

From Evidence to Action: Youth Led Violence Prevention Through MVP

Merseyside Youth Association's

Mentors in Violence Prevention



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What is MVP?

We'll let the young people tell you!

**What is the MVP programme
and what does it do?**



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Our reach

Young People, Schools & Partners

Since its inception in 2020, the MVP Programme has reached:

51 Schools
2,427 Mentors (Year 9+)
18,200 Mentees (Year 7 & 8)



WHAT DO YOU THINK YOUNG PEOPLE LIKE YOU CAN DO TO HELP STOP VIOLENCE AGAINST WOMEN AND GIRLS? (VAWG)



Speak Up, Report, and Tell Someone

This was the most common theme. Young people frequently said they would:

- Tell a trusted adult, teacher, parent, or youth worker
- Report incidents to police (999/101)
- Speak out if they see or hear violence, harassment, misogyny, or bullying
- Not "stay quiet" or "be a bystander"

Many referenced being an active bystander.



Raise Awareness

A huge number suggested increasing awareness by:

- Talking to others
- Making posters, campaigns, adverts
- Using social media to spread messages
- Creating clubs, safe spaces, or events
- Holding assemblies or workshops



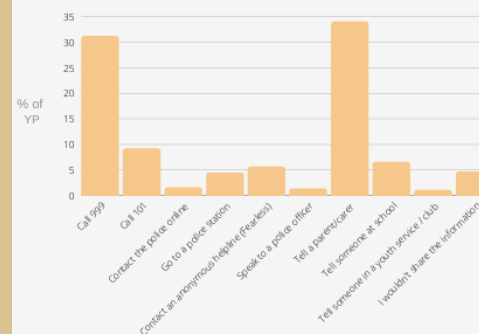
Education and Learning

Young people said both women/girls and men/boys need more education on:

- Respect and equality
- Consent
- Healthy relationships
- Gender stereotypes
- The harms of violence and sexism

Many specifically said teach boys and men better.

IF YOU HAD INFORMATION TO SHARE ABOUT A CRIME OR ANTI-SOCIAL BEHAVIOUR; HOW WOULD YOU MOST LIKELY SHARE THIS?



POLICING PARTNERS FUND ACTIVITIES THAT AIM TO DIVERT YOUNG PEOPLE AWAY FROM ANTI-SOCIAL BEHAVIOUR, SUCH AS FOOTBALL, DRAMA, BOXING, AND ARTS PROJECTS. WHAT OTHER ACTIVITIES OR PROJECTS WOULD YOU LIKE TO SEE MORE OF / INSTEAD?



Sports Activities (by far the strongest theme)

Young people consistently requested:

- Football, basketball, netball, rugby, badminton, tennis
- Gymnastics, swimming, trampolining
- Running, athletics, cross-country
- Martial arts: boxing, MMA, Muay Thai, kickboxing, jiu jitsu
- Outdoor/Adventure sports: biking, hiking, rock climbing, horse riding

Sports were viewed as fun, social, physically healthy, and a positive outlet for stress or anger.



Creative Arts & Performing Arts Activities

Strong desire for more:

- Dance (appears in hundreds of responses)
 - Drama, theatre, musicals
 - Arts and crafts, drawing, colouring, painting
 - Music lessons, singing, learning instruments
 - Creative writing, poetry, storytelling
- These activities were seen as expressive, calming, and good for mental wellbeing.*



Youth Clubs & Social Spaces

Many young people asked for:

- Youth clubs, social clubs, "places to hang out"
- Community centres
- Spaces to talk with friends and feel safe

They linked these directly to preventing loneliness, boredom and anti-social behaviour.

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**What the
evidence shows**

Measurable change

What are the benefits of having violence prevention programmes in schools?

