

Peer Support Groups

Ages 14–18

Brighton, Hastings & Eastbourne

What are Peer Support Groups?

Our groups are a safe, friendly space for young people to connect, share, and explore their experiences at their own pace.

If you're aged 14 to 18 and something sexual has happened to you that didn't feel right or wasn't your choice, you're welcome at our groups. You're not alone, and this is a safe, supportive space where you can just be yourself.

Our groups are relaxed and friendly, and you can share as much or as little as you want; there's no pressure.



How do the Groups Work?

Each program runs for about 10 weeks, with a two week break inbetween rollouts. Lots of clients stay in group for longer than the ten weeks. Sessions are relaxed and flexible, with a simple structure:

- **A quick check-in to see how everyone is feeling**
- **Introduction of the weekly topic**
- **Discussion and creative activities (completely optional)**
- **Check-out to finish the session**

Topics include understanding trauma, self-care, grounding techniques, emotional expression, personal safety, boundaries, and empowerment. There's also time to revisit topics if you want to explore something again.

Attendance & Flexibility

You don't have to come every week. You can join, take a break, and come back whenever it suits you, just let the facilitator know. Groups are set up depending on who has signed up and are usually split depending on gender and age, so younger and older participants can feel comfortable. These groups are trans and non-binary inclusive.

Our goal is to create a supportive, safe environment where everyone feels heard, valued, and able to join in however they want.





Activities

We offer fun creative options like candle or perfume making, painting, felting, and slime, but you don't have to join in. Some sessions are just for relaxing, chatting, or enjoying a hot drink. You can participate however you feel comfortable.

Topics Covered

- **Welcome & Understanding Trauma:** Emotional impact, common feelings
 - **Self-Care:** Intro to grounding and self-soothing techniques
 - **Self-Awareness:** Listening to senses, hobbies, reclaiming interests, practising grounding techniques (breathing, tapping)
 - **Sleep & Intrusive Thoughts:** Sleep hygiene, flashbacks, nighttime anxiety
 - **Personal Safety Plan:** Identifying coping strategies, celebrating strengths
 - **Completing Safety Plans**
 - **Healthy Emotional Expression:** Why expressing feelings matters
 - **Boundaries, Self-Value & Empowerment**
 - **Group Topics Revisited:** Optional review of prior topics, self-care & grounding quiz
 - **Encouraging Words:** Positive reflections to take forward
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Your Voice Matters

Every session has a suggestions box where you can anonymously request topics or ask questions. This helps us make the group fit what you need and want to explore.

What Happens Next?

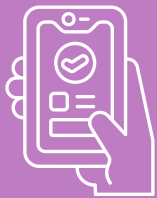
When you turn 18, you can either join an older young peoples' group or move to adult wellbeing activities like yoga or mindfulness.

Find more details about our Adult service [HERE](#).

Important Details

- Parents or carers drop off and pick up, and are asked to respect the group space while sessions are happening.
 - This group is open to those who live in Sussex. As all sessions are in person, West Sussex residents are welcome to attend if they can get to a group.
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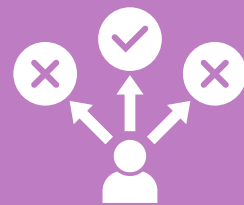
How do I join a group?



If you have an ISVA, ask them about groups



There may be a waiting list for groups



If you're new to the CYP service, you can make a self referral



The welcome team can be contacted at info@survivorsnetwork.org.uk



We will talk to you about which group would be best



Our referral form can be found at www.survivorsnetwork.org

If you have any access issues or need help, please email us info@survivorsnetwork.org



I'm nervous about coming to the group. What can I do?

We recognise that attending a group for the first time can be difficult. There are a few things we can do to make you feel more at ease...

- **You can come along to meet the facilitator or have a phone call beforehand.**
- You can leave as soon as you choose.
- **We can arrange for you to be met at the door by Emma.**
- You can also come and see the room and building before attending.

Who will be there from Survivors' Network

Our groups are run by **Emma**, our Groupwork Facilitator. **Emma** has over 30 years' experience of working with survivors of sexual violence, both internationally and in the UK. Emma is completely unshockable, incredibly creative and loves doing fun new things in groups. Emma has a dog called Merlin and loves making things, painting, walking Merlin, and anything that involves being outdoors.



Attending groups

If you're already getting support from our CYP Team, you can talk to your ISVA about joining a group.

New referrals need to go through the Welcome Team. If you have not yet had a meeting with the Welcome Team or are unsure, please see our 'Get Help' page on our website [HERE](#), call 01273 203380 (VOICEMAIL SERVICE ONLY) or email info@survivorsnetwork.org.uk

Professionals can refer young people via our website at <https://survivorsnetwork.org.uk/get-help/refer-someone/>



Get in touch

For more information or to access support, please complete an online referral form via the 'Get Help' page on our website [HERE](#) or call 01273 203380 (voicemail service) or email info@survivorsnetwork.org.uk for more information.

You are welcome to reach out whenever you feel ready.

We believe you

We hope you have found this guide useful and look forward to seeing you soon.

Contact Support
info@survivorsnetwork.org.uk
www.survivorsnetwork.org.uk
[@survivorsnetwork](https://www.instagram.com/survivorsnetwork)

Survivors' Network
6a Pavilion Buildings, Brighton, East Sussex, BN1 1EE
Charity No. 1144878