

# Evaluation of the 'You and Me Mum' Programme Liverpool

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Supplementary Report 2

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## 1. Introduction

Merseyside is one of the 18 areas allocated funding since 2019 by the UK Government to establish a Violence Reduction Unit. To inform the continued development of the Merseyside Violence Reduction Partnership (MVRP) in November 2019 (Quigg, et al., 2020), July 2020 (Quigg, et al., 2021) and June 2021 (Quigg et al, 2022) the Merseyside Academics' Violence Prevention Partnership (MAVPP) were commissioned to evaluate the MVRP whole system. As part of the 2022/23 evaluation, Community Safety Partnership leads from the five local authority areas in Merseyside nominated one MVRP funded intervention to be included as a case study in the whole system evaluation. This report presents an evaluation of the You and Me Mum programme in Liverpool.

### 1.1. Background

Domestic violence is defined as “any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence, or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality” (HM Prison & Probation Service, 2022). Crime in England and Wales Statistics report that 5.1% of adults aged 16 to 59 years experienced domestic abuse in the year ending March 2023 (ONS, 2023) and 74.1% of the victims of domestic abuse-related crimes in 2021/22 were female (ONS, 2022). There is a myriad of long-term health harms associated with domestic abuse including immediate psychological trauma and physical harm and longer term health problems and concerns, including depression, anxiety, suicidal ideation, alcohol and substance misuse and sexually transmitted diseases (British Medical Association, 2014; Ullman, Lorenz, Kirkner, & O'Callaghan, 2019; Aitken & Munro, 2018; Mahase, 2019). Domestic Abuse affects not only the victim but also their families and friends. Domestic abuse is well recognised as an Adverse Childhood Experience (ACE) (James, 2020; Felitti, et al., 1998) and has been associated with increased risks for multiple health harming behaviours, and poor health and social outcomes in adulthood (Felitti, et al., 1998; Smith, 2018; Sousa, et al., 2011; Moylan, et al., 2010). Research indicates that children witnessing domestic violence are at least as impacted as those being directly physically abused (Moylan, et al., 2010; Sousa, et al., 2011)

You and Me Mum is a 10-week programme devised by Women's Aid, to educate mothers on how domestic violence affects them as a parent, and how this impacts their children. The course focuses on self-empowerment and mutual aid, to develop Mothers' understanding of their role in addressing the needs of their children (Women's Aid, n.d). Delivery of the You and Me Mum programme educates parents on ACEs, and how to build resilience and protective factors for their children following exposure to domestic abuse. . You and Me Mum covers the power and control wheel, and different types of abuse such as coercive control, physical abuse, sexual abuse, and financial abuse. You and Me Mum is delivered across Children's Centres in Liverpool. Women are referred through various pathways, including children's services (where attending You and Me Mum is part of a child protection plan), self-referral, multi-agency risk assessment conferences (MARAC) and UNICEF. Sessions typically run for two hours and are delivered by two trained facilitators in a group setting (however, it can also be delivered on a 1:1 basis depending on the needs of the mother). To increase accessibility, each children's centre provides a crèche whilst mothers are accessing the course. Groups consist of approximately 10 mothers.

*“You and Me Mum is a really good course because a lot of courses just focus on the woman, they don't actually focus on the child and the child has got to be central to what you're talking about to that person, because that person feels like they can handle anything, but actually their children can't.” (P3)*

## Box 1: Course objectives

You and Me Mum has five key objectives:

- To understand how domestic violence affects parents.
- To understand the effects of domestic violence on children and young people.
- To develop effective communication skills with children & young people
- To promote healthy and non-violent relationships.
- To explore key protective behaviour messages and strategies for keeping mothers, children, and young people safe.

## 2. Methods

To meet study objectives, qualitative research and analysis were undertaken with a range of participants to inform the evaluation outcomes and recommendations.

Evaluation activities included:



**A review of literature** and information about You and Me Mum to provide context to the research, aid the interpretation of research findings and development of recommendations.



**Interviews (n=3)** with key stakeholders involved in the delivery of the You and Me Mum programme. Interviews took place via Microsoft Teams and explored programme development and delivery, barriers, facilitators, areas for development and perceived and actual impacts.

