

YOUNG WOMEN AND GIRLS

IMPACT REPORT 2025/26



SAFER RELATIONSHIPS



REDUCING HARM



REDUCING EXPLOITATION



THE YOUNG WOMEN AND GIRLS PROJECT

This programme works hard to bring a trauma-informed, youth work approach to young women and girls who are at risk of exploitation and gender-based harms and abuse. With a combined delivery method including group work, long-term 1:1 support, and training for professionals, the project has an impactful reach across Oxfordshire. The programme has developed upon successful previous iterations and is informed by youth voice to ensure it gives young women and girls skills and knowledge they want and need.

KEY IMPACT METRICS

UNIQUE YOUNG PEOPLE

35

NUMBER OF 1:1S

119

NUMBER OF GROUP SESSIONS

31

PROFESSIONALS TRAINED

57

OVER 350 ATTENDANCES ACROSS PROGRAMME DELIVERY

1:1 SUPPORT

Embedding a trauma-informed approach for young women vulnerable to exploitation and harm in one-to-one support is essential for relationship building and providing young women with access to trusted adults and safe spaces. This allows for higher quality sex and relationship education and support.

Since 1st April 2025:

- 17 young women received 119 1:1 support sessions, with 2 young women receiving *Escape the Trap* on a 1:1 basis.
- 6 young people received long term support which allowed for support plan measurement to take place. 5 young women reported an improvement in at least one area. All either improved or maintained a stable support plan score.
 - 50% increased their relationships with peers scores, relating to safer peer networks and positive friendships.
 - 50% of participants increased feelings of safety and improved relationships with trusted adults.
 - 50% increased choices and behaviours scores, relating to risk of harm.
 - 33.33% increased feelings of safety.
- One young person said that she was proudest of how her anxiety had improved, and she felt more able to manage going out and doing the things she needs to do because of this. They reflected that the best part about having sessions was that she had a space to express herself and talk about the things she's been going through. The project gave her a chance to get support outside of the home.

OUR IMPACT

“

The programme helped the girls to recognise abusive behaviours and talk about these behaviours in a safe environment. It has had a positive impact on the girls - empowering them to deal with situations they may encounter in the future.

”

**DELIVERY PARTNER,
SECONDARY SCHOOL**

GROUP WORK

Escape the Trap

16 Year 11 young women took part in Escape the Trap, an established Teenage Relationship Abuse programme focused on building safer, healthier relationships for young women. Delivered through small group sessions and 1:1 support (combined attendance of **123**), the programme helps young women to: Recognise abusive behaviours; Understand the impact on wellbeing; and Build expectations of healthy relationships

Topics included

- Grooming and manipulation tactics
- Bullying behaviours
- Characteristics of healthy relationships
- Toxic masculinity
- Coercive control
- Wellbeing and safety strategies

Extended Delivery

In partnership with *Survivor Space*, we delivered additional issue-based workshops to 16 young women across 8 sessions (combined attendance of **41**), with a focus on empowerment and challenging harmful behaviours.

Impact and Outcomes

- Knowledge of healthy relationships increased from 5.9 to 8.2
- Confidence improved across sex and relationship decision-making
- 82% knew who to speak to about concerns (up from 50%)
- Young women reported increased feelings of safety

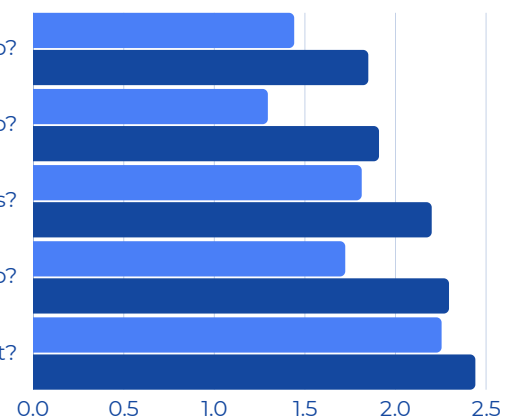
After taking part...

- **91%** respondents said the programme increased their self esteem
- **100%** respondents said the programme made them feel less alone
- **100%** respondents said the programme increased their understanding of healthy sex and relationships
- **100%** respondents said the programme helped them connect with other people
- **100%** respondents said the programme gave them ways to support their wellbeing

How confident do you feel...

