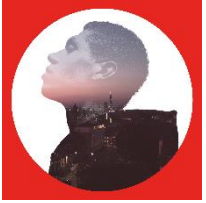


Beyond the Banter: Breaking down barriers with a peer-led approach

Helen Green, Marketing and Communications Manager
Davis Williams, Criminal Violence Expert Caseworker

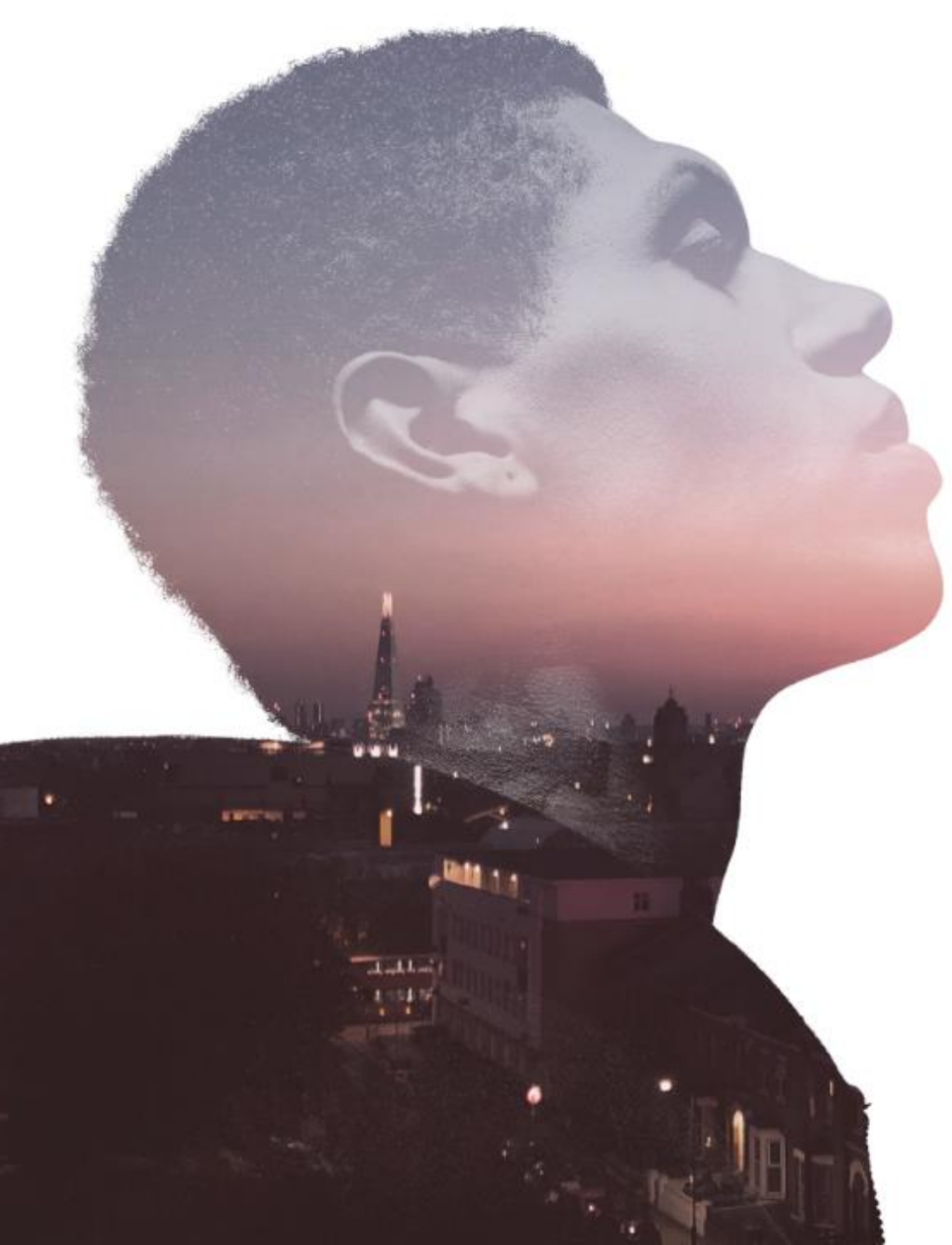
saferlondon





Today's Session

- Safer London: Who we are and what we do
- Beyond the Banter: What is it?
- The Future: Adapting the model
- Discussion & Feedback
- Wrap up



Safer London: Who we are & what we do



- Pan London charity working with young Londoners and their families affected by violence and exploitation.
- We provide specialist and expert one to one interventions to some of the highest risk children and young people living in London
- Our work is trauma informed, person centred and rooted in contextual safeguarding approaches.