A gatekeeper at Liverpool City Council facilitated contact between the co-ordinators/programme leaders and the research team. All participants were provided with a participant information sheet and asked to sign a consent form and/or provide verbal consent. With permission, the interviews were audio recorded and subsequently transcribed verbatim. Participants were not offered any incentive to participants. Ethical approval was sought and approved by Liverpool John Moores University (UREC ref no 23/PHI/003). Interview transcripts were thematically analysed in Nvivo and triangulated with collated literature to provide robust findings and recommendations. The analysis is presented with illustrative quotes where appropriate to highlight key findings.

## 3. Findings

### 3.1. Background to intervention

You and Me Mum is a 10-week programme devised by Women's Aid aimed towards Mums who have experienced domestic abuse. All participants were aware of the background of You and Me Mum and its implementation in Children's Centres in Liverpool. It was recognised that You and Me Mum is unique when compared with other domestic abuse programmes as it focuses on the children of the

victim, rather than focussing on the person who has experienced the abuse. It was discussed that taking this angle gave the service users a different perspective on abuse as, women in abusive relationships may accept violent behaviour but are less likely to do so if they believe it negatively impacts their children. Stakeholders recognised that women accessing You and Me Mum are from a hard-to-reach group and *“it’s those in the most deprived communities who are accessing it more” (P3).*

*“So it’s sort of like getting them to realise and think about when they were in these relationships, how this was affecting their children. So, each week’s a separate one and we look at erm roles children take on when abuse occurs. And well, how it impacts your parenting then how that impacts your children’s behaviour. So, it’s a programme that’s also like erm, you get a lot of light bulb moments with mums.” (P2)*

*“When you start kind of showing them the impacts on the child, that’s when it kind of hits home.” (P3)*

### 3.2. Programme delivery

You and Me Mum allows facilitators the flexibility to deliver the basic programme structure in the way they feel is best. You and Me Mum is delivered as two-hour sessions over 10 weeks in a group setting, however, in specific instances (such as when working with women from a refuge centre), it can also be delivered on a one-to-one basis. Group delivery was seen to promote peer support (see facilitating factors), while one to one delivery could encourage disclosures. Two hours was seen as an appropriate length for the sessions, allowing time to recap the previous week and for a break in the middle. The content of the sessions may be triggering to some women; thus, a break is needed to allow the women time to process their emotions and, if needed, to seek any additional support. Sessions tend to take place mid-week to prevent women from going home and being isolated over the weekend. Each week focuses on a separate theme, such as the role that children take on when abuse occurs in the home, how domestic abuse impacts parenting and the child’s behaviour.

*In the You and Me Mum, it’s very subjective. So, it’s how you want to deliver it. (P3)*

*“We’ll group different women together and it may be that the woman doesn’t want anybody else to know she’s been a victim, so it will be her choice...or the children are subject to a child protection order and she doesn’t want to share that information, so there can be a number of different reasons why we’ll do it 1:1, it may be that they’re a disruptive person who we’ve got knowledge of them disrupting another courses that we’ll do it 1:1 that way as well.” (P1)*

*“They do feel weak that they allowed that to happen to them. So, it’s all about it wasn’t their fault what happened, it’s the perpetrator.” (P1)*

The referral pathway for You and Me Mum was described as being “diverse and different” with referrals primarily coming from Health and Social Care, however, referrals also come from MARAC, UNICEF, and self-referral.

*“So, 99.9% of the mums who were referred in are referred through children’s services. So, they’ve been in an abusive relationship with children involved and one of the things of their child protection plan would be to complete the 10-week programme.” (P2)*

As part of the programme, You and Me Mum facilitators will run activities, such as role play, to facilitate the learning of more difficult topics. One participant described an activity called the Power and Control Wheel, where service users answer a set of 39 questions based on whether they had experienced certain situations. A high score allows the women to see visually, the degree to which they had been controlled. Since facilitators have the flexibility to deliver sessions as they see fit, activities vary depending on the facilitator.

*“We have a session called the Power and Control Wheel and it's one of the sessions that you can deliver in different ways, but to be delivered visually is so powerful for the parent... So you'll ask the question, you know, has this ever happened? And there's 39. So then you say at the end to the parent 'Okay so, you've scored 34 out of 39'. And then they look at it and think '\*gasp\* was I controlled that much?' and you're like, well, yeah... And it's a really powerful visual tool.” (P3)*

You and Me Mum have received MVRP funding via the Community Safety Partnership (CSP) to deliver a train the trainer model to new members of staff who have received You and Me Mum training. Despite being a one-off session, new facilitators may reach out to the trainer after their session if they have further questions or want to shadow the delivery of a session. The funding has been granted over the last two years, with plans to put in another application to extend funding.

