# Heading For Healthy Relationships

**Young people age 11–16**



Delivered on a 1:1 or group basis to support young people to recognise unhealthy relationships and to develop and maintain healthy relationships.

It aims to empower young people to speak to others about issues causing them distress, particularly those experiencing abuse within their own intimate relationships and/or domestic abuse within the home.

**CONTENT INCLUDES:**

- Healthy vs unhealthy relationships
- Red flags
- Coercive control
- Types of abuse
- Consent
- Sexting
- Self-esteem



## CONTACT US

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# CHILDREN & YOUNG PEOPLE SUPPORT SERVICES





# Helping Hands Build Little Brains

## Children age 0-4

A programme for mums and young children. Through structured, interactive rhymes and play, it explores key topics such as self-esteem, feelings and emotions and personal safety, strengthening early attachment, building confidence and self-esteem, and promoting resilience and positive relationships during this critical stage of development.






# Play Room Support

Childcare can be provided while mums are receiving support. These playroom sessions are engaging and fun for children of all ages, using structured, play-based activities in both 1:1 and group settings, including sensory play, movement, music and creative activities.













# Helping Hands

## Children age 5-11

Delivered to children on a 1:1 or group basis, the programme aims to support children in understanding safety and wellbeing, increase their awareness of feeling safe, and gently explore behaviours which contribute to building a safe, positive environment and relationships.




- Encouraging children to seek support when needed.
- Empowering children to identify their own personal support network.
- Helping children explore how choice of behaviour can affect the feelings of others.
- Encouraging children to identify healthy ways to manage conflict.



# Transformers

## Children age 8-12

A ten-week programme designed for children who have experienced domestic abuse within the home. It provides a safe and supportive space for children to explore, discuss and express their thoughts and feelings through a range of creative and age-appropriate activities, while also raising awareness of support networks available to them.




## Refuge Accommodation

A safe and welcoming home for children and young people to come and live with their mums for a period of time. Refuge provides a safe and supportive environment for both mums and children, with access to a playroom, teen room and playpark, alongside ongoing specialised support.

