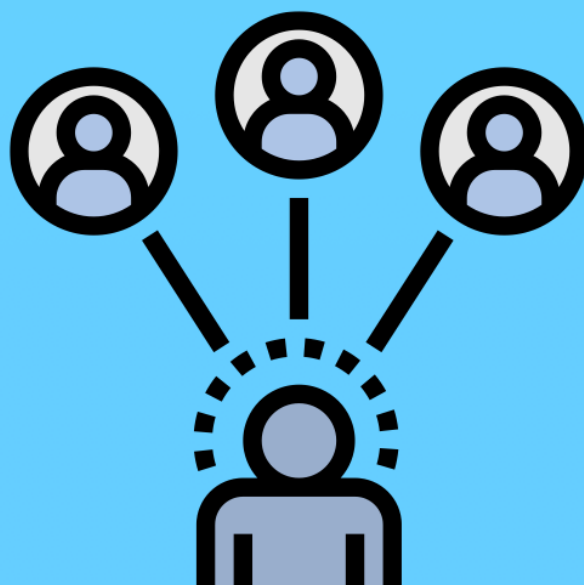




#NOMORE

***Healthy Relationships
Toolkit***



Healthy Relationships- Session 1

Aim: To understand healthy relationships and how these may look and feel. However, we also want to raise awareness of unhealthy relationships how this may look and the impact this has on us.

Session length:

Age Group:

Task	Time Frame	Resources
<u>Intro:</u> <u>DISCUSS</u> Different types of relationships & what these may look like?		https://assertbh.org.uk/wp-content/uploads/2016/08/Different-Types-of-Relationships.pdf
<u>DISCUSS & WATCH</u> <u>What does a healthy relationship look like?</u>		Information on healthy relationships & video included: https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zfn7vk7
<u>DISCUSSION:</u> <u>What an unhealthy relationship looks like?</u> <u>Red flags?</u>		https://stopthehurt.org/relationships-red-flags/ https://www.youtube.com/watch?v=6AXUUB7P4IE (Unhealthy Relationships Video)
<u>DISCUSSION & TASK</u> <u>Recognising Boundaries</u> <u>Understanding personal Boundaries</u>		https://www.therapistaid.com/worksheets/boundaries-psychoeducation-printout.pdf https://www.mindbodygreen.com/articles/six-types-of-boundaries-and-what-healthy-boundaries-look-like-for-each http://www.keirbradycounseling.com/relationship-boundaries/