



Impact Report

Wellspring Settlement: The Swannery's Girls Youth Group 2nd & 9th December 2025



We at Tender believe that prevention education is the key to living in a world free from abuse and harm. In order to prevent abuse, we must work with children and young people to allow them to explore conversations around healthy and unhealthy relationships safely and enjoyably.

As part of Tender's work, we robustly evaluate the impact of our projects through questionnaires, gathering insight into the changes in knowledge, skills, beliefs, & behaviours reported at the end of the project.

The workshop received a 'good' rating from 80% of the participants and was rated 'very helpful' by the attending member of staff.

Healthy Relationships Project

The learning objectives of the Healthy Relationships project are:

- Identify key elements of healthy and unhealthy friendships and relationships.
- Recognise early warning signs of unhealthy friendships. Practice healthy behaviours in relationships.
- Examine the role that power and control plays in unhealthy friendships and relationships.
- Practice strategies for managing interpersonal conflicts.
- Develop awareness of where to seek or signpost support, and how to support their peers.
- Build soft skills including empathy, self-esteem, confidence, creativity, communication skills, emotional regulation techniques and conflict resolution strategies.

Programme Summary

This Tender Healthy Relationships project took place over 2 days with 12 young people aged 12-14 from The Swannery's girls youth group in Barton Hill. The participants all attend City Academy and collaboration with the school enabled the young people to attend the project during the school day at the Wellspring Settlement site.

The young people showed high levels of engagement throughout the two days of the project. They particularly enjoyed the use of drama to explore issues around healthy relationships, enthusiastically acting out and performing scripts as well as devising their own scenes. They opened up and shared their own ideas about healthy and unhealthy relationships confidently and thoughtfully.

The staff at Wellspring Settlement completed Tender's Basic Awareness of Domestic Abuse INSET training, gaining knowledge about facts, myths and risk factors relating to domestic abuse and developing the skills to identify, respond to, and talk about domestic abuse and harmful sexual behaviours with young people.

Read on to find out more about the impact of this Tender Healthy Relationships project for the young people who took part.



Knowledge

We measure participants' knowledge against set learning outcomes after the project. The data below represents their knowledge in different content areas covered over the project:

Learning outcome	Percentage that stated they understood this outcome
Know what makes a relationship healthy or unhealthy	100 %
Know where to find support or advice about friendships/relationships	80 %
Know how to spot early warning signs of unhealthy friendships/relationships	100 %
Know about the role power and control play in relationships	100 %
Understand the gendered nature of abuse	90 %



Skills

The arts-based and interactive nature of Tender's programmes help to develop several soft skills. Our activities are creative, fun and engaging and help to boost the participants' self-esteem, collaborative skills and empathy among other skills. We asked questions in the survey so that the participants could self-report on those skills. The insights from that data are as follows:

Skill	Percentage that stated they were confident in this skill
Communication	70 %
Self Esteem	70 %
Conflict resolution	70 %
Emotional regulation	90 %
Critical thinking	70 %
Empathy	80 %
Creativity	100 %

Beliefs & Attitudes

We spent time challenging the excuses that someone might give for using physical violence, as well as some of the common beliefs that lead us to hold harmful victim-blaming attitudes. Tender's message is clear: abuse is never the fault of the victim.

We asked participants whether they thought the following statements were **true or false**:

'There is never a reason for your partner to hit you.'

70% agreed that this statement was true.
10% selected that it was false, and 20% selected that they were not sure.

'A woman should ask her boyfriend before going out with her friends'

80% agreed that this statement was false.
and 20% selected that they were not sure. None of the young people selected 'true'.

Behaviours

Throughout the project, we focussed on empowering the young people to identify when and where to seek support and advice related to unhealthy or abusive behaviour. We asked participants what they would do if faced with the following scenario:

'A friend is upset because someone wants them to do something they don't want to do. They won't say what it is, but have asked you to keep it a secret....'

Here are their responses:

