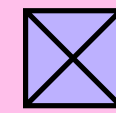


Sexual Violence Research Social Action



My KEY Project

How the group developed
through the project

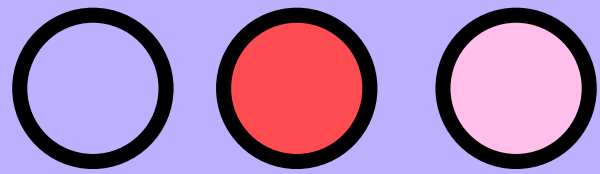
How did we come up with
the idea for the project

What skills were
developed

What made us do the
project



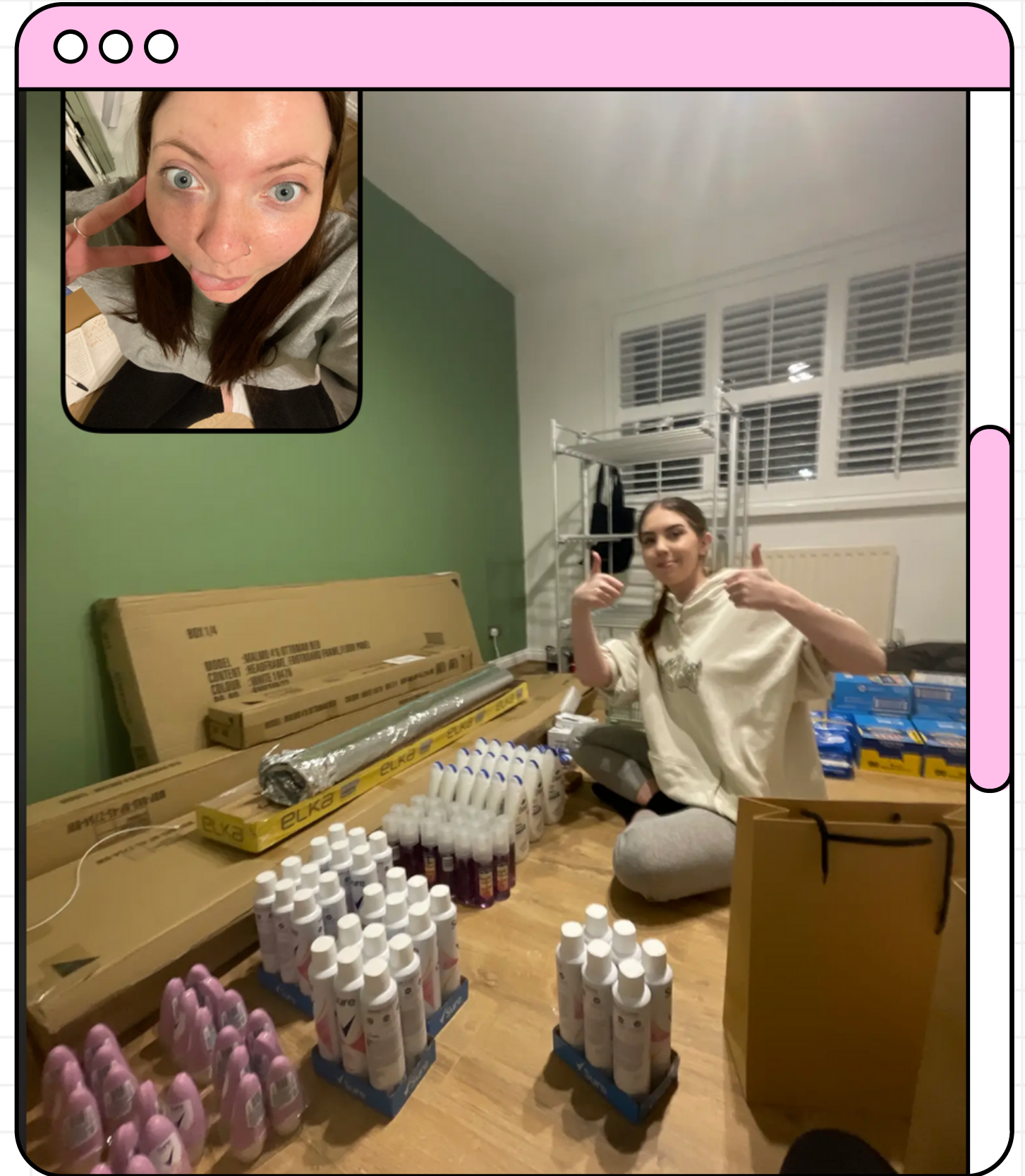
**HOW DID
YOUR GROUP
COME
TOGETHER?**



My group consisted of my close friends all of which showed interest in helping vulnerable women and children who were victims of domestic violence and potential sexual abuse.

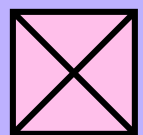
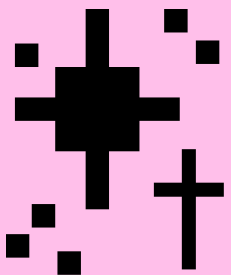
These girls showed passion towards being involved in this project and were all excited about doing something like this as this was a new thing for them, and me as well.

**What encouraged
you to do a Key
project?**

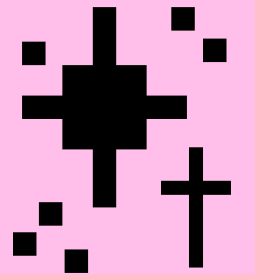
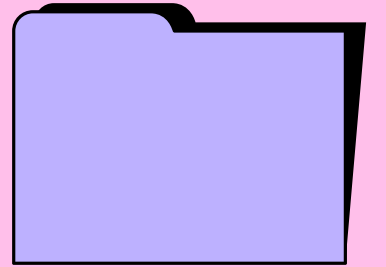
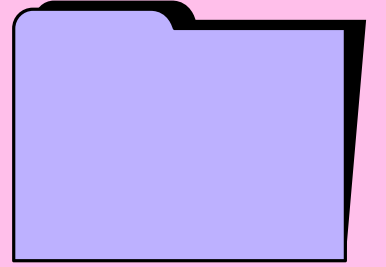




AFTER FINISHING MY RESEARCH, WE WERE ENCOURAGED TO COMPLETE A KEY PROJECT FOLLOWING UP FROM THE RESULTS I FOUND. THROUGHOUT THE PROJECT WE PLANNED STAGE 1 PROJECTS LIKE MEALS AND DAYS OUT WHERE THE PEER RESEARCHERS WOULD WORK TOGETHER TO PITCH IT SO WE HAD EXPERIENCE PLANNING AND PITCHING A PROJECT BEFORE OUR MAIN ONE FOLLOWING OUR RESEARCH.



Our trip to Laser Tag was a stage 1 KEY Project



What inspired your project idea?



SEXUAL VIOLENCE

The issue of sexual violence is very relevant in everyone's life, especially involving young people. Young people can be victims, perpetrators or witnesses to sexual violence but it is not discussed as an important issue. Sexual violence is frequent yet majorly under reported. This may occur in home life, schools, social groups, walking down the street and even potentially in professional environments.

OBJECTIVES

This topic needs to be addressed in order to expand our knowledge, raise awareness, plan prevention and introduce support.
People lack education. Not enough people understand what sexual violence actually is.
My main objective was to find out what young people think sexual violence is and what can be done to prevent it.
Another important aim for me was to let young people be heard, if they were comfortable sharing personal experiences then this was welcomed. It was a safe environment and the only way their experiences would be used is to benefit them and other victims.

METHODOLOGY

I used semi-structured group interview. I wanted to focus on different social groups such as LGBTQ+ community and neurodivergent participants. (these two were factors that made people more vulnerable to being a victim of SV)
This method made the interviews easier to carry out as participants felt the most comfortable when the interviews felt more like a conversation rather than research.