*“Where someone has just been trained in you and me mum and they're a bit nervous about delivering it, then our more experienced staff across other the centres will go and support them in that delivery until they feel, you know, more comfortable in taking the lead.” (P1)*

### 3.3. Programme Facilitators

#### 4.4.1 Confident programme facilitators

A key facilitator of the You and Me Mum programme was felt to be the confidence of the programme facilitators. Due to the serious nature of the programme, a confident facilitator needed to form meaningful connections with service users and manage situations with heightened. One stakeholder described a facilitator who *“is confident, knowledgeable and has an understanding [of how to make people] feel more confident about divulging their story, can then help them and their children” (P3)*. This is particularly important for service users who may be shy or quiet as confident facilitators were seen to be able to bring these women out of their shell and encourage them to engage. The MVRP train the trainer model was established to increase the confidence of newly trained facilitators.

*“A confident trainer works because I know it's not a really great subject, but you can make it fun. You can make it so they can, you know, have a good laugh as well as a good cry.” (P3)*

#### 4.4.2 Relationships

In a group setting, the development of friendships was discussed as a facilitating factor. It was recognised that women will form peer relationships, which allows them to feel less isolated and understand that other people are going through similar experiences. This encourages women to share their story by feeling validated and more connected with other service users. Additionally, service users will often share ideas about how to keep safe (e.g., the use of ring doorbells) and set up group chats via WhatsApp to allow them to support each other outside of the programme sessions.



Participants spoke about these peer relationships developing into support networks for some women, which was recognised as a significant protective factor to not returning to an abusive relationship.

*“They’re all quite on the defensive, they don’t want to engage and then by week 10 they’ve formed relationships and then we’ve had groups where they’ve set up WhatsApp groups together and they’ve gone on to do other things in the children’s centre.” (P2)*

*“They became best of friends. They look after each other’s children and stuff like that, both of them. They’d never had support networks, and they became each other’s support networks just by coming on the You and Me Mum programme.” (P2)*

You and Me Mum also have parent champions, who were seen to increase programme engagement by going into the community and championing the service. Their role is to raise awareness of the work that takes place in the Children’s Centres and the benefits of You and Me Mum to encourage women to attend the first session.

*“[Parent champions] have an awareness of You and Me Mum, and because they are parent champions, they’re out in the community and often hear and see more than we do in the centres, they can have that gentle coaxing conversation with women around the benefits of You and Me Mum, tell them what it entails and sort of hand hold them along to the first session.” (P1)*

#### 4.4.3 Setting

The Children’s Centres setting was recognised as an important facilitating factor to programme delivery. Children’s Centres bring together a range of free services, and women who have accessed support from other programmes may already know the You and Me Mum facilitators. Being embedded in the Children’s Centres increased the reach of the service by allowing external services to refer mums onto the programme. If women on the You and Me Mum programme disclose other issues (which stakeholders explained is common), *“You and Me Mum can be a springboard to wider family support” (P1)*. Additionally, Children’s Centres were seen to increase accessibility of the programme, as women can attend a centre that is local to them and can benefit from the crèche particularly for mothers who cannot afford to travel across the city or access to childcare.

*“I think Liverpool children’s centres deliver a lot of universal services, so you can go to baby yoga, baby massage and those relationships are built up with the staff and they’re trusted adults... and once the course has finished, you can still access all the other services in the centre, so you’ve got a touch point.” (P1)*

*“So once they’ve sort of done the You and Me Mum course to build these relationships up with the trusting person, they might come and say, you know what, I’ve got this, erm all this debt that I’ve been left with following the breakdown of the relationship, erm really embarrassed, I can’t afford food or electric so we can offer that wider wrap around support, so we’ve got citizens advice on site in some of the centres so we can refer them to them where they’ll get them some debt relief orders in place.” (P1)*

### 3.4. Programme Barriers and Challenges

#### 4.4.4 Gaps in You and Me Mum training

Participants acknowledged the efficacy and quality of You and Me Mum but felt the course materials lacked guidance on practical delivery, meaning that new facilitators often feel *“worried about getting it wrong” (P3)* when delivering on such a sensitive topic. To overcome this barrier, the train the trainer model was implemented.