We deliver our work through three key themes



PEOPLE



We'll provide trusted individual relational support to ensure more young Londoners will feel safer, be safer, and have positive futures.

PEERS

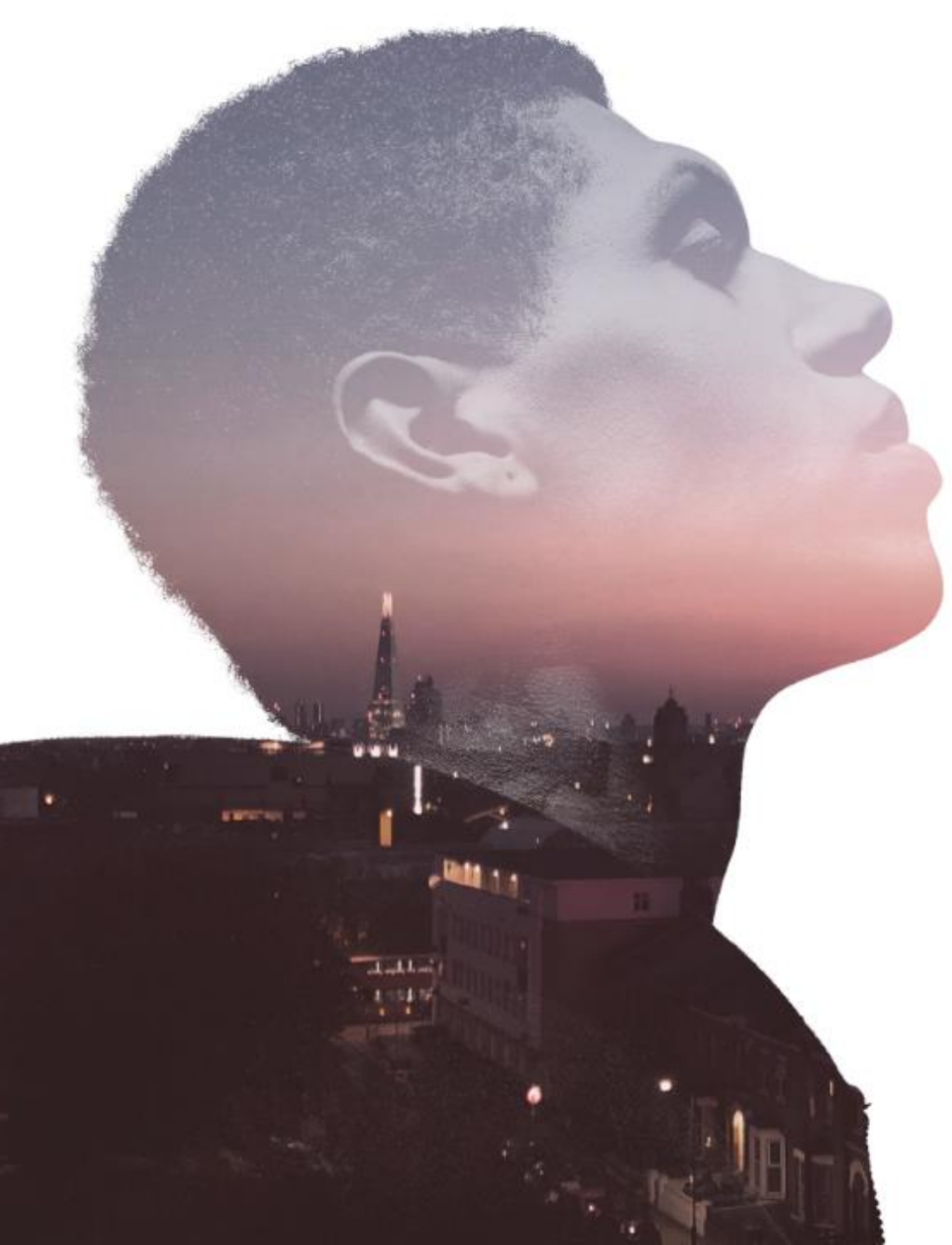


We'll enable young Londoners to support and be supported by their peers.

