



SOUNDPROOFBOX CIC
EDUCATE • EMPOWER • PREVENT



empowered insights

EMPOWERING LIVES THROUGH
EDUCATION OF DOMESTIC ABUSE

PREPARING YOUNG PEOPLE FOR LIFE BEYOND SCHOOL

CREATIVE WORKSHOPS,
INTERACTIVE THEATRE AND
ENGAGING TALKS THAT
EMPOWER YOUNG PEOPLE
TO MAKE POSITIVE CHOICES,
BUILD CONFIDENCE AND
RECOGNISE HARMFUL
BEHAVIOURS.



FOR YOUNG PEOPLE
AGED 7+



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PSHE
ALIGNED



SAFEGUARDING
FOCUSED



INTERACTIVE
LEARNING



TRUSTED BY
SCHOOLS

WORKSHOPS | THEATRE | ASSEMBLIES | PSHE | SAFEGUARDING





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Preparing Young People For Life Beyond School

We equip young people with the knowledge, confidence and skills to build healthy relationships, resilience and brighter futures.



ABOUT US

At Soundproofbox we aim to change the narrative and social norms on toxic and coercive behaviours. We do it through building awareness and education whilst developing allyships and empowering individuals to speak their truth, because everyone has the right to be listened to, believed and not be judged.



OUR MISSION

We prepare young people for the world outside of school in an engaging way. Our programmes are designed to give them the tools they need for adulthood, whether that be spotting the signs of unhealthy relationships, creating boundaries or developing a resilient mindset and overcoming challenges. We want to prevent generational cycles of abuse and unhealthy relationship choices in the future.

OUR VALUES

- Integrity
- Acceptance and Inclusivity
- Freedom of Speech
- Fairness
- Compassion
- Continuous Learning
- Ownership

WHY SCHOOLS AND EDUCATION PROVIDERS CHOOSE US

<p>Creative & Engaging Interactive learning that inspires participation and reflection.</p>	<p>Age-Appropriate Content Tailored to each key stage and developmental need.</p>	<p>Experienced Facilitators Skilled professionals and actors with real-world experience.</p>
<p>Curriculum Aligned Supports PSHE, safeguarding, personal development and enrichment objectives.</p>	<p>Interactive & Reflective Encourages open discussion, critical thinking and self-awareness.</p>	<p>Flexible Delivery Assemblies, workshops, enrichment days and themed events to suit your needs.</p>



OUR PARTNERS

We work closely with schools, local police forces, councils, specific communities, domestic abuse and mental health charities, social services, prisons and health services and safeguarding leads to align priorities with communities.

- Schools & Education Providers
- Police Forces & Community Safety
- Councils & Local Authorities
- Charities & Support Services
- Health & Social Care
- Safeguarding Leads

95%
Student Engagement

500+
Workshops Delivered

50+
Partner Schools

Thousands
of Young People Reached

“
Helping young people recognise healthy relationships and build resilience for the future.

- Changing narratives.
- Building awareness.
- Creating safer, stronger futures.



HEALTHY RELATIONSHIPS



Healthy relationships don't happen by accident.

They are built on respect, trust, communication, boundaries, and self-worth. This interactive workshop explores what healthy and unhealthy relationships look like, helping young people recognise red and green flags, understand manipulation tactics, build confidence, navigate social media pressures, and develop the skills needed for positive relationships throughout life.



AUDIENCE

YEAR 7 UPWARDS



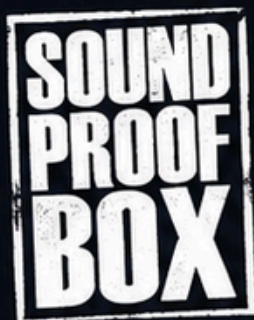
DURATION

1HR WORKSHOP OR
INTERACTIVE THEATRE SHOW




FORMAT

WORKSHOP OR
INTERACTIVE THEATRE SHOW



 [soundproofbox.org](https://www.soundproofbox.org)

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CONTACT

CONTENT:



What makes a relationship healthy?

Respect, trust, honesty, communication, equality, support



Red Flags and Green Flags

Recognising positive and negative relationship behaviours. Understanding the difference between mistakes and patterns.



Spotting Unhealthy Relationships

Early warning signs, controlling behaviours, isolation, jealousy, emotional manipulation and more.



Language and Tactics Used in Unhealthy Relationships

Guilt tripping, gaslighting, love bombing, blame shifting, silent treatment, emotional blackmail, pressure and coercion.



Healthy Boundaries

What boundaries are and why they matter. Communicating boundaries confidently. Respecting others. Consent and choice.



Relationships in a Digital World

Social media pressures, online relationships, privacy, sharing images, digital boundaries and recognising online manipulation.



Self-Esteem and Self-Worth

Understanding your value. Building confidence and resilience. Identifying strengths and challenging negative self-talk.



