

VIOLENCE AGAINST WOMEN & GIRLS IMPACT REPORT



UNITED YOUTH ALLIANCE

2026

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INTRODUCTION

United Youth Alliance (UYA), funded by the Lancashire Police and Crime Commissioner, developed and delivered a seven session training programme focused on preventing Violence Against Women and Girls (VAWG).

While the programme was delivered to participants from a range of ages, genders, and backgrounds, young men played a central role in its development. Through consultation activities, young men helped inform the programme's content, language and delivery methods to ensure it was accessible as possible to our audience.

We took this approach due to the overwhelming amount of discussions around VAWG that happen with young women and girls, however many young women are already aware of the prevalence and impacts of gender-based violence and young men are left out of the conversation. Not including them does a disservice to all young people as evidence shows that the perpetrators of domestic abuse and sexual violence are overwhelmingly male (Office for National Statistics, 2025), highlighting the importance of engaging boys and young men as part of the solution.

UYA was committed to approaching this work sensitively and constructively. Rather than creating feelings of blame or alienation, the programme was designed to encourage young men to develop a sense of shared responsibility for creating safer communities.

Sessions emphasised respect, healthy relationships, bystander intervention, and collective action, fostering a community-minded approach to preventing violence and promoting safety for everyone.



PROJECT

PROJECT DEVELOPMENT

When designing the programme, we drew on a range of evidence, expertise, and lived experiences to identify the themes that would have the greatest relevance and impact for young people. This included:

- Existing local VAWG and healthy relationship initiatives, including the work of Empowerment, Reclaim, and Relationship and Sex Education (RSE) providers.
- National and local research relating to violence against women and girls, healthy relationships, and prevention approaches.
- Professional knowledge and experience from the project leads, including Tasha's academic background in Sexual Health and Holly's experience in education and linguistics.
- Feedback and consultation from young men, who helped shape the focus and delivery of the sessions.

Throughout the development process, we did not want to duplicate existing provision. Instead, we aimed to complement the work already taking place across Lancashire by approaching the key issues while creating meaningful opportunities for young men to engage in these conversations.

THEMES

Our 7 session titles are:

1. Gender Based Violence
2. Consent, Power and Control
3. Respect for Boundaries, Emotional Intelligence & Bystander Intervention Skills
4. Online Behavior, Digital Safety & Media Literacy
5. Toxic Masculinity vs. Healthy Masculinity & Peer Influence
6. Intersectionality
7. Equality and Gender Roles

78%

OF WOMEN
SURVEYED
FELT UNSAFE
IN LANCASHIRE
IN 2025

PCC [2025]

SESSIONS

1

Gender Based Violence

- Define GBV in simple terms
- Identify common types of GBV
- Distinguish myths vs. realities
- Recognise how harm is normalised
- Reflect on actions to reduce harm

2

Consent, Power & Control

- Know the Difference: Caring vs. Controlling. What's healthy and what's not.
- Share feelings in a respectful way.
- Read the Room: Spot body language that says "yes" or "no."
- Consent Everywhere: Understand consent in friendships, activities, and daily life, not just sex.

3

Respect for Boundaries, Emotional Intelligence & Bystander Intervention Skills

- Learn to respect physical, emotional, and digital boundaries.
- Build skills to manage emotions without aggression.
- Learn the 4D model for safely intervening.

4

Online Behavior, Digital Safety & Media Literacy

- Identify and evaluate online behaviours
- Demonstrate respectful digital communication
- Critically analyse media portrayals of gender.

SESSIONS

5

Intersectionality

- Define intersectionality and explain how overlapping identities (gender, race, class, disability, sexuality, culture) influence experiences of violence.
- Analyse case studies to identify why some groups face higher risks of harm.
- Reflect on solidarity actions you can take to support marginalised groups.

6

Toxic Masculinity vs. Healthy Masculinity & Peer Influence

- The difference between healthy vs. harmful masculinity
- Peer pressure and “locker-room talk”
- Challenge harmful gender norms and redefine strength.
- Recognise and resist harmful peer pressure.