Encourages safe bystander intervention, rather than passive behaviour

Creates safe spaces and encourages people to open up and be free to express themselves

Educates both students and staff, creating a whole-school impact

Educates young people about gender-based violence and healthy relationships

Strengthens relationships in schools and promotes a culture of respect

Gives young people a voice and someone they trust to speak to

Helps young people challenge and not normalise violence

Peer mentoring makes messages more relatable than adult-led approaches

Encourages reporting and knowing what to do in risky situations

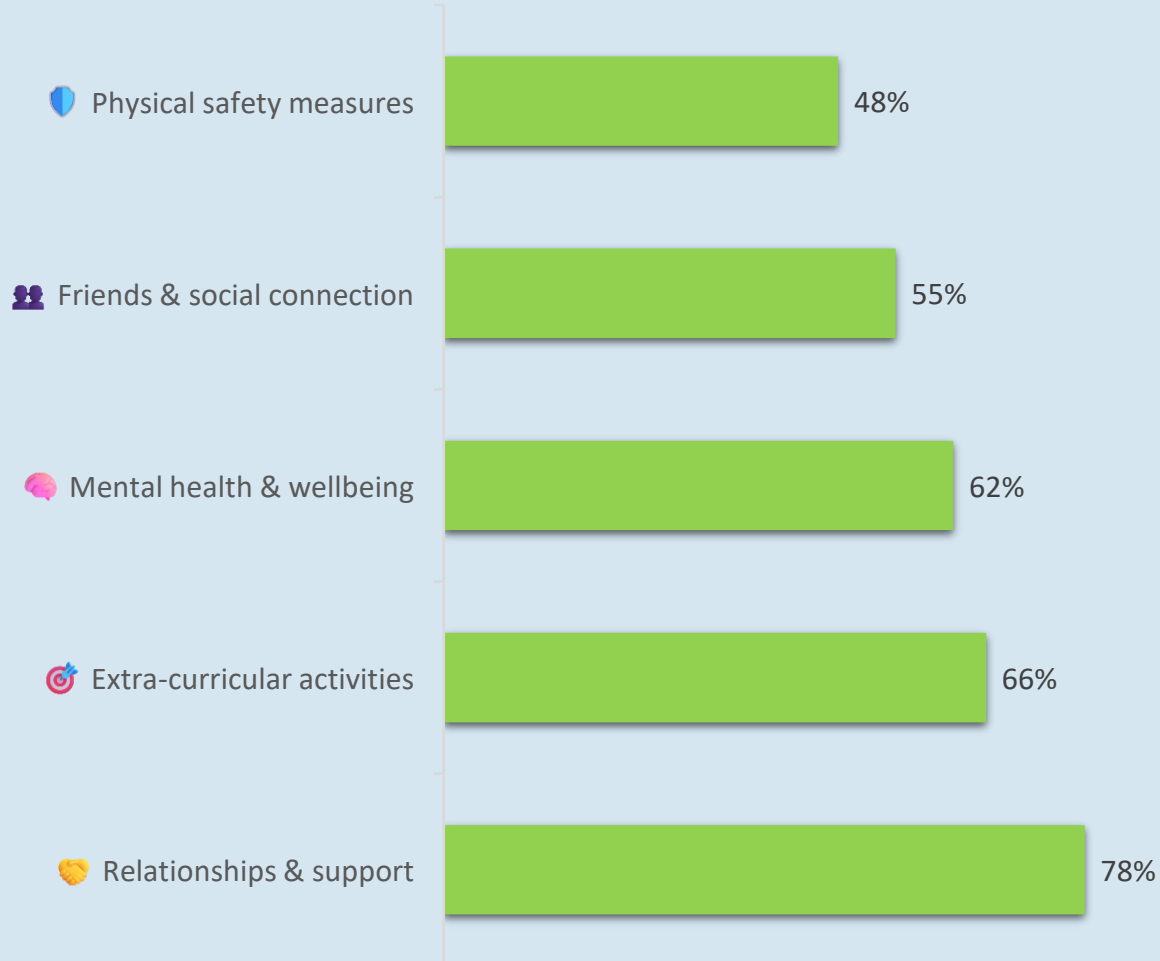
Prepares young people for real-life scenarios and staying safe

Builds confidence, leadership, and communication skills

Schools as a Safe Place

What do schools do well at to make it a safe place?

