**The Respect Young People’s Programme**

The Respect Young People’s Programme (RYPP) is an early intervention programme that is nationally recognised in promoting change when working with families where young people are displaying abusive behaviours within the family unit.

The RYPP is a Cognitive Behavioural Therapy based programme which allows your family to identify negative behaviours that give cause of concern. The RYPP is very practical programme with lots of different tools and resources used to work with both you and your child. The aim is to support and help restore family relationships and address abusive behaviours safely with opportunities for discussion and reflection, working from a strength perspective.

In the first instance we will need to meet with you and your child to explain the programme and help you appreciate your relationships in recognising others in a more positive way. There will be two workers allocated to the family who will work with you and child. After the first meeting the programme will follow a structured delivery of support over a period of 11 sessions detailed below.

 **Meeting with the family**



 **2x sessions with parent/carer**

* **Establish the extent of the problems**
* **Draft agreement**

 **2x sessions with young person**

* **Establish their perspective**
* **Explain the programme**





**Make agreement**



**Individual work with young person – 7 sessions**

* **Goal setting**
* **Anger management**
* **Costs and benefits**
* **Cognitive behavioural work**
* **Conflict resolution**

 **Parenting styles**





**Personal letters and if available video conversations**



**Review agreement approx. fortnightly**



The programme only works to its full potential if both you and your child are committed and are willing to engage. If you both consent to engaging in the programme, please sign below.

Parent/Carer ……………………………………. Young person………………………………….

Date …………………………………….