7

Equality and Gender Roles

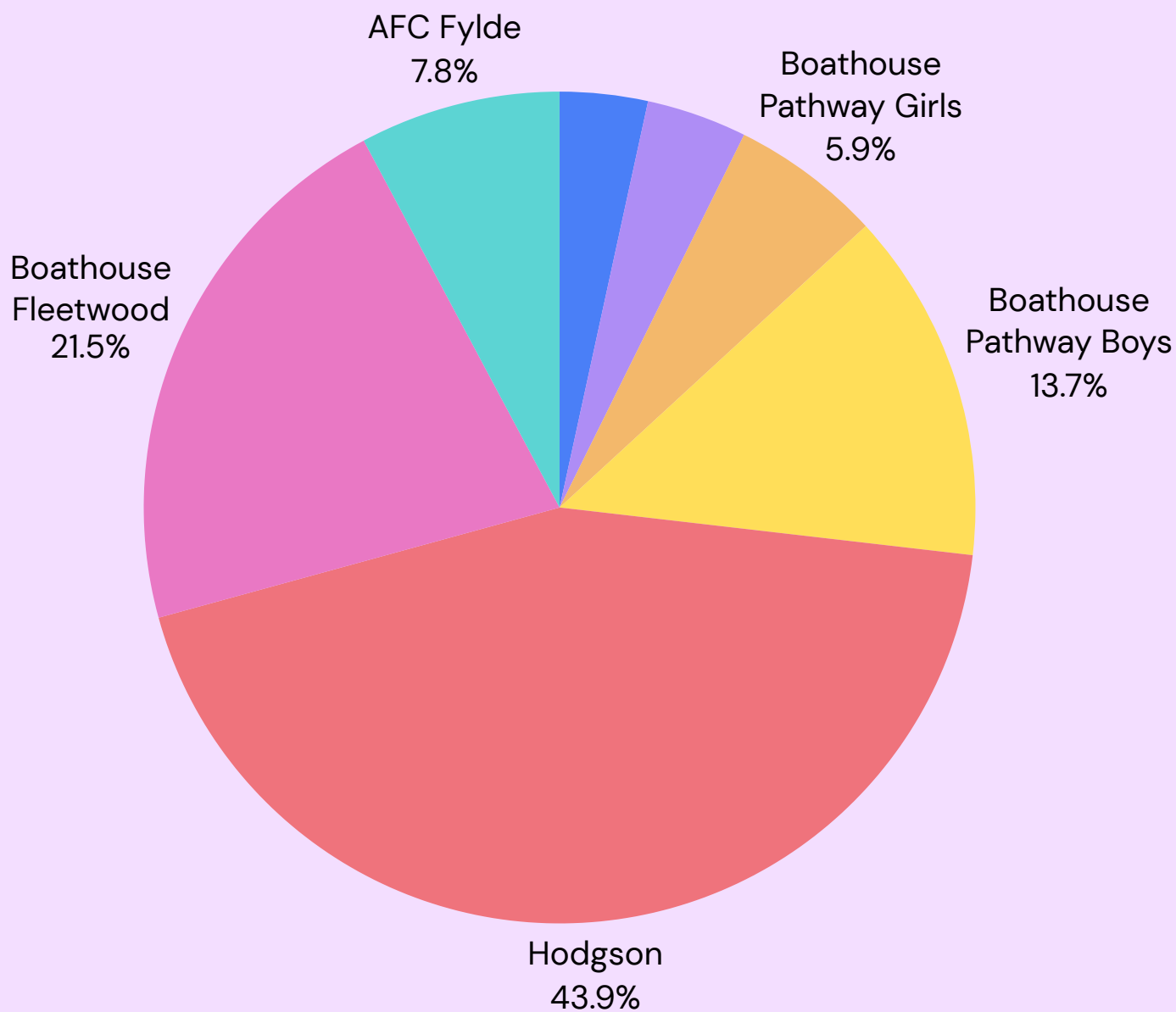
- Define equality, gender, and gender roles in their own words.
- Identify common gender stereotypes in society, media, school, and family life.
- Explore how equality can prevent violence
- Recognise that equality means fairness and opportunity, not everyone being the same.

