



The TEENAGE RELATIONSHIP ABUSE Project

Working jointly with
young people, parents and practitioners
to end abuse in teen relationships



Established in 2011, Go-Getta has become one of the leading providers of Youth Work in Leicestershire, with a specifically large reach across Charnwood. Supporting around 4000 young people annually, and delivering a vast range of young peoples projects and services, including mentoring, alternative education provision, and sports programmes, the team have developed an an in-depth and intimate understanding of young people issues and needs through their day-to-day direct work with some of the City and County's most 'at risk' and vulnerable young people.

Established in 2008, H.O.P.E led by Meena Kumari has become a trusted voice in addressing systems change in violence against women and girls (VAWG) across Leicester and beyond. Supporting professionals, organisations, and communities through leadership development and training delivery, the founder Meena has built deep expertise in domestic abuse, honour-based abuse, and perpetrator intervention. Through years of frontline practice and cross-sector collaboration, H.O.P.E brings an informed, by and for community-rooted approach to creating safer, more equitable services for those most at risk.

Several independent studies have shown that 40% of teenagers are in an abusive dating relationship. A snapshot survey across Leicester and Leicestershire highlighted that the problem could be much greater.

Abusive behavior between teenagers in intimate relationships remains relatively invisible, due in part to the persistent yet unfounded assumption that domestic abuse is something that occurs between adults. Teenage Relationship Abuse is often overlooked in research, policy and practice. The current definition of domestic abuse leaves young people in abusive relationships falling into the gap between child protection procedures and adult focused domestic abuse policy. The Teenage Relationship Abuse (TRA) Project was launched in 2024 in Leicester due to an increasing concern around the prevalence and impact of abuse within young peoples' relationships, both locally and nationally.



Our Aims

RAISE AWARENESS – increase understanding of how TRA presents across all relationship types and communities

CENTRE YOUTH VOICE – empower young people to take the lead in shaping the project, providing opportunities for authentic input, ownership and representation

TRAIN AND UPSKILL PRACTITIONERS– equip frontline professionals with evidence-based tools and responses to support all young people, whether preventatively or as an intervention

EDUCATE PARENTS/CARERS – support parents and carers with the confidence and skills to identify risks around TRA and find ways to start those important conversations to safeguard their children

INFORM NATIONAL RESEARCH– contribute towards a growing national evidence base on TRA prevalence and outcomes

CREATE CHANGE – capture and utilise data and real life stories to influence policy and practice nationally

June 2024

Partnership formed between Go-Getta CIC and H.O.P.E CIC

July 2024

Initial **Youth Consultation** undertaken across Leicester and Leicestershire to determine young people's experiences and capture youth voice on TRA and VAWG related issues

November 2024

The **Teenage Relationship Abuse Pilot Project** (formerly known as The Adolescent Domestic Abuse Project) launched, funded by the Police & Crime Commissioner for LLR
Joined National TRA Working Group (VISION)

December 2025

LLR wide professionals event held, highlighting learning from the pilot project

January 2026

Targeted TRA Project for New Parks area implemented, funded by the People Zone, LLR PCC

March 2026

The TRA Project Youth Voice Ambassadors Network formally launched



**Aimed at those who support young people within their roles
- this training offers an insight into the evolving and
emerging issues around teenage relationship abuse**

What Our Training For Professionals Covers

- What is TRA?
- Understanding the various types of abuse that can occur
- Recognising the signs and early indicators
- Trauma-informed practice and approaches
- Responding to disclosures safely
- Impact on YP development and wellbeing
- Healthy vs Unhealthy relationships
- Digital and tech-facilitated abuse
- Working with young people who use harmful behaviours in relationships
- Cultural context and intersectionality
- Supporting parents and carers of teens in abusive relationships
- Safeguarding and referral pathways
- Latest research and data

Complementary Specialist Modules Available

- Understanding Non-Fatal Strangulation
- Misogyny, the 'Manosphere' and Online Harms
- The impact and harms of Pornography on child development and behaviour
- Coercive and Controlling Behaviour in teen relationships
- Stalking and Harassment in teen relationships
- Intersectionality in TRA: a deep dive



Key Outputs Achieved 2025/26

- 5** Professional workshops delivered and **150+** professionals trained
- 2** Parents /carers workshops delivered and **42** parents/carers trained
- 13** Youth Voice Ambassadors recruited
- 3** Young People's workshops held
- Youth Voice **Podcast** created
- Youth Voice **Film** produced
- Contributions towards **VISION National TRA Working Group**
- Learning event** held for over **60+** LLR professionals





Practitioner Insights

100% of frontline practitioners stated they felt an increased confidence in identifying warning signs of abuse in adolescent relationships

“The best training I’ve had in a while. My colleagues and I learnt so much, and it led us to having more conversations about the topic and reflecting on how we can do more as a service.”

“This was an amazing workshop that will help me develop the training I deliver to secondary school and college staff around DA and its impact.”

“The quality of the content and the facilitators’ knowledge was fantastic.”

“A brilliant course – interesting, engaging, insightful and informative!”

Get In Touch...

The Teenage Relationship Abuse Project by Go-Getta CIC and H.O.P.E CIC

EMAIL:



info@go-getta.org.uk
admin@hopetraining.co.uk

TELEPHONE:



07956 668 955 (Go-Getta CIC)
07872 907 480 (H.O.P.E CIC)