*“You literally get the book and it's got step one, session one and it's got like introduction, it's got like a session planned, but it doesn't actually say how to deliver it.” (P3)*

*“If you're not an experienced tutor, it can be quite hard to look at the book and you go what I'm supposed to do, and I think you can buy be quite daunting for new facilitators cause it's a tricky subject as well.” (P2)*

#### 4.4.5 Service User and Staff Retention

Participants highlighted that the women who engage in You and Me Mum are from ‘hard to reach families’, who are experiencing excessive stress (e.g, domestic abuse, pressure from children’s services, worries about their children etc) and may find it difficult or not feel ready to attend the programme. The 10 week length of the programme was also seen to be a barrier to retention when women may have other competing priorities such as medical appointments, social worker appointments, and health visitor visits. Facilitators endeavour to overcome this by following up with service users before and during the course via text, phone calls, and offering face to face visits to establish if they need additional support engaging in the programme. Facilitators establishing themselves as a support system for the service users was seen to be key to the retention of service users.

*“You get mums who aren’t ready for it so they turn up and go. I'm not ready for this. I've got too much going on I've already you know got all the abuse going on. I've got children's services on my back and now they're telling me to do this, so sometimes it can be a bit of a challenge for them to attend”. (P2)*

*“I'll always text them when a programme's coming up, I'll always text them to say I'm gonna call them, so it's not sprung on them and then I say do you want me to come and see you? Do you wanna do you want me to come and explain what it is? Would you like to come into the children's centre and see me before you know like before it kicks off? And it's also keeping in touch with that mum throughout the course, it's not just this seeing them once a week, it's texting them to see if they're OK. It's inviting them in, engaging them with all the stuff you know, being there to support them.” (P2)*

Staff retention was also discussed as a barrier. You and Me Mum was run by two facilitators so that they can *“bounce off each other” (P3)* and support the women should someone need to leave the room. Turnover of Children’s Centre staff (*“staff leave and go to work in different places” (P1)*) was seen to impact service delivery and place strain on Children’s Centres.

*“If you've got a staff who are leaving, that can put like a bit of a bit pressure on children's centres.” (P2)*



#### 4.4.6 Funding

The offer of a creche was felt to be important to the engagement and retention of service users, however, some children's Centres struggle with funding the crèche and justifying the cost if there are only a small number of women who attend the programme.

*"I do know that some centres do struggle with funding creches. So, when you're running You and Me Mum there's no point in running it if they haven't got a creche, that can be a barrier to some of the mums attending if they've got no childcare." (P2)*

*"Creche is so expensive. It's a whole big chunk out of the Children's Centre budget." (P2)*

### 3.5. Outcomes and Impact

You and Me Mum was seen to have a wide and varied impact. The biggest impact was increased knowledge and awareness of abusive behaviours and what to do in these situations to keep safe. One stakeholder recalled how after engaging in the You and Me Mum programme, many service users were able to identify 'red flags' when dating someone new, with the knowledge they had learned from the You and Me Mum programme influencing whether or not they continued to see a new partner. Some women may have felt their experiences were normal based on their own parents' relationship, and the programme allowed women to recognise that they were in an abusive relationship.

*"Women are more aware, knowledgeable what to do in those situations that they keep themselves safe from abusive relationships." (P1)*

*"We have a lot of them who go I've met someone I'm going on a date, and we go right just remember what you've been told and then they come back and go no there was red lights flashing everywhere. So, you know I realise." (P2)*

*"That's all they've seen from their parents and the husband's parents, that's how it's been. And you only know what you know." (P1)*

In terms of the wider outcomes, it was recognised that You and Me Mum has a beneficial impact on the service users' children as they *"are living in a happier, healthier home and will develop better because they're not in this toxic environment"* (P1). One participant explained that when children have witnessed a domestic abuse incident at home, parents will often keep them off school the next day to prevent them from talking about it. Therefore, reducing and preventing domestic abuse will increase school attendance and attainment, due to children being less tired and worried about the abuse occurring at home and being kept off school less often. Overall, it was felt that children will be able to lead a less stressful, more enjoyable life, where the *"full concentration can be on being a child."* (P1)

*"The impact of the You and Me Mum is really all about the impact on the children." (P3)*

*"Even like school attendance and therefore, accessing education, not being absent, then they're accessing the curriculum and their attainment will be better. As well as that, if they're not in an abusive home environment, they're not gonna be tired when they're in school, so they're gonna access the curriculum more. They're also not gonna be worried about what they're going home to." (P1)*

Domestic abuse is considered an adverse childhood experience, thus, helping parents to understand this can prevent the violence from occurring in the future. You and Me Mum was felt to build resilience and reduce the long-term impact of domestic abuse on children and young people, including reducing serious violence.