Friendship, Family and Romantic Relationships

Healthy behaviours across all relationship types. Support networks. Seeking help when something feels wrong.



Communication and Conflict

Disagreeing respectfully. Listening skills. Managing emotions. Problem solving without aggression.



Seeking Support and Being an Ally

How to support a friend. Trusted adults and support services. Speaking up safely.

TACKLING HARMFUL GENDER STEREOTYPES

**Stereotypes limit potential.
Let's break them.**

This workshop challenges harmful gender stereotypes at their roots. We explore how they are formed, how they show up in everyday life, online and in the media, and the impact they have on everyone. Together, we'll build empathy, challenge bias, and create a culture of respect, equality and opportunity for all.



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What Are Gender Stereotypes?

Understanding what they are, where they come from, and how they are learned from a young age.



The Impact of Stereotypes

How stereotypes affect mental health, self-esteem, relationships, choices, and opportunities for everyone – not just girls or boys.



Media, Music and Social Media Influence

How the media, music, movies, influencers and algorithms reinforce stereotypes and shape attitudes and beliefs.



Language and Everyday Bias

Exploring gendered language, jokes, assumptions and 'banter' that normalise inequality and disrespect.



Misogyny, Toxic Masculinity and Beyond

Understanding how harmful ideas about gender can lead to discrimination, control, violence and inequality.



Challenging Stereotypes

Questioning traditional roles, expectations and norms. Encouraging open minds, critical thinking and calling out bias.



Respect, Empathy and Allyship

Building empathy, standing up against stereotypes, and being an ally for equality and inclusion.



Redefining What's Possible

Celebrating individuality, diverse identities and interests. Encouraging everyone to be themselves and follow their own path.



Creating Inclusive School Communities

Promoting respect, equality and inclusion in our schools, classrooms and friendships. Everyone

HEALTHY FRIENDSHIPS



Strong friendships help us grow, feel supported, and be our best selves.

This interactive workshop explores what healthy friendships look like, how to recognise and tackle unhealthy behaviours, build boundaries, communicate with confidence, and create a positive environment where everyone feels valued and included. Together, we can build a culture of respect, kindness, and connection.



AUDIENCE

YEAR 7 UPWARDS



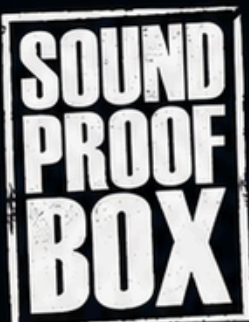
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CONTENT:



What Healthy Friendships Look Like

Trust, kindness, honesty, support, inclusion, loyalty and having fun together.



Recognising and Tackling Unhealthy Behaviours

Spotting the signs of toxic friendships, exclusion, gossip, bullying, pressure and manipulation. Knowing when and how to speak up.



Creating Boundaries

Understanding personal boundaries, saying no, respecting others' boundaries, and knowing YOUR limits.



Communication and Connection

Listening, expressing feelings, resolving conflict peacefully and building strong connections.



Consent and Respect

Respecting choices, bodies, opinions and space. Supporting each other and celebrating differences.



Digital and Online Friendships

Being kind online, staying safe, privacy, handling group chats, online pressures and recognising online red flags.



Creating a Respectful and Caring School Environment

How our words and actions impact others. Challenging unkind behaviour and supporting inclusion.



Encouraging Cooperation and Teamwork

Working together, valuing strengths, supporting others and celebrating success as a team.



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LET'S EMPOWER YOUNG PEOPLE TOGETHER.

Whether you're looking to book a workshop, discuss a bespoke programme or explore partnership opportunities, I'd love to hear from you.



PROFESSIONAL
& EXPERIENCED



TRAUMA
INFORMED



PASSIONATE
& APPROACHABLE



DEDICATED TO
POSITIVE CHANGE



FULLY LICENSED

Trained, assessed and authorised by Soundproofbox.org to deliver their life-changing programmes.

MEET YOUR LICENSED TRAINER LOUISE SHERWOOD EMPOWERED INSIGHTS

Passionate about SAFER SCHOOLS & STRONGER FUTURES

As a licensed trainer for Soundproofbox.org, I help schools and colleges create safer, more informed environments where young people feel heard, supported and protected.

GET IN TOUCH



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BOOK A WORKSHOP

Inspire. Educate. Empower.
Let's make a difference together.



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WORKING TOGETHER FOR LASTING IMPACT

Our workshops and talks are designed to build awareness, challenge harmful attitudes and equip young people with the skills they need for healthy, confident futures.



EMPOWERING
YOUNG PEOPLE



BUILDING SAFER
COMMUNITIES



STRONGER
RELATIONSHIPS



BRIGHTER
FUTURES

Ready to make an impact?
GET IN TOUCH TODAY



LET'S START A CONVERSATION

Together, we can create safer environments, stronger relationships and a brighter future for the next generation.

