

R.Y.P.P

Respect
Young
Person's
Programme



by **THE WISH CENTRE - 01254 260465**
and delivered in your local area.

Are you the parent/carer of a young person and struggling with their behaviour?

Damaging Property

damaging furniture, hitting walls or destroying possessions

Making Threats

to harm you, themselves or someone else

Verbal Aggression

swearing, shouting, insults or name calling

Financial Abuse

stealing or demanding money

Physical Aggression

hitting, spitting, pushing or kicking you or another

Boundary Pushing

unresponsive to fair discipline, passive aggressive behaviours

Conflict between a young person and their parent/carer is often a normal part of growing up. When that behaviour crosses the line into abuse or aggression, it can be difficult to know where to turn.

Our Respect accredited RYPP programme can help.

RYPP is a programme available to young people aged 10-16 where their behaviours are violent or aggressive towards a parent, carer or another family member.

It aims to address behaviours that can increase risks in later life, such as:-

- **Difficulty with attachment**
- **Low empathy**
- **High entitlement**
- **Poor school attendance or academic achievement**
- **Difficulty with emotional regulation**
- **Problems with conflict resolution**

and seeks to improve:-

- **emotional well-being (coping with anxiety, anger, depression, emotional self-regulation)**
- **family communication and relationships**
- **parenting confidence and skills**
- **the young person's insight to their own behaviour**

leading to a reduction in verbal and physical aggression.

The RYPP is delivered over 3-6 months via one or two face to face sessions per week - a total of 18 sessions - 9 with the young person, 7 with the parent and 2 with the whole family.

Contact us for further details on 01254 260465 or email us info@thewishcentre.org.

Respect

