

## Building Better Relationships (BBR) Information Sheet for Participants

### Who is this information sheet for?

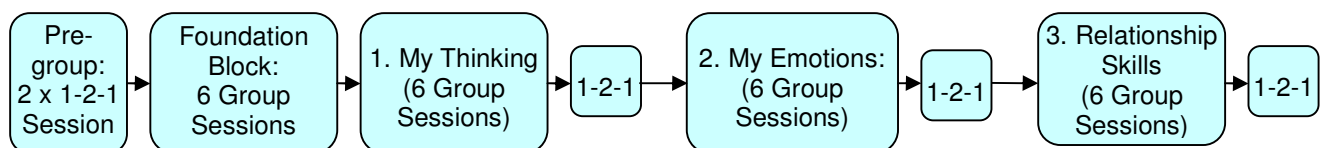
You have been given this information sheet because you may be suitable for the Building Better Relationships (BBR) programme for men who have been violent in their relationships.

If you choose to come to BBR you will:

- learn more about the sorts of behaviour that damage relationships
- get a better understanding of yourself
- see how your personal issues play a part in the violence you show to your partner
- find and build on your strengths and use these to improve your relationships
- develop the skills you have and learn new ones to overcome the difficulties you face

### Structure:

BBR is delivered over 29 group and individual sessions. You will start with two one-to-one sessions, followed by a foundation module and then three core modules, which you can do in any order.



The one to one (1-2-1) sessions last approximately one hour each and the group sessions are two and a half hours long.

### Some things you need to know about taking part in the programme:

#### 1. We notify your partner when you start and when you finish.

When you start BBR your previous and/or your current wife, girlfriend or partner will be contacted to tell them you are doing this programme. They will be given some information relating to the programme and about the support they can get. They will not be told anything about you other than the fact that you have attended the programme and the date on which you finish.



#### 2. You will need to come to every session on time and do some work in between sessions too.

## Some things you need to know about taking part in the programme (continued):

### 3. Be respectful to others

We expect group members to stay respectful and open to hearing what other people think during the BBR course - otherwise group members may be asked to leave the programme.

### 4. Each session of the programme will be recorded on video

This recording will focus on the staff not on the group members. It is used for checking that the programme is running well. Recordings will be stored safely and will never be seen by anyone not connected to the programme.

### 5. If you decide not to start or wish to leave the programme

If you decide not to start the programme or want to leave before the end then you will be asked to talk about the reasons for this. We will need to talk to you about what might happen next.

### 6. Recording results

Before you agree to take part in the new programme, you also need to know that we are always working to make BBR as useful as it can be. As part of this, we shall make a note of everyone who starts the programme and we shall check to see how many have managed to stay clear of crime after the course has finished. We will also check prison and probation records for examples of positive and negative behaviour.

We shall never identify anyone on BBR by name when we carry out research.



## Getting the most out of the programme

Please take some time to think about what coming to BBR might do for you. It is important that you talk through your decision with a member of staff and you may want to talk to your friends and family too. Please ask as many questions as you like and take time to think it over before you decide.

## Please help us to improve



We'd also like you to complete some routine questionnaires before and after the programme.

Your results will only be seen by staff involved in the programme (including your Offender Manager) and research staff. Questionnaire results help us check the programme is helping the group make positive changes.

By looking at the scores of a big group of people, researchers can see what patterns of change are taking place. In order for us to do this, your scores will be entered onto a secure database seen by programme staff only. If you do not wish to complete the routine questionnaires, please notify a member of staff.