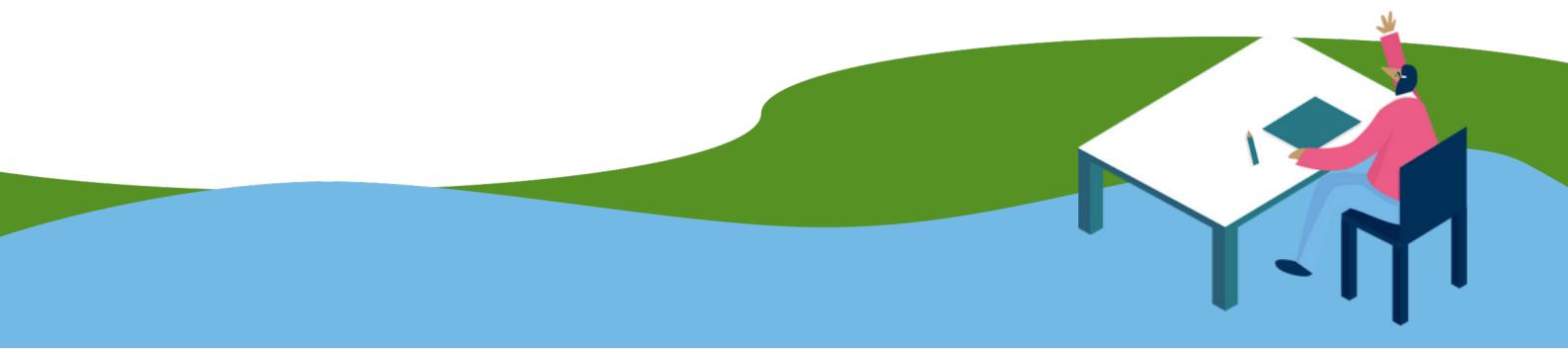
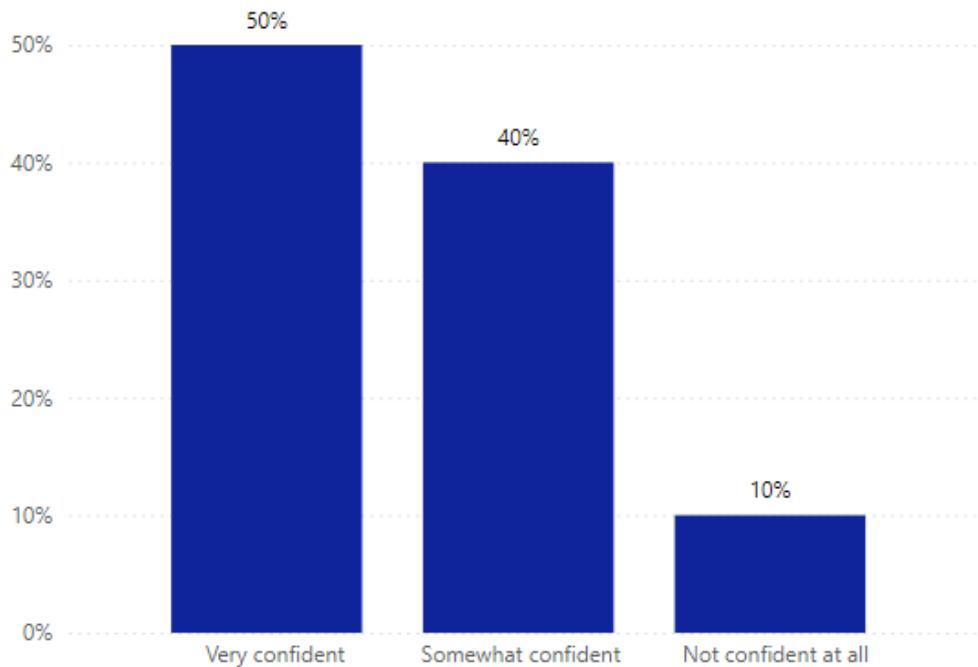
Skill	Percentage that stated they were confident in this skill
Go to a trusted adult	75%
Give them advice	25%
Do nothing, because it is their personal issue	0 %



The young people were also asked the following, to understand their motivation and confidence to apply the skills the workshops teach, and improve their behaviour:

***Your friend makes a rude comment about a classmate's body.
How confident would you feel telling them this is wrong?***

Here are their ratings from 'very confident' to 'not confident at all':



Conclusion

70 % of the young people reported that they would value more projects like this.

When asked what their key learning from the project were. students said:

- **“how to spot healthy and unhealthy relationships”**
- **“some relationships can be extremely unhealthy and some people think its normal”**
- **“there's a lot of red flags in a relationships”**

The group particularly liked:

- **“how we talked about things that happen and drama”**
- **“I liked the games and the scenarios we was able to act out”**
- **“learning the differences between a healthy and abusive relationships”**
- **“the scenarios / acting because it was fun”**

The workshop leaders who facilitated the project made the following comments:

“The setting was very supportive and the young people’s familiarity with the space and youth worker lead meant that they were comfortable in the space. The group enjoyed script work the most and responded to the devising extensions with great enthusiasm and creativity.”

It was a pleasure to work with such fantastic young people at Wellspring Settlement. A huge thank you to all those who made us feel welcome and worked hard to ensure the project ran smoothly. We hope to work with you again soon!

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