



Healthy Relationships

Awareness and Safety Task

This aim of this task is to raise young people's awareness of what is a healthy relationship; increasing your knowledge and understanding will enable you to help your peers to recognise signs that indicate a relationship may not be healthy!

Task

To assist you to develop a presentation or resource for your peers, research what makes a relationship 'healthy' and what makes a relationship 'unhealthy' so you can help them recognise the signs and encourage them to make safe choices.

The focus of your presentation is to raise awareness of relationships and why they can become 'unhealthy'; signs, risks, consequences, and how to get help and support

Brief details of makes a relationship healthy or unhealthy

How does it happen?

What are the signs?

How it links to other issues: drug/alcohol abuse, sexual abuse and exploitation

What can you do to stop it?

Where you can get support and advice

Make your presentation as adventurous as you can; consider the following methods:

Song, poem, rap

Short video clip

Awareness poster/leaflet

Short dramatisation

Web-page for school site

App design

Story

Art

Useful Resource and Research Links

Song	Little Lady - Ed Sheeran ft. Mikill Pane Advisory: contains explicit content
Poems and stories	Hidden Hurt
Short video clip	Teen Relationship Abuse focus on offender
Information and video	This is abuse
Information	NHS website Teenage relationship abuse
Information	The Lookout signs of healthy and unhealthy
Information and video	Childline
Newspaper Article	The Mirror victim story