*“OK, it [domestic abuse] has happened. There's nothing we can do about that. But what we can do is build resilience, strengthen the protective factors so it doesn't have a negative impact long term. So yes, it does impact in reducing serious violence, but not yet.” (P1)*

### 3.6. Data collection

You and Me Mum collect data such as the number of women attending sessions (mapped by LSOA) and start-, mid-, and end-point questionnaires (see appendix) to determine changes in knowledge on a range of topics (see box 2) and inform delivery. Sustained involvement is also evaluated to assess the proportion of women who remain involved in the Children's Centre, accessing universal services.

*“I think the pre- and post-evaluations are probably the best indicators in terms of you know what the women have learned and what they're going to change.” (P1)*

#### Box 2: Questionnaire topics

Service users are asked to rate their knowledge on a 5-point scale from not at all to excellent. Knowledge is assessed on the following areas:

- Understanding how domestic violence affects them as a parent.
- Understanding the effects of domestic abuse on children and young people
- Effective communication with children and young people
- Promotion of healthy, non-violent relationships, and protective behaviour messages & strategies for mother, children, and young people

### 3.7. Improvements and recommendations

Stakeholders did not identify any recommendations for service delivery but considered improvements to data collection and evidencing impact through evaluation. It was felt that the data You and Me Mum collects needs to be *‘more robust’ (P2)*, with more focus on long term impact via follow-up with service users (although the difficulties in doing this were discussed).

*“The evidence that we’re collecting probably needs to be more robust or something like that. Then maybe they need looking at what mums are going on to do afterwards as well.” (P2)*

*“There's no opportunity to track long term. So, to follow these women up in five years' time to see if they've rekindled that relationship, or if they've gone into another relationship and whether that relationship's you know a safe one.” (P1)*

### 3.8. Sustainability

The You and Me Mum model was seen to be sustainable for women attending the programme as they have the opportunity to remain involved in the Children's Centres and services they provide. Women who continued to be engaged in the children's centres were seen as less likely to go back to

an abusive relationship. Women who attended the programme were also seen to become “*domestic abuse champions in the community*” (P1), recommending the course to friends and family. The training of staff and the train the trainer session provided by experienced staff members was seen to provide sustainability of service provision, as it allows trainers to continue to deliver You and Me Mum for as long as they work at the Children’s Centre.

*“What we look at is after they finished this course, do the women remain involved in the Children’s Centre, accessing the universal services and it’s a very high majority that do and it’s those women who don’t go back to an abusive relationship.” (P1)*

*“Once they’re trained and they have the skills to deliver, they can continue delivering as long as they work for us, so that’s the sustainable model.” (P1)*

### 3.9. Discussion and recommendations

You and Me Mum is a 10-week programme run in Children’s Centres across Liverpool for mothers affected by domestic abuse. The programme has five key objectives: 1) increasing women’s understanding of how domestic violence affects them and their children, 2) developing effective communication skills, 3) promoting healthy relationships 4) and exploring protective behaviours and strategies to keep themselves and their children safe. This report presented the findings from a process and outcome evaluation of the You and Me Mum programme, detailing programme implementation and impacts on the service users.

#### **Implementation and delivery of the programme**

Referrals for You and Me Mum come from a range of organisations and focussing on the negative impact that domestic abuse has on the children of victims was seen to be unique to the You and Me Mum programme and prompted positive behaviour change as a result. The flexibility of the programme was seen as a strength with allowed facilitators to tailor programme delivery to the needs of each cohort of women. However, some newer facilitators felt they needed greater guidance to deliver this flexible approach on such a sensitive topic. Stakeholders acknowledged that the funding secured from MVRP to develop a train the trainer programme for You and Me Mum filled a gap in facilitator confidence and increased the sustainability of the programme. However, the programme was still hindered by the cost of physical resources, the cost of offering a crèche to parents which was seen as a vital facilitator to access for women.

