



Building Better Relationships

Information for participants

You have been given this information sheet because you have been sentenced to the Building Better Relationships (BBR) programme. While you're on the BBR programme you will learn more about the sorts of behaviour that damage relationships. You will:

-  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
-  work in a group and one-to-one to set goals and find better ways to deal with situations
-  When you start BBR your current (or previous) 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.
-  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.
-  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.
-  You will need to come to every session and do some work in between sessions too.
-  We will help you achieve a better understanding of why you have used violence and aggression in your intimate relationships, what attitudes and beliefs may underpin your behaviour and what factors make you behave that way. We can then help you take steps to change.



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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.



We would 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 probation officer) 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 on to a secure database seen by programme staff only.



It is important that you talk through any issues you have with a member of staff and you may want to talk to your friends and family too. The programme will help you think through things differently and you can put that into practice as the course progresses.



Please see this programme as a positive move. It will help you make changes for the better. Once you are on the programme, you must attend all sessions to get the full benefit.



If you're unable to attend, you must let us know as soon as possible and your supervising officer will decide if the reason is acceptable or not. If you miss sessions without good reason, you may put yourself into breach and you could be returned to court or prison.