IMPACT



205

YOUNG PEOPLE ENGAGED ACROSS 8 CENTRES/SCHOOLS



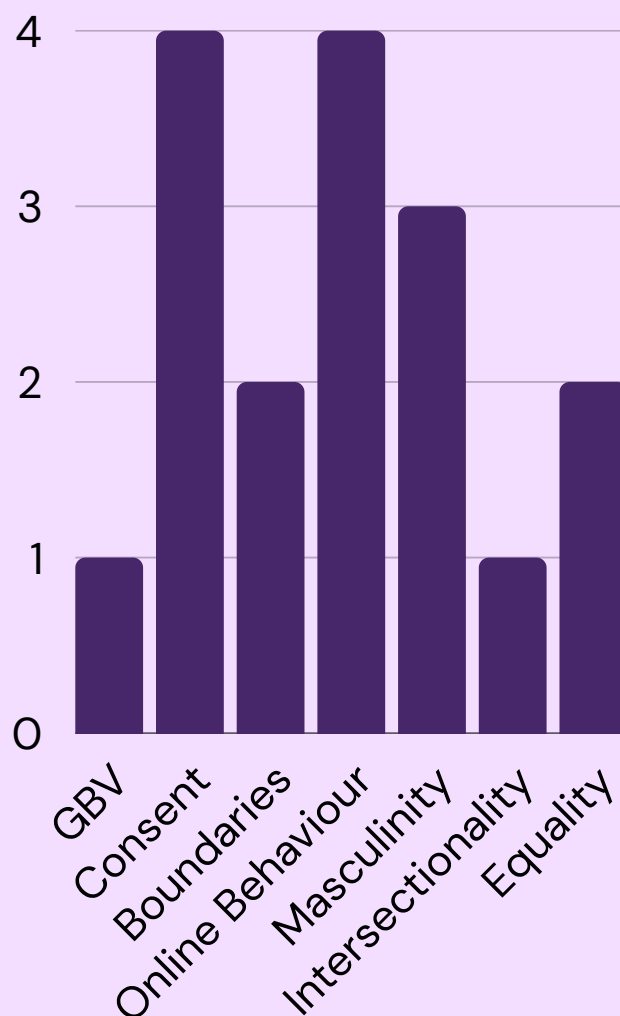
HODGSON

ENGAGED 90 YOUNG PEOPLE IN THE PROGRAMME

CONSENT & ONLINE BEHAVIOUR

WERE THE MOST POPULAR
SESSIONS TO DELIVER BEING
CHOSEN 4 TIMES EACH

GENDER BASED VIOLENCE &
INTERSECTIONALITY WERE ONLY
CHOSEN ONCE EACH



" I JUST WANT TO SAY THANK YOU FOR THE COURSE YOU
RAN LAST NIGHT. IT WAS PITCHED AT JUST THE RIGHT LEVEL
FOR OUR YOUNG PEOPLE. THEY SEEMED TO HAVE A GOOD
UNDERSTANDING OF THE TOPICS AND CONTRIBUTED WELL.
THE COURSE WAS CLEAR AND INTERESTING WITH LOTS OF
INTERACTION WHICH WAS PERFECT FOR OUR YOUNG
PEOPLE." – BOATHOUSE PATHWAY

IN NUMBERS

46

Young people
were identified as
SEND

100

% of young people felt
their understanding of
the topic improved
after the session

75

Young men
(trans inclusive)

7

Organisations /
groups

THE VAST VARIETY OF YOUNG PEOPLE WHO ATTENDED THIS TRAINING ALLOWED US TO HAVE A LARGER IMPACT ACROSS FRIEND GROUPS, COMMUNITIES AND BACKGROUNDS.

ACKNOWLEDGEMENTS

Thank you to our wonderful team for carrying out this work.

Thank you to all the young men who co-developed this training.

Thank you to all the young people who took part.

Thank you to Clive Grunshaw, Lancashire's Police and Crime Commissioner for funding this project.

WE THANK YOU FOR
YOUR ONGOING
SUPPORT OF OUR
PROGRAMME