Pupil Voice – School as a Safe Place Workshop (May 2026)



Differences by age:



Y7-8 → rules, supervision and safety

Y9-10 → mental health support

Y12 → trust, inclusion and peer support

Differences by gender:



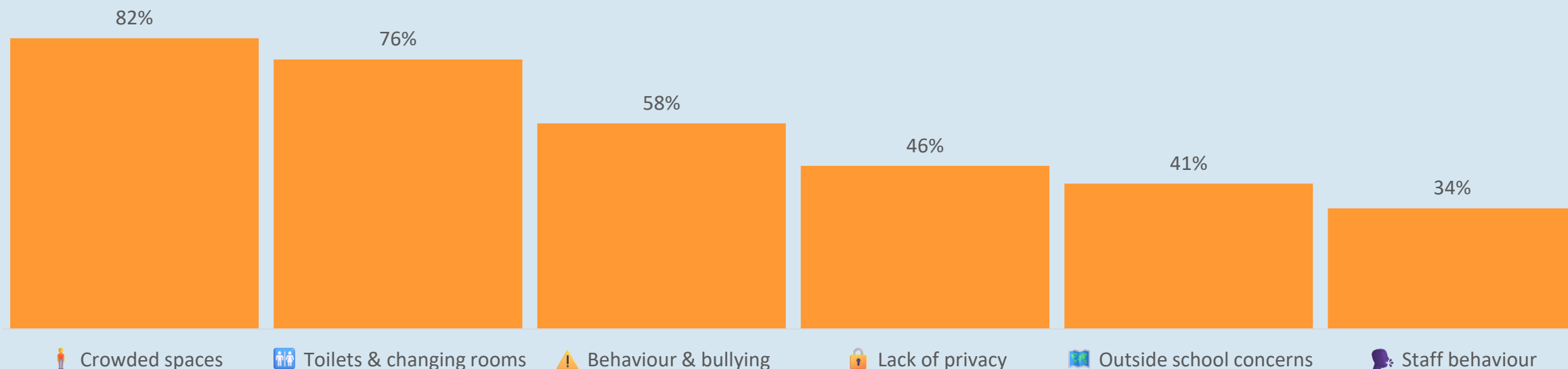
Females → emotional safety

Males → approachable and present staff

Gender diverse → inclusive and safe spaces

Where in school do you feel less confident or comfortable?

Pupil Voice – School as a Safe Place Workshop (May 2026)



Differences by age:



Y7-8 → physical and visible issues
Y9-10 → privacy, anxiety and judgement
Y12 → lack of space and social pressures

Differences by gender:



Females → privacy and exposure
Males → behaviour and physical environment
Gender diverse → bathrooms and social discomfort

If you were in charge, what would you do to make spaces feel safer?

Pupil Voice – School as a Safe Place Workshop (May 2026)

Improve privacy in changing rooms and classrooms

“come into school in our PE kits”
“cubicles” “curtains”

Staggered timings to reduce crowding

“stagger lunch times”
“each year goes at a different time”

Increased supervision and monitoring

“teachers in the cafeteria”
“cameras on the yard”

Better behaviour management and consequences

“more punishment for discrimination”
“better systems for bullying”

More accessible support and safe spaces

“more rooms to speak to people in quiet places”

Student voice, consent, and reporting systems

“ask for consent to show pictures in assembly”
“report problems anonymously”



Differences by age:

Y7-8 → strict rules and punitive punishments
Y9-10 → reducing stress and providing comfort
Y12 → inclusivity and student voice



Differences by gender:

