

For more about domestic abuse and  
controlling relationships go to  
**[www.pandoraproject.org.uk](http://www.pandoraproject.org.uk)**

If you want more info about  
Escape the Trap courses  
please email  
**[info@pandoraproject.org.uk](mailto:info@pandoraproject.org.uk)**



PandoraProjectN



PandoraProjectWestNorfolk



OFFICE OF THE POLICE & CRIME  
COMMISSIONER FOR NORFOLK



TEENAGE RELATIONSHIP  
ABUSE PROGRAMME

[www.pandoraproject.org.uk](http://www.pandoraproject.org.uk)

Registered Charity Number 1159470

## Helping Young People to get Relationships Smart

Being a teenager can be a difficult and confusing time for many, but when young people find themselves in a relationship where they are treated badly and which 'hurts', it can leave them with extra layers of confusion, self-doubt, a lack of confidence and lowered self-esteem.

### Escape the TRAP

is a programme specifically designed to help young people recognise and protect themselves from teenage relationship abuse.



PandoraProjectN

Over 8 weeks we look at the following;

- The Friend
- The Controller
- The Bully
- The Mind mixer
- The Taker
- The Keeper
- The Charmer
- How To Spot The Controller

By the final session you will have the skills and knowledge to spot a controller!



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