to what they have learnt was almost the same for the whole group. This was:

- *What relationships are really like*
- *Communication types, and what they mean.*

On a whole, the group seemed to appreciate the session, and most seemed comfortable and able to utilise what they had learnt, in their own experiences, whether that be current or future.

Young people's Evaluation

Learnt	<p>More about peer research Peer research methods New skills-planning a project, research How to conduct peer research How it will be reported</p>
Felt	<p>The focus group is getting deeper responses- great! Good when everything goes into motion Good about focus groups Interviews are tough but great Love the sticky wall Enjoyed planning workshop</p>
Keep	<p>Working in a group I will take away how many different ground rules apply More confidence in group work skills Training books Experience and knowledge</p>
Stamp on	<p>Negativity about project Indecision Apathy Domestic abuse Hard interviews Not having more people</p>

Recommendations for...

Young people

Increase your support networks and support other people you know.. let them know they can talk to you

Be confident to know that you can talk to youth workers/ teachers. They **will** listen and help, but remember they cannot always promise to keep things confidential as they legally have to report abuse

The Community

Help people set up and run 'buddy groups' and self help groups

Make sure you keep yourself informed about what places and groups can help people, keep some leaflets just in case, and why not stick up some posters on the back of toilet doors e.g. at school or in youth clubs

Agencies/ Organisations

Make sure your service is accessible to young people of all genders and sexualities. If it isn't yet, get some training for you and your team! ...And remember you can always refer people to LGBT specific services too. Provide Domestic Abuse support for young men too. And always make sure you provide the service you promise, don't ignore young people. If you can't help them then you **MUST** pass them on to someone who can!

You need to discuss domestic abuse and healthy relationships with young people regularly, (including LGBT). Do bring in experts and use theatre, workshops, discussion and awareness raising methods.

Always remember: domestic abuse **does** happen to LGBT people and happens to men too; it doesn't only happen in working class families; it is not just between partners and includes parental and sibling abuse too.

Communicate better between organisations (but try to share sensitive information WITH YOUNG PEOPLE'S CONSENT). Make yourself aware of young people's domestic abuse support locally. Don't let people 'slip through the net'- treat everyone holistically, as an individual and with respect.

The Media

Make sure you do more awareness raising and campaigns. Always remember: domestic abuse **does** happen to LGBT people and happens to men too; it doesn't only happen in working class families; it is not just between partners and includes parental and sibling abuse too.

Local and national government

Make domestic abuse a priority and FUND services that directly and indirectly combat it or support survivors of it.

Review laws around sentencing. Review how survivors of abuse are supported by the legal system IN REALITY, and improve the system so people can report more easily, at it is dealt with sensitively.

Acknowledgements and thanks

A big thank you to the young people who did the research, to those who took part in the research and all others who helped us

These research was supported by North West Together We Can, and ICA:UK

ICA:UK is a Manchester-based charity, no 1090745. We work nationally and internationally to develop, demonstrate and train people in effective approaches to facilitating participation. Our approach enables people to actively create and participate in the changes that affect them - in their own lives, in their groups, teams and organisations, and in their communities and societies.

We specialise in a methodology developed by ICA over its 50 year history working with people, communities and organisations in the UK and worldwide. This is known as the *Technology of Participation* (ToP). ToP is our speciality and informs all of our work. However, in our tailored facilitation work our experienced people use a wide range of methodologies and approaches.

For further details of ICA:UK, our approach and our services, please see www.ica-uk.org.uk.

We are a member of the Institute of Cultural Affairs International (ICAI).

Appendix (questionnaire and focus group plan)

How's Your Relationship?

How's Your Relationship? is a project looking at healthy and unhealthy relationships in the lives of young LGBT people. The focus of our research will be abuse in family, friendship, and partner to partner situations. The aim of the research is to identify the needs for prevention and support work.

All responses will be handled and kept in accordance with the principles of the Data Protection Act 1988.

Age: 16 + under 17-19 20-22 23-25

Town/City: _____

Religion: _____ Prefer not to say

Would you consider yourself to have a disability?

Yes No Prefer not to say

How would you describe your sexual orientation? (e.g. bisexual) _____

How would you describe your gender identity? (e.g. female) _____

When talking about relationships, this can mean family, friendships or with a partner.

The Government defines domestic abuse as - Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality.

When asking if abuse was witnessed, this means whether the abuse was seen by you as a third party, so weren't directly involved as the abuser or the abused.

When asking if abuse was experienced, this means that the abuse was directly experienced by you, as the abuser or the abused.

1. How would you categorise the following in a relationship? Please tick:

	Acceptable	Having trouble	Unhealthy	Domestic abuse
Occasional shouting				
Constant shouting				
Physical violence				
Rape				
Occasional put-downs				
Constant put-downs				
Touching without permission				
Not allowing other social interactions				
Controlling behaviour				
Controlling money				
Occasional arguments				
Constant arguments				
Hair-pulling				

2. Who do you feel is more likely to be abused?

Men Women Both

3. Who do you feel is more likely to be abusive?

Men Women Both

4. Why do you think this?:

Media representation Education Experience

Other: _____

5. Have you ever learnt about domestic abuse?

Yes No (if no skip to question 6)

If yes, where? _____

6. How informative/effective was this? (cross where appropriate)



Not very

Very

Why? _____

7. Where would you prefer to receive information about domestic abuse?

Circle as many as appropriate.

