

## Safer Lives—Specialists in Addressing Online Sexual Offending & Behaviours

If you are facing police investigation you may be feeling lost, anxious and frightened. Safer Lives is led by former probation officers who are specialists in sexual offences and behaviours, and can help you through these difficult times. We are approachable, friendly and non-judgemental. Client care is our priority. **To read a media article about us, google ‘YEP Safer Lives’.**

**Initial Consultation.** You can contact us by phone, email, text or WhatsApp and we will offer you a consultation within seven days. These one-hour meetings are offered through video call or in-person at our Leeds office. In the meeting we will offer general and welfare advice, answer questions about the justice system, discuss other sources of support and explain how the Safer Lives Programme could help you address your behaviours

**The Safer Lives Programme.** After your initial consultation the Safer Lives Programme is likely to be the most appropriate pathway for you. The programme has been developed to help address your online and other problem behaviours alongside offering welfare support, and is usually facilitated over five weekly or fortnightly hour-long appointments. Meetings are at our private Leeds office or through secure video calls.

### Content of the Safer Lives Programme

- Session 1:** Making sense of my early and formative experiences.
- Session 2:** Understanding my transition to adulthood; the influence of my sexual and relationship history; patterns of unhealthy and unhelpful behaviours.
- Session 3:** Understanding and explaining my illegal behaviour.
- Session 4:** Explaining sentencing and the justice system.
- Session 5:** Relapse prevention and future safety planning, including signposting to further support.

Where necessary, adjustments are made for age, learning disability, autism and other individual needs.

At the end of the programme you receive a letter explaining your attendance and the content of the programme. You will be encouraged to keep a record of your learning that can be used as evidence of engagement. **Options for further relapse prevention work are also available, alongside a programme of continued support.**

**Transitions Programme.** For younger people aged 16-21 we use a variation called the Transitions Programme which has a greater focus on relationship and sexual education, online lifestyles, and the difficult transition to living as an adult. With client permission, parents are also included in up to two of the six sessions.

**Support for Family Members and Partners.** As a client you will be offered a support meeting for a partner or family member, as well as details for the **Talking Forward** peer support group.

### Fees (including VAT)

- Initial consultation:** £60
- Safer Lives Programme:** £750 (payment by instalments can be requested)  
If you have had a second Police interview the Programme is £900  
If you already have a Court date the Programme is £1080
- Transitions Programme:** £820

**For a consultation or more information**

**Email [info@saferlives.com](mailto:info@saferlives.com), call 0800 043 5987, text or whatsapp 0747 668 3012.**

**[www.saferlives.com](http://www.saferlives.com)**