● Pre ● Post

walking away from an abusive partner or unhealthy relationship?
talking to someone if you need help in a relationship?
making healthy relationship choices?
spotting the signs of abusive behaviour early on in a relationship?
saying no to sex if you do not want it?



184

attendances
for group
work

OUR IMPACT

“ Thank you so much for the exploitation training last week... It has actually helped me re-think exploitation training within our organisation and wondered if you would be able to re-deliver a slot to our team. ”

LOCAL ORGANISATION

TRAINING FOR PROFESSIONALS

Exploitation and Gang Related Harms Training is an essential piece of this programme, to ensure shared learning and knowledge transfer across the Sector, to improve support for young people. This financial year, we have reached 57 professionals from 9 organisations over 4 sessions.

We consistently receive outstanding feedback in this area of delivery.

- 100% respondents felt the session increased their skill and confidence in their work
- 100% respondents felt the session helped them to feel supported in a peer to peer network
- 100% respondents rated the content, delivery and presentation as good or very good

Feedback indicates that the training offers essential learning for professionals with different levels of pre-existing knowledge and experience in an accessible and engaging way.

- Professionals said the session was 'very informative' and a 'great top up', as well as a great way to 'keep up to date' with new developments around language, behaviour and referral pathways.
- Attendees value the balance between data, research and statistics and real examples of 'what it can look like on the ground'.
- The training is accessible and engaging for different learning styles.
- The training creates an important space for professionals to knowledge share and connect across different organisations.

One of our partner organisations attended the training, and was so impressed that they followed up to make a booking for a further session for their organisation. They said;

"our staff have a range of experience from team members who have never worked with children and young people who have been/are being exploited to staff who are quite experienced in working with these children and young people. The 3 hour training seemed like an appropriate length and something that we could facilitate as a team. I really enjoyed the multi-format approach which seemed to be really beneficial to different learning styles."

“ I really enjoyed the training. I thought it was really informative and helped me to understand what I can do to support young people. ”

“ Thank you for the training - very insightful and I will be recommending to colleagues. ”

What did you you find most valuable towards your work with young people?



NEXT STEPS

“ It was definitely better to have you than a teacher, it was more comfortable and relaxed. The sessions can be emotional and that would be hard with a teacher that we already know. Having you meant we could be more vulnerable and not feel awkward seeing teachers around the school who know that about us. ”

YOUNG PERSON

REFLECTIONS

Group Work

- Young women told us they valued the all-girls space, whilst also reflecting that young men and boys should also have access to this information.
- Participants reflected that having an external professional was beneficial for these topics. Due to the nature of the content, and the vulnerability required to ask questions and share, young women valued the external professionals over teachers who might already know them or see in other lessons. This aligns with the guidance from Relationships and Sex Education 2026, that working with external organisations can enhance delivery and find new ways to engage with young people.
- Creating an intentional and safe space to engage in these topics was beneficial to the vulnerability, sustained engagement and outcomes.
- Young women reported increased feelings of safety. They value the range of topics covered in a different way to RSE and traditional in-school support, and many young women cite examples where they have utilised the knowledge and skills they have learnt.

1:1s

- The short term 1:1 support has been a new intervention, which has provided a targeted intervention with specific purpose of prevention and education around coercive control, grooming and the differences between healthy and unhealthy relationship dynamics, within a dedicated 8-week-long programme. This work has been sought by other support agencies to provide beneficial wrap-around support, alongside ongoing interventions (such as CAMHS/social work etc)
- Follow on resources are provided to the participants, and they said this was helpful. Young women told us 'they knew where it was' if they needed it. One young person said, "I'm not much of a reader so I haven't looked at it yet. It would be better to have more visual things and I really like videos." This appeared in other reflections for young people, indicating an area for growth in the format / style of follow on materials and resources.

Training

- Organisations benefit from bespoke and tailored training for their needs. This can create a useful space to problem solve and share experiences within an organisation.
- Organisations equally value the knowledge sharing from cross-organisation and cross-sector working.

Thank you to our funders and partners for investing in the safer futures of girls and young women in Oxfordshire.