

# HELIX ARTS. Louder

## Resources

Louder is an award winning co-produced project initiated in partnership with Rape Crisis Tyneside and Northumberland.

We collaborated with young people in North Tyneside from Phoenix Detached Youth Project and YMCA North Shields to create a suite of films originated from a creative peer education programme where young people engaged in conversations surrounding sexual assault and domestic abuse.

## Assets

Louder comprises five individual films and an engagement pack which are free to access [on request](#).

Film Name	Film Description
Aria's Story - Age Difference	Abusers often choose someone to manipulate who has less power than them, for example someone younger. They then create a further power imbalance, to give themselves control over the victim. This film encourages viewers to observe the 'red-flags' as the relationship develops and unfolds.
Ragnar's Story - Slut shaming	This explores the impact of policing young women's school uniforms in a sexist and sexualised way. We explore how victim blaming can be used to further oppress the victim/survivor as well as the use of language such as the word 'slut'.
Evelyn's Story - The God Complex	This highlights a common perpetrator character trait known as 'The God Complex'. An abuser may feel that they are better than others – always right, more talented and more intelligent than everyone else. They might make the victim feel less than them, never listen to their opinion, and manipulate them to always do what they want. Viewers are encouraged to look out for behaviours such as manipulation and gaslighting tactics.
Freja's Story - The Persecution Complex	This film demonstrates a common perpetrator character trait known as 'The Persecution Complex'. This is where one person in the relationship demonstrates control over the other person, by instilling a sense of paranoia that the victim/survivor has done something wrong and needs to apologise.
Resolutions	This film shows the potential resolutions or actions which can be taken by victims of these behaviours.

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## What?

**The aim of the resource is to challenge assumptions around sexual and domestic violence for young people aged 14 - 18 through facilitated workshops using the film and engagement activities.**

The pack has been developed to support teachers, youth workers and support staff working with young people to create a safe space to watch the films and activities to develop further conversation and explore themes of the film.

This topic is challenging, especially to explore with different aged young people with different exposure to the topic. Adults facilitating can purchase additional artist-led training to support their delivery.

We know how important it is to get it right.

## How?

This series of films can be used individually and collectively. They are intended to be used in a facilitated and supported manner. Access is restricted use to support the safeguarding needed around the film content.

## Note

The themes explored in these films are sensitive and can be triggering so the films are not available on public platforms but can be accessed by Teachers and Youth Workers upon request . This is to ensure films are viewed in a safe space for young people.

We are aware that many survivors of sexual violence experience shame, guilt, and self-blame. Survivors can be hyper-vigilant in relation to victim language even when it is not intended.

We urge you to be mindful of your language while delivering these workshops, in order to make sure all participants feel supported.

You may find it helpful to read up on sexual violence myths and rape culture, information is available at [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

## Development Training

We can offer an artist-led CPD session to explore the films in more detail and give teachers/youth facilitators the confidence to deliver lessons with their classes. We will go more in depth into the pack as well as share activities and further project information.

We can deliver an exclusive session for your organisation or we can agree a date with a number of schools/organisations and host a group event The cost is £150 per trainee based on a minimum number e.g. 6 per group up to 2.5 hours per session.

## What's next?

Get in touch with us if you would like to discuss how you could use the Louder pack in your setting. Films, resources and CPD are available on request at [info@helixarts.com](mailto:info@helixarts.com).

You will be asked to sign a release for use form. Safety and safeguarding around its release is paramount.