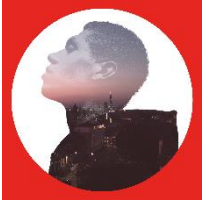
PLACES



We'll work directly with communities ensuring the places and spaces where young Londoners spend their time are safe and positive.



Beyond the Banter: What is it?



Why we did it – the need

People who are experiencing mental health problems are statistically more likely to be a victim of violence. Men are 1.5 times more likely than women to be victims of violent crime

Men are more likely to be compulsorily detained for treatment than women. With black people four times more likely to be detained under the mental health act than white people

Black men are more likely to experience a psychotic disorder than white men

Men are less likely to access psychological therapies than women. Only 36% of referrals to NHS talking therapies are for men

1 in 10 young people are experiencing mental health problems at any one time. 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem



Young black men growing up in the UK are more likely to face multiple and significant risk factors for poor mental health, including the stresses of living in poverty, housing insecurity and homelessness, difficulties at school and subsequent reduced access to opportunities.

Against the Odds -Centre for Mental Health
Khan, Saini, Augustine, Palmer, Donald 2017



We asked young black men and boys: what are the barriers for young black men and boys and emotional wellbeing?

- “It is seen as weakness”
- **“We’re on guard - we have built a shell around ourselves”**
- “Unrealistic expectations”
- **“Toxic masculinity”**
- “The information will be used against us”



What we did and how we did it

- We recruited 8 young Black men aged between 18 and 35
- This group of peer educators received training and mentoring to be able to deliver sessions in the community
- We partnered with four organisations across London to deliver sessions to young Black boys in the community



Reach and Impact

- Over one month February to March 2022 we ran **14 Beyond the Banter workshops**
- Reaching **286 young Black men and boys**
- **74%** of survey respondents **said they would start having more conversations about mental health** and wellbeing with friends or family



We asked young black men and boys:
What is the main thing you've learnt from
today's session?

- ➔ **“Look out for people, because you never know what they're going through”**
- ➔ “To not be afraid to open up and express your feelings”
- ➔ **“Mental health is nothing to be ashamed of”**
- ➔ “You should always check up on your friends”
- ➔ **“It's okay to talk about mental health”**
- ➔ “Find someone I trust and can confide in when I'm feeling low”

Children & Young People Now Awards 2022





Beyond the Banter: A professionals' Guide

- ➔ Free open resource
- ➔ Shared learnings and reflections
- ➔ Templates and guides
- ➔ Links to videos and resources



The future: Adapting the model





Girls and young women affected by sexual violence and exploitation

We aim to use a peer-to-peer approach to help girls and women:

- Regain a sense of **personal power**, feel less guilt and shame, and reduce self-blame.
- Move away from "**victim**" to "**survivor**"
- Peers can provide a sense of **validation**
- Provide **a non-judgmental space** of emotional safety and support
- **Promote hope** and a more positive view of the future by seeing the survivors in front of them surviving and thriving



“

There is a place for a community-based peer led approach, because that's how you can communicate with those that are least likely to present themselves for support.

It's embracing the community who have access and proximity to young people who are at risk and encouraging them to speak about their wellbeing and encourage help seeking behaviours.

Desmond Edward, Beyond the Banter Project Lead



Discussion time!!

In groups discuss how you could adopt a peer led approach to the children and young people you are working with. Think about the following:

- Which group of people do you think could benefit from a peer led approach for early support?
- We believe the approach of upskilling and empowering credible messengers from communities is long overdue. – What is the credible message you are trying to share? What conversation are you trying to kick start in your community group?
- Who would be your credible and relatable messengers and how would you look to recruit them?
- What barriers might there be to recruiting these individuals and what solutions?
- What outcome are you hoping to achieve from a project like this

After 15 minutes there will be time to feedback to the wider group.



THANK YOU!

Scan the code to access
the Beyond the Banter
Professionals' Guide



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