The delivery of the programme within Children’s Centres was regarded as important in to ensuring accessibility and service user engagement as women can access a centre that is local to them and, in some cases, have already formed trusting relationships with members of staff. Children’s centres were also a springboard to wider family support such as financial advice, which could increase mother’s independence and reduce the likelihood that they would go back to an abusive relationships. Strong and trusting relationships between service users and staff members, as well as peer relationships among women who attend the programme where seen as key facilitators of the programme. The group format allowed the development of support networks and thus, meaningful change as women with stronger social support networks were less likely to go back to abusive relationships.

One of the significant barriers to the programme was the retention of service users. Women who access You and Me Mum experience many complexities in their personal lives which may prevent them from engaging and stakeholders recognised that it is difficult for service users to commit to the full 10 weeks of the programme, if at all. You and Me Mum facilitators used regular contact with

service users via text and phone to offer additional support to try and increase retention into the programme.

### **Impact**

Qualitative findings from the interviews suggested several positive outcomes from the programme. Stakeholders observed significant changes in service users' knowledge and awareness of abusive behaviours and what to do if they experience violence and abuse in the future. For example stakeholders noted changes in some women's dating patterns if they spotted indicators of abusive or violent behaviours. Particular improvements were noted for women who had not previously recognised that they were in abusive relationships, who may have felt their experiences were normal based on the perceptions of their parent's relationships.

All stakeholders discussed the positive impact of You and Me Mum on service user's children, who were seen to live happier lives following the reduction/prevention of domestic abuse in the family home. Living in a less stressful environment was seen to increase children's school attainment and attendance. Furthermore, stakeholders acknowledge that domestic abuse was an ACE, and You and Me Mum aimed to build resilience for mother and children to reduce the long-term impact of witnessing domestic abuse and reduce serious violence in the future.

You and Me Mum collect a range of data. By mapping attendance data to LSOA, You and Me Mum have identified which areas have higher levels of referral to the programme and confirmed that lower socioeconomic status is a predicting factor for domestic abuse. Start-, mid-, and end-point questionnaires measure changes in knowledge but it was highlighted that it is not currently possible to track long-term outcomes of the programme. Stakeholders suggested they should implement the collection of follow up data with service users several years after they had engaged with You and Me Mum.

### **Conclusion**

Findings from the evaluation of You and Me Mum suggested several positive outcomes. Overall, the programme offers a unique learning opportunity for women who are victims of domestic abuse, by placing their child(ren) at the heart of the programme focus. The programme offers a novel perspective on domestic abuse to allow mothers affected by domestic abuse to learn about how violence and abuse affects them as parents, how it affects their children, how to effectively communicate with children and young people, the signs of a healthy relationship, and protective behaviour strategies. This evaluation has provided robust evidence of a successful programme in engaging and supporting mothers who are affected by domestic abuse by increasing knowledge and forming a support network through the Children's Centres and new peer relationships.

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## 4.1. Appendix 1: Starting point questionnaire

You and Me Mum – Domestic Violence Course

### STARTING POINT

At the start of this ten week programme, please rate your knowledge in the following areas;

	Not at all	To limited extent	Average	Above Average	Excellent
Understanding how domestic violence affects you as a parent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the effects of domestic violence on children/ young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Effective communication with children & young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promotion of healthy, non-violent relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protective Behaviour messages & strategies for mother, children & young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How do you feel about starting this programme?**

## 4.2. Appendix 2: Mid point questionnaire

You and Me Mum – Domestic Violence Course

### MID POINT

At the mid-point of this ten week programme, please rate your knowledge in the following areas;

	Not at all	To limited extent	Average	Above Average	Excellent
Understanding how domestic violence affects you as a parent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the effects of domestic violence on children/ young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Effective communication with children & young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promotion of healthy, non-violent relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protective Behaviour messages & strategies for mother, children & young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How are you feeling half way through this programme?**

### 4.3. Appendix 3: End point questionnaire

You and Me Mum – Domestic Violence Course

#### END POINT

**At the end of this ten week programme,  
please rate your knowledge  
in the following areas**

	Not at all	To limited extent	Average	Above Average	Excellent
Understanding how domestic violence affects you as a parent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the effects of domestic violence on children/ young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Effective communication with children & young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promotion of healthy, non-violent relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protective Behaviour messages & strategies for mother, children & young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How are you feeling at the end of this 10 week programme.**