



Respect Young People's Programme

THE RESPECT YOUNG PEOPLE'S PROGRAMME

Contact

Please contact the professional or service who provided you with this leaflet if you wish to access the programme.

Further resources

Follow the QR code for an animation hosted on YouTube about the RYPP programme:



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



Conflict between a young person and their parent/carer is often a normal part of growing up. It's normal and healthy for children and young people to become angry or frustrated, but this should not result in violence or abuse against family members.

When that behaviour crosses the line into aggressive and harmful behaviours, it can be difficult to know where to turn.

It is not a parenting failure. It is not shameful. Support is available.

What is the RYPP programme?

The Respect accredited Respect Young Person's Programme (RYPP) can help. The programme is available to young people aged 8- 18 where their behaviours are violent or aggressive towards a parent/carer.

The programme focuses on empowering young people to change their behaviour and building upon the strength of their relationships with parents/carers and siblings. Both the young person and their parent/carer are seen as part of the solution. It aims to help young people and their parent/carer to better understand themselves and each other.

The RYPP provides practical support, insight, and simple solutions to families to improve their relationships, communication and to stop behaviours that cause stress or harm. Participation is voluntary and both the young person and their parent/caregiver or guardian must agree to take part and engage to gain positive change within the family.

The structured programme is delivered via one or two face to face sessions per week - a total of 18 sessions - nine with the young person, seven with the parent/guardian and two joint sessions.

The programme aims to:

- Reduce verbal aggression and violence in close relationships
- Improve emotional well-being (coping with anxiety, anger, depression, emotional self-regulation)
- Improve family communication and relationships
- Build parenting confidence and skills
- Improve the young person's insight to their own behaviour

"It's 100% helped me and mum and we have conversations every day. It's not just helped me, but it's helped my whole family. We're much happier now" - young person who completed the RYPP

