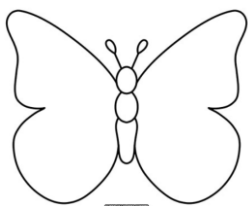
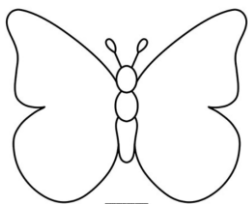


GET Butterfly Intervention Sheet (self-assessment child focused chosen interventions objectives)



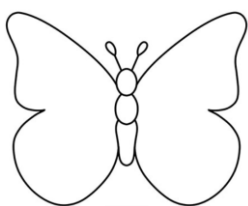
Keeping Safe

Exploring scenarios that put you at risk when out and about alone or with peers. Rating if these scenarios are low, medium, or high risk and discussing why and exploring ways to reduce risk.



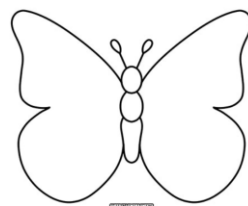
Friends

Exploring friendship groups, resilience, what a good friend looks like and how to move away from negative peers and protect positive peers. This will support them to understand what a good friend looks like and learn how to treat people and how people should treat them.



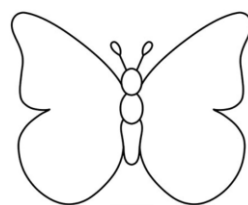
Drugs & Alcohol

Creating the opportunity for children to have an open discussion about their experiences or exposure to substances, followed up with a discussion with case manager to refer to Aquarius.



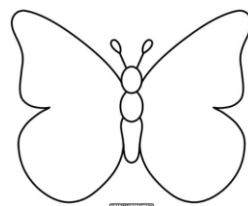
Feelings

Supporting children to understand and explore how they feel and why. Learning about emotions, how to express how they feel and how to let others around them know, so they can gain appropriate support.



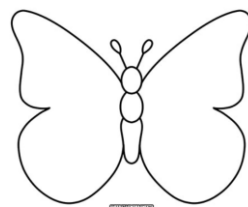
My Identity

Supporting children to identify with personality, gender, ethnicity, beliefs, values, race, and culture, what's important to them as an individual and how to integrate into society positively



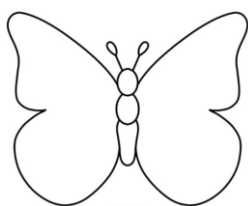
Sexual Exploitation

Supporting children to identify what this may look like, using age-appropriate language and interventions. Identifying what abuse looks like, online, or physical, focusing on indicators, personal boundaries, where to seek help and support and letting them know they are not to blame.



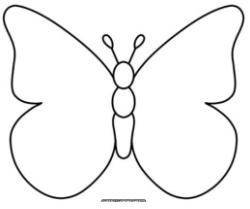
Emotions

Supporting children to understand that emotions are normal and part of our brain function. Teaching how to identify and express how they are feeling and ways to encourage positive mindset.



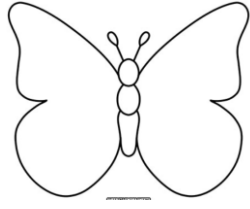
Relationships

Supporting children to understand that relationships are a key part in their lives and wellbeing. Helping them to feel secure, safe, and supported. Focusing on healthy relationships are balanced, respectful, trusting, sharing, equal and communication is the key.



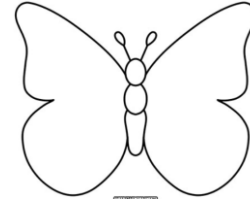
Pregnancy

Raising girls' awareness and increasing knowledge in their sexual and reproductive health and rights, protecting them from abuse and connecting them with education and health services.



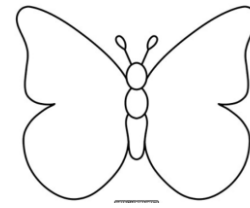
Sexual Health

Supporting age-appropriate girls to enjoy and express their sexuality and to do so free from sexually transmitted disease, unwanted pregnancy, coercion, violence, and discrimination.



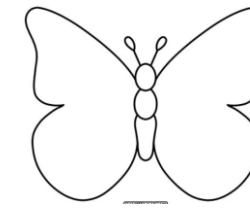
My Future

Supporting girls to identify a network of support and activities they can access once GET intervention ends. Creating vision boards to help them in focusing on future aspirations and support making their dreams a reality.



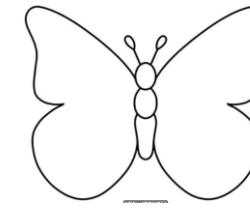
Loss

Supporting girls to embrace the feelings around loss and grief, giving them time and space to digest their experiences and gain understanding this is a personal journey and effects everyone differently. We support them to take steps towards managing grief, which may include signposting to bereavement services.



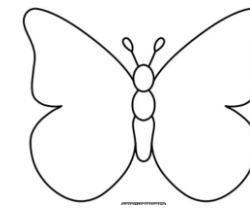
Family

Supporting girls to understand family dynamics, how this can influence our behaviours, gives us a sense of belonging, how they see and interact with the world including values, religion, cultural expectations, laying foundations and how dynamics can also play an important part in mental health and wellbeing.



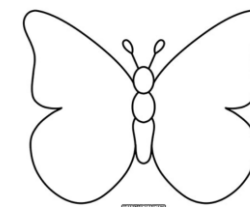
Gangs

Supporting girls in raising their awareness to understand the definition of a gang, identifying red flags in terms of grooming and criminal exploitation, addressing how they may be targeted and where to get seek help if they become victims of a gang.



My Sexuality

Supporting girls who may be struggling in coming to terms with their sexuality by offering support without judgement and sign posting to services that can support fully.



Domestic Violence

Supporting girls to raise their awareness of risk indicators of what Domestic Violence, may look and feel like. That abusive relationships are not normal, and this is a crime against them, the impact on health and wellbeing and where to seek advice, support, and report if they are victims.