Teacher

GP/Doctor's surgeries

Youth worker

Other

Police

8. Do you feel that you, or someone you know, have ever been in an unhealthy relationship?

Yes

No

Unsure

9. Do you feel that you, or someone you know, have ever experienced domestic abuse?

Yes

No

Unsure

If yes, was it:

Personal experience

Witnessed

If no, skip to question 11.

10. If you have experienced domestic abuse, can you give some detail about the relationship?

Relationship between the people involved (e.g. father and son, mother and daughter)	Genders of the people involved	
	Person abusing	Person being abused

11. If you were in an abusive

relationship, who would you feel comfortable talking to? Circle as many as appropriate:

Family

Youth worker

Friends

Police

Partner

Doctor

Teacher

Other: _____

12. Do you know of any places where you can get support if you were in an abusive relationship?

Yes

No

If yes, please list: _____

13. How could facilities/services be improved to support survivors of/prevent domestic abuse?

14. Would you be willing to go into more detail in a one-to-one interview?

This will be kept confidential.

Yes No Unsure

If yes, go to the next sheet.

If no, would you be willing to give further detail below?

This will be kept confidential.

Thank you for taking the time for filling in this survey.

Contact Information- this is optional so only fill this in if you want to.

First name: _____

Phone number (ideally mobile): _____

Email: _____

Who would you prefer to talk to during interview?

Male Female Trans Any

If you want support in relation to any of the issues in this questionnaire, you can contact:

Broken Rainbow: 0300 999 5428 (Mon 2-8pm; Weds 10-1pm; Thurs 2-8pm) www.broken-rainbow.org.uk

Women's Domestic Abuse Helpline: 0161 636 7525 (Mon-Fri 10am-4pm; Tues open from 10am-7pm) www.wdvh.org.uk

How's your relationship? Focus group plan 1.5hours

Time In mins	What	Who (fill this bit in when you decide who is going to run each bit)	Materials
0-10	People arrive Get a brew Fill out questionnaire- get help off a peer researcher if needs be		Copies of the questionnaire (Sam and Heather)
10-20	<p>Introduce session and icebreaker-</p> <ul style="list-style-type: none"> • Welcome people • Explain what project is • Why you want to find out their opinions • Highlight that it is a heavy subject- ask people to only talk about what they feel comfortable about • Remind people you can't always promise confidentiality e.g. if they tell you that someone is at risk of being hurt <p>Tell people you are going to play an icebreaker</p> <p>Ask group to stand up. Get people to pick someone they want as their 'bomb' and someone they want as their 'shield' but tell them not to tell anyone who they have picked. Ask them to walk around the room and make sure they keep their shield in between them and their bomb</p> <p>Finish by asking how this activity is like relationships e.g. who might be your shield in real life, what sort of people are 'harmful' like the bombs? How do we in real life keep safe?</p>		
20-30	<p>Assertiveness quiz</p> <p>Ask people to sit down and give them out 3 cards each (an A, B and C)</p>		A, B and C cards for each person, or blank paper and pen for each

	<p>Read out assertiveness quiz questions and get people to hold up the letter which matches with the answer they would give</p> <p>Then give out quiz sheet answers and on the back have a overview of what domestic abuse is and where people can get support e.g. helpline numbers/emails</p>		<p>person</p> <p>Laura to do sheet</p>
30-50	<p>Role plays</p> <p>Get people 3 groups. Each group has to prepare a scenario about an issue or conflict, which they run three times, each time they show a different response to the situation e.g. aggressive response, a passive response and an assertive response.</p> <ol style="list-style-type: none"> 1. Group one- A scenario based around the home and family 2. Group two- A scenario about partners 3. Group three- A scenario based on friendships <p>The groups have 5 mins to prepare</p> <p>Then group one runs their scenario 3 times to show the effect of the different behaviour styles</p> <p>Then group two does the same, then group three. Each time you can ask the audience which one was the passive, which was the aggressive etc and what style achieved the best outcome.</p>		
50-60	<p>Working break- people fill in flipcharts n the wall that say</p> <ol style="list-style-type: none"> 1. What is abuse? 2. What factors/situations might make abuse worse? 		Flipchart and pens
60-65	<p>Debrief- Ask people: what stands out from the flipchart? Is their anything you disagree with? What can we learn from this?</p>		
65-75	<p>Spectrum- Divide group into two groups. The groups are given a number of situations, actions or words on cards. They place all the</p>		Targets and cards with words or phrases on

	<p>cards in a list and they must decide whether the situation is 'abuse' and goes at the top of their list or is 'harmless' and goes at the bottom of the list, or are somewhere in between.</p> <p>The groups swap seats and must decide whether they want to change the order of anything off the other group's list. They then say which things they would move and why. (you should take a picture of the spectrums)</p>		(Heather)
75-85	<p>Play your cards right- Starts with a statistic about abuse, then ask them another question and they must guess whether the percentage is higher or lower. Repeat until all statistics are done.</p>		Cards for this (Sam)
85-90	<p>Evaluation Thank people for taking part. Ask people: - what they have learnt - how they would support someone being abused, and where they would suggest the person goes for support (a peer researcher should scribe this)</p>		Paper and pen
90+	<p>Researchers debrief with one another and write a paragraph or two to summarise the focus group that can be used in the report</p>		Paper and pen