**Relationship definition**

The way in which two or more people, or things are connected, the state of being connected.

The state of being connected by blood or marriage. The way in which two or more regard and behave towards each-other.

**HEALTHY RELATIONSHIPS SESSION:**

What is a relationship? Explain in your own words what this means to you.

Who do we have relationships with? – Friend, cousin, mam, neighbour, friend of a friend, teacher, doctor, dentist (name as many as possible).

How do we define these people

**Intimate** – holding hands, kissing.

**Friend** – Male or female hang out together, go to the pictures, swimming, beach or sleep over.

**Family** – A relative or those people who bring you up or you have known since a baby.

**Someone we know** – Neighbour, doctor, dentist, friend of a friend, friends sibling or relative.

**Activity:-**

Write down the four headings, and the name of a person who defines each heading and why?

Now discuss what each relationship has to offer – love, support, anxiety, fun, care, betrayal, anger, loss…..

**Activity:-**

Discuss what ‘Love’ is……….. what ‘love’ isn’t……..

**Activity:-**

**Warm and Fuzzy, Cold and Prickly or In Between.**

Think about what **‘Love is’** and what **‘Love is not’** then taking feelings cards decide whether the feeling is warm and fuzzy, cold and prickly or In between. Challenge answers like cuddled, is it always warm and fuzzy to be cuddled? What if you did not want to be cuddled by a person? What does that feel like? What can you do to stay safe?

This should lead onto a discussion around how do we feel when we are about to go onto a scary fair ride? Where in our bodies do we feel this? Or how do we feel when we are walking down a street alone or in the dark and we hear footsteps behind us? Where in our bodies do we feel this? Discuss feelings and actions - what can we do when we feel scared? What actions can we take to stay safe?

Fairground – leave the queue you don’t have to go on the ride if you are scared.

Footsteps - Run, shout, use your mobile.

**If something does not feel right, it is a sign that things are not OK and you should listen to your body and do something about it even if your’e scared.**

**Activity:-**

Draw around your hand, write along each finger the name of someone you feel you could turn to for help and support then discuss why. Discuss what types of things could you do to keep yourself safe?

**\***For any young people that have limited or NO support discuss services that are available to them.**\***