



### Session overview

This session is to set out what good and healthy relationships look like and how to behave and treat each other in ways that feel safe and respectful.

### Information for practitioner

This session will include reflection on friendships, relationships with peers, teachers and practitioners, family and even the people we come across day to day such as retail or transport workers.

### Pre-session action

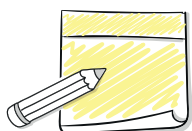
Select a "Looking after yourself" exercise in advance for the close of the session.

#### Resources needed for this session

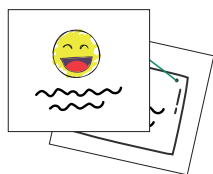
- Post-it notes to write each quality on
- Paper to record relationships named
- Relationship qualities cards

Check in with the young person as to how they have been since your opening session together. Are there any thoughts or feelings that you may need to reflect on and address before you begin this session?

Inform the young person what we are going to do in this session, sharing the overview.



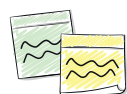
Using the post-it notes explore the questions in **bold**



Relationship qualities cards

- **What different types of relationships do you have in your life?**

Include discussion about the different relationships they have, for example: family, peers, different support practitioners (include the relationship you are building with the young person for these sessions), social media apps and chats, online, gaming, VR community, school, shopkeepers.



Differentiate on the post-it notes those they know online, in real life or both.

- **What qualities do you think you need in these different relationships?**

This will allow discussion on what relationships need to include, for example: caring, dependable, supportive, listener, empathic, trust, things in common, encouraging, make you smile and laugh, respectful, honest, loyal, fun, there for you, discussion, equality, love, security, shared interests, a sense of belonging, being special/loved, excitement/a buzz.

- **Do your different relationships give you what you need?**

Using the qualities on the post-its, match them to the different types of relationship in turn to see which relationships offer which qualities. This will involve discussion as to whether qualities are consistently present or only at times, and also begin to identify if and where things may have changed.

- **What do I bring to the relationship?**



Discuss how we connect and engage with people and what may be expected of us.



Be mindful that this may include negative responses that need to be acknowledged and explored.



Reflect that relationships are a balance of give and take and that healthy relationships take effort and shared expectations for both sides.

- **If you had to describe in one or two words how each relationship makes you feel what would you say?**

Run through the list of different relationships on the post-its and elicit from the young person a one or two word feeling for each one.



Practitioner needs to acknowledge that relationships are not necessarily easy all the time, that we do have to nurture them but that the foundation of a good relationship is important for it to be healthy.



If the young person gives examples that are unhealthy or have a negative impact on them this must be acknowledged.

- **Looking at what we have talked about around qualities, which trusted adult would you be willing to approach if you needed something between sessions?**



Be aware there might not be someone who the young person feels displays all the qualities.



Encourage them to think of somebody who could offer support and safety if needed.



#### **Reflection on this session:**

It is important that when we look at what is healthy in a relationship that we also look at what happens when things aren't what we thought they were or don't make us feel as safe and secure as we perhaps should. There are targeted sessions (see contents page) that could develop this discussion further supporting the young person in their recovery. This is also picked up in the next foundation session: *Dealing with Change*.



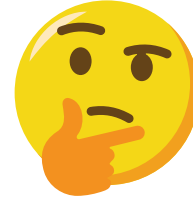
#### **Looking after yourself exercise to close**



**Make you smile  
and laugh**



**Caring**



**Listener**



**Empathic**



**Honest**



**Fun**



**Love**



**Excitement/a buzz**



**Encouraging**



**Supportive**



**A sense  
of belonging**



**Being special/  
loved**



**Discussion**



**Shared interests**



