

BROOK GROUP AND 1-TO-1 SUPPORT FOR BOYS AND YOUNG MEN IN SUNDERLAND

Sunderland City Council has commissioned Brook to deliver outreach and educational services across Sunderland for boys and young men aged 11-18 to support wider teenage pregnancy agenda. The service aims to promote healthy relationships and an understanding of acceptable behaviours and attitudes in relation to relationships and sexual health.



1)

Brook will deliver targeted group sessions to boys and young men in a range of settings including PRUs. Sessions can be a vital resilience building experience for boys and young men, supporting them to develop the skills needed to establish a positive social element in their lives, and to equip them for building safe and healthy relationships with others in the future. Topics include but not limited to: Consent, Sexual Health Awareness, Condoms and Contraception, Sex and the Law, Healthy Relationships, Online and Digital Lives, Challenging Gender Expectations. All sessions aim to support the development of the social, emotional and interpersonal skills needed for healthy relationships and challenging negative attitudes and behaviours.

2)

Brook will deliver tailored one-to-one sessions for vulnerable boys and young men who are identified as most at risk of poor sexual health and relationships outcomes, including abusive relationships, early indicators of abusive behaviour (pre-perpetrator behaviours) and those with multiple, complex needs such as Looked After Children. Our programmes have been developed to reduce risk-taking behaviour by addressing relationships, attitudes and values, consent, protective behaviours and self-esteem. Brook accepts referrals from a wide range of sources including Together for Children, schools, colleges, training providers, youth and community projects, youth offending service, youth drug and alcohol project and sexual health services across Sunderland.

We would love to hear from you and to discuss how Brook can support you and your young people. Get in touch with us at:

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