By SophiePails, Northumberland Pride

RESULTS

- Social groups can be both positive and negative
 - They can be positive in a way that they act as a support network for victims.
 - However, they can also be the source of sexual violence itself.
- There is a lack of education
 - Both from parents and teachers.
 - Parents need to rely less on the education system to be the main source of sex ed for children.
- Sex education needs to cover sexual violence
- Factors make people more vulnerable to be a victim

IMPLICATIONS

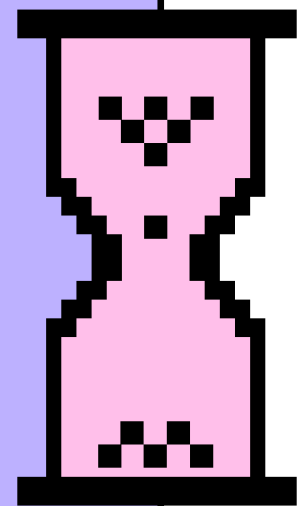
This highlighted a problem with the support of victims, especially women and children. It also identified a problem with the education system and the way they treat sexual violence and what they do to raise awareness and prevent it.

Young people brought up the fact that sex ed does not touch on violence within sexual relationships, like domestic violence, rape, age of consent etc. So an implication of my research will hopefully be to raise awareness especially in the education system and expanding the topics of sex ed further than just what sex is and how we engage in sexual activity.

SOCIAL ACTION

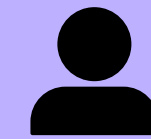
My social action focused on helping vulnerable women and children, who were victims by making hampers filled with necessities and luxury items they are in need of and giving them to NIDAS (Newcastle Integrated Domestic Abuse Service) which is a women and children's refuge in Newcastle. They provide shelter and safety for women and children who are victims of domestic abuse.





**Helping vulnerable
women and children
who were victims of
sexual and/or domestic
violence**

WHY?



I was always personally passionate and invested in women's problems. I wanted to help those who were victims of sexual and domestic violence.



When told we needed to complete a KEY project at the end of the research I was already thinking about focusing mine on vulnerable women who were victims of violence.



The idea to create hampers for a Refuge centre was inspired by my research results. The results showed that most victims were women and children.



The public and the locals also wanted to help with this topic as it is such a huge issue. A local charity offered to collect donations for the hampers and they collected so many donations from the public.

How do you feel
your group
developed the 12
Key skills
throughout the
project?

12 Key Skills



There were several different ways the key skills were developed. Mostly through planning what was going in the hampers and the numbers. We had to solve problems when it came to budgeting, negotiate with each other on what we wanted to include in the hampers and what we could include and communicate with each other about dates to pitch, to take the hampers and timings that would work for everyone etc.

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Women's Hamper

Items	Number Per Pack	Location	Per Price	Amount of Packs	Total Number of Items	Total Cost
Mirrors x10	10	Amazon	£7.99	2	20	£15.98
Impulse Body Spray x6	6	Amazon	£17.04	3	18	£51.12
Dove Body Wash x6	6	Costco	£10.39	3	18	£31.17
Sure Deodorant x6	6	Costco	£9.49	5	30	£47.45
Tampax x4 packs	4	Costco	£10.19	7	28	£71.33
Pads x4 packs	4	Costco	£4.99	5	20	£24.95
Reusable make-up pads x20	20	Amazon	£9.99	1	20	£9.99
Nail Polish x15	15	Amazon	£25.99	1	15	£25.99
Soap Bar x4	4	Boots	£2	5	20	£10
Tooth Brushes x8	8	Amazon	£6	2	16	£12
Roll on Deodorant	1	B&M	£1	20	20	£20
Baby Wipes	1	Tesco	£0.70	28	28	£19.60
Cotton Buds	1	Superdrug	£0.89	16	16	£14.24
Lip Balm	6	Amazon	£5.92	3	18	£17.76
Voucher	1	Boots	£20	14	14	£280
Fluffy Socks	5	Amazon	£9.99	3	15	£29.97

TOTAL = £681.55

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These images are spreadsheets showing the amount and price for each product as well as the list of links used so when this was approved we could easily purchase the products.

