

APPENDIX 6 – Case Study

Case Study– Individual Work

(All the names of those involved in the Case Studies have been changed to ensure their anonymity)

Danielle (not her real name) is 14 years old and lives in the Tonbridge and Mailing district. Danielle was referred by Early Help, who were supporting the family at the time. Danielle's birth mother was involved in multiple abusive relationships. Danielle now lives with her adoptive parents but struggles to understand relationships, which has led to her putting herself in danger online. Danielle has also been diagnosed with Autism, which can affect her understanding of safety.

Danielle completed the 'How Am I?' and 'Strengths and Difficulties' questionnaires and the HeadStart resilience conversation at the start of our sessions and was open to talking about relationships and her own experiences and feelings.

Healthy/unhealthy relationships: The BeFree project delivered sessions on relationships where Danielle was able to explore what love is to her and what love is not. Danielle was able to relay very clearly what was important to her and what she felt was positive and what could be negative in a relationship. The 'Love Statements' exercise was used as a basis for discussions and to go into further detail about relationships and situations that could be harmful or a warning sign to an unhealthy relationship.

Due to Danielle's autism she could be very literal with her understanding but when breaking down words and information she was able to demonstrate a good understanding by answering questions about healthy and unhealthy relationships.

Sexual health and consent: In the 'How Am I?' questionnaire, Danielle initially rated herself at a 4 on sexual health and consent and had progressed to a 2 by the end of the programme. In this session we explored sexual health and the reproductive organs, in which Danielle responded well to practical activities. During this session we also discussed STIs, contraception and sexual health clinics and I provided information for Danielle and her parents for when she needs it as she is not currently sexually active. In this session we also explored consent and the law and Danielle was able to answer correctly to questions about consent and age. Danielle did well to correctly identify risks and assess whether she felt consent was given.

Self-esteem: Danielle initially rated herself a 4 in the 'How Am I?' questionnaire and had progressed to a 2 by the end of the programme. It had been reported by Danielle's parents and herself that she could sometimes feel overwhelmed and low and found it hard to express her feelings. I recommended Danielle a self-esteem journal in the hope that she could begin to think positively and express herself and her emotions.

It was decided during my first home visit that Danielle's parents would start a folder of the worksheets and information delivered in the BeFree programme to go over

with Danielle at home. Danielle's parents reported to me that this was working well and having a positive effect on Danielle and her relationship with them.

In the session, Danielle discussed aspirations for her future and what she planned to do when she left school. We also spent time exploring what was going well for her at that time.

Danielle engaged well in the program and attended all her sessions during both term time and the summer holidays. Danielle's parents have provided feedback on how useful they have found the sessions for Danielle and engaged well in the parental session provided.