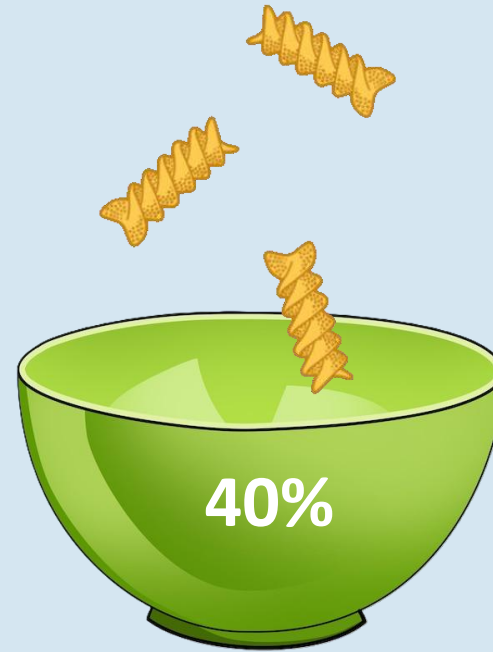
Females 👉 solutions to reduce anxiety and embarrassment
Males 👉 systems for discipline and behaviour
Gender diverse 👉 inclusion and accessibility

What makes school a safe place?

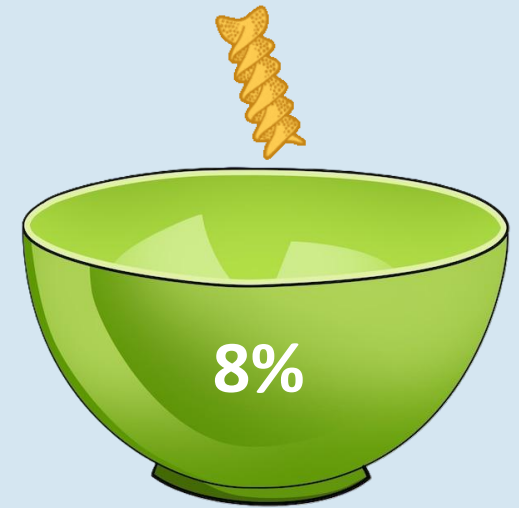
Pupil Voice – School as a Safe Place Workshop (May 2026)



Activities that make school feel positive
(i.e breakfast clubs, lunch time activities, extra-curricular)



Access to support
(i.e trusted adults, positive relationships, mental health support)



Strategies that make people feel safe
(i.e anti-bullying, behavioural, attendance, inclusion policies)

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FREE

**Violence Prevention
and Mental Health
Resources**

Violence Prevention Resources

RAISE MYA RAISE TEAM
FEBRUARY 2026 | ISSUE #9
Violence Prevention in Secondary Schools |

RESOURCE ROUNDUP

Violence Against Women & Girls

A resource for professionals

DEFINITION

The term 'violence against women and girls' refers to acts of violence or abuse that we know disproportionately affect women and girls. Crimes and behaviour covered by this term include rape and other sexual offences, domestic abuse, stalking, 'honour'-based abuse, as well as many others, including offences committed online.

The Home Office

WHAT CAN BOYS/MEN DO?

Everyone has the power to make a difference, but we're calling on boys and men to take action.

Watch the video [here](#)

What can you do?

- Check your own behaviours?
- Challenge harmful attitudes?
- Call out unacceptable behaviour?
- Lead by example?

Man to Man

Liverpool poet Joseph Roberts brings this campaign to life with his spoken-word piece 'Man-to-Man'

Watch the video [here](#)

Youth Voice

Want to know what young people think about VAWG?

Delivered by the MYA RAISE Team, funded by Merseyside Police and Crime Commissioners Office and Merseyside Violence Reduction Partnership, two youth voice workshops were held during the 16 Days of Activism Campaign to end violence against women and girls (VAWG).

The sessions brought together young people, youth workers and professionals within the field of VAWG and violence prevention to explore young people's perception and understanding of VAWG and ensure their voice is embedded into upcoming strategies. The sessions also included a Q&A between the young people and the PCC and MVRP.