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LINKS FOR WOMEN'S PRODUCTS

- Possible company to get the actual packaging for, cheap and can buy in bulk and delivery charge is stand
- Mirrors-<https://amzn.eu/d/iDrXf6P>
- Impulse Body Mist, Burnt Marshmallow + Leather Jacket, Fragrance Spray, Pack of 6, 150ml : Amazon.co.uk: B
- Dove Deeply Nourishing Body Wash, 6 x 450ml | Costco UK
- Sure Women Non-Compressed Antiperspirant, 6 x 250ml | Cos... (costco.co.uk)
- Tampax Pearl Compak Regular Tampons, 4 x 24 Pack | Costco UK
- Always Ultra Day & Night Size 3 Sanitary Towels with Wings, 40 Pads
- Greenzla Reusable Makeup Remover Pads (20 Pack) With Washable Laundry Bag And Round Box for Storage |
- Cotton Rounds For All Skin Types - Eco-Friendly Reusable Cotton Pads : Amazon.co.uk
- Beautynstyle Rimmel London 60 Second Rita Ora Super Shine Nail Polish Assorted Set Of 15 : Amazon.co.uk h
- original-beauty-bar-90g-x-4-10309021?cm_mmc=bmm-buk-google-ppc-_-PLAs-_-Toiletries-_-UK_Smart_S
- ping_Toiletries_Google&gclid=Cj0KCQjwteOaBhDuARIsADBQRej7seh43gDQzC-AI003kWrkVu1HSEQtlC42pu
- eEALw_wcB&gclsrc=aw.ds
- Bamboo Toothbrush, Wooden Toothbrushes, Biodegradable Eco Friendly Vegan Natural Organic Bamboo Char
- Medium Firm Bristles : Amazon.co.uk [https://www.amazon.co.uk/Josnown-Fluffy-Winter-Fleece-Sleeping/dp/crid=275UZOCMKF5IO&keywords=](https://www.amazon.co.uk/Josnown-Fluffy-Winter-Fleece-Sleeping/dp/crid=275UZOCMKF5IO&keywords=fluffy+socks&qid=1667220530&qu=eyJxc2MiOiI3LjU4IiwicXNhIjojNy4xNSIsInFzcCI6IjYyOTIifQ%3D%3D&spons&psc=1&smid=AQ3YMS4RA4GY4)
- fluffy+socks&qid=1667220530&qu=eyJxc2MiOiI3LjU4IiwicXNhIjojNy4xNSIsInFzcCI6IjYyOTIifQ%3D%3D&spons&psc=1&smid=AQ3YMS4RA4GY4
- [https://www.amazon.co.uk/Vaseline-Therapy-Petroleum-Jelly-Original/crid=1WXKOADL79SNB&keywords=vas](https://www.amazon.co.uk/Vaseline-Therapy-Petroleum-Jelly-Original/crid=1WXKOADL79SNB&keywords=vaseline&qid=1667220819&qu=eyJxc2MiOiI1LjMwIiwicXNhIjojNC40MSIsInFzcCI6IjQuMTQifQ%3D%3D&prefi=8-9)
- eline&qid=1667220819&qu=eyJxc2MiOiI1LjMwIiwicXNhIjojNC40MSIsInFzcCI6IjQuMTQifQ%3D%3D&prefi=8-9

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Children's Hamper

Items	Number Per Pack	Location	Per Price	Amount of Packs	Total Number of Items	Total Cost
Tooth Brushes	4	Amazon	£5.39	3	12	£16.17
Chalk	1	Amazon	£9.49	1	1	£9.49
Felt Pens	1	Amazon	£4.49	2	2	£8.98
Colouring Books	20	Amazon	£12.99	1	20	£12.99
Pencils	1	Amazon	£15.99	1	1	£15.99
Crayons	1	Amazon	£1.99	13	13	£25.87
Finger puppets	10	Ikea	£6.00	1	10	£6.00
Soft Animals	5	Ikea	£3.00	2	10	£6.00
Baby Wipes	1	Tesco	£0.70	13	13	£9.10
Fidget Toys	25	Amazon	£16.98	1	1	£16.98
Plastic Soccer Balls	4	Amazon	£6.95	3	3	£20.85
Jigsaw - Bluey	4	Smiths Toys	£8.00	1	1	£8.00
Ravensburger Jigsaw	4	Smiths Toys	£6.00	1	1	£6.00