Film - [VAWG: Stand up, speak out, make a change](#)

[View the report and findings](#)

Merseyside Violence Reduction Partnership

Resource Roundups

Newsletters

Working together, MYA and the Merseyside Violence Reduction Partnership (MVRP) will be publishing newsletters to support the practices and discussions that professionals, parents and carers are using and having with young people around violence prevention.

Each month we will be sharing our Resource Roundup with you to explore current themes, view relevant resources and support services related to these themes, and explore free training available for you to support the mental health and wellbeing of your students.

Check them out below!

- [Hate Crime - September 2025 issue](#)
- [Knife Crime - November 2025 issue](#)
- [Violence Against Women and Girls - February 2026 issue](#)

EMPOWERING YOUTH VOICES

Film Guidance to support Violence Prevention

Merseyside Youth Association's
Mentors in Violence Prevention

Films created by Mentors from the MVP Programme in partnership with educational media experts Collaborate Digital.

RAISE MENTAL HEALTH PROMOTION TEAM
M **MERSEYSIDE**
YOUTH
ASSOCIATION

MERSEYSIDE
Violence
Reduction
Partnership

Collaborate
Digital

Mental Health Training

MENTAL HEALTH TRAINING

Bitesize

LIVE, FREE, ONLINE, ONE HOUR

Adolescent Brain Development	Managing Teen Worry and Anxiety
ACE Aware (Growing Stronger ACEs)	Managing My Stress Response
An Introduction to Attachment	Mental Health Support in Liverpool
An Introduction to Eating Disorders	Nutrition and Wellbeing
An Introduction to Self-Harm	Online World and Mental Health
An Introduction to Psychosis	Parental Mental Health
Behaviour as Communication	Post-Traumatic Growth
Body Image	Resilience
Children in Care Pathway	The Importance of Sleep
Cultivating Self-Compassion	Understanding ARFID
Emotionally-Based School Avoidance	Understanding Low Mood and Depression (provisional Restrictive Food Intake Disorder)
Grief and Loss	Understanding the Needs of Young Carers
Ketamine's Impact on Mental Health	Understanding & Supporting Risk & Crisis (in Schools)
Kinship Kids and Mental Health	Mental Health Legislation - CYP
Managing Challenging Conversations	Understanding Routine Outcome Measures
Managing Child Worry and Anxiety	Embracing Uncertainty in an Uncertain World

HALF-DAYS

Adverse Childhood Experiences (ACEs) Skilled (Growing Stronger)
Child and Adolescent to Parent Violence & Abuse (CAPVA)
Safety Planning
SERIOUS: Suicide Prevention

BOOK HERE



liverpoolcamhs.com/professionals/training

Underpinned by therapeutic models, the RAISE Team designs training to educate and empower professionals, parents and carers as we strive to improve the knowledge and understanding of mental health among children and young people.

All sessions provide advice and guidance including signposting to local services and organisations!



Reports and Youth Voice



YOUTH, WORKFORCE AND PARENT/CARER VOICES

Views of young people, school staff and parents/carers

Each MVP school takes part in surveys designed to explore violence prevention and wellbeing topics, helping to identify trends and inform the development of future work. Young people, school staff, and parents and carers are all invited to participate.

The surveys explore similar current and relevant issues, but are tailored to reflect the perspectives of each audience group. Participants are asked how they would respond to a range of scenarios linked to the themes covered within the MVP programme.

The surveys also gather qualitative insight into topics such as Violence Against Women and Girls (VAWG), Anti-Social Behaviour (ASB), Online Harm and Belonging.

These reports capture the survey responses:

 [Read the 2026 report](#)

 [Read the 2025 report](#)

 [Read the 2024 report](#)

 [Read the 2023 report](#)

 [Read the 2022 report](#)

 [Read the 2021 report](#)

RAISE

MENTAL HEALTH PROMOTION TEAM



MERSEYSIDE

YOUTH

ASSOCIATION

**Thank
You**

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