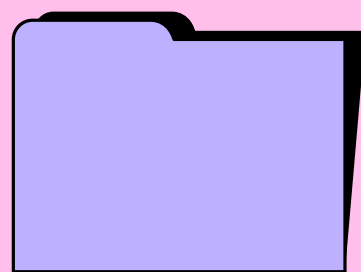
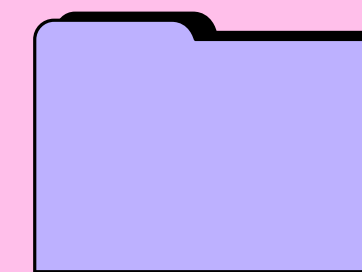
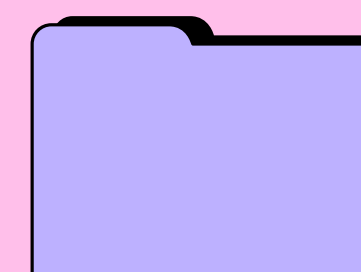
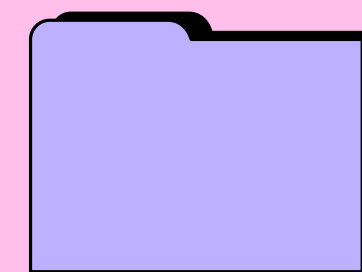
TOTAL = £162.38

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Which skills do you think they developed the most and has it helped them in doing other things in their life?

Most of the skills developed will help me and my young people when it comes to school and work life. For example, presenting skills and working with authority and in a group. These skills especially will help all of us present school work or uni work since universities focus on group presentations and work interviews will be easier as we have grown confidence in speaking to and dealing with authority.



How did your group find doing a Key project? Did they enjoy it?

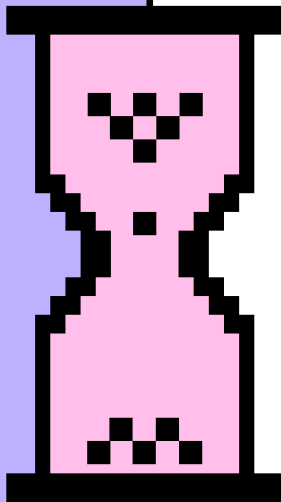
All of my group thoroughly enjoyed completing the project. They were working on something they were passionate about and helping vulnerable people who were victims of abuse and violence. They enjoyed the control they had over the whole project and the fact they got to choose what to do and how to do it: it was THEIR project.



Do you think The Key helped you to develop yours and the group's confidence and skills?



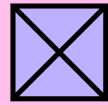
Absolutely! Both me and my changemakers are much more confident when it comes to leading a project and presenting their work. In any other setting my changemakers would've never agreed to present when they were given the option not to but all of them said yes because it was an opportunity for them and they were in control.



How do you think you or the group have changed as a result of doing your project?

Personally, I feel like I am more passionate about helping those in need. Completing the KEY project made us all develop our leadership skills, resilience and initiative. We became stronger and more confident as individuals and as a group.





The key does several amazing things like give young people the opportunity and choice to complete their own project that they are in charge of.

The KEY allows those involved to develop their skills in an easy and effective way.

The KEY does take time to get used to. However, with training and support from those from the KEY, it becomes easier with practice so this shouldn't be used to discourage people to complete any projects they want to do!

Would you recommend doing The Key to other young people? If so, why?

I would recommend doing a KEY project to other young people. However, I would only recommend this if they had the support to do this as it can be quite stressful if you don't know what you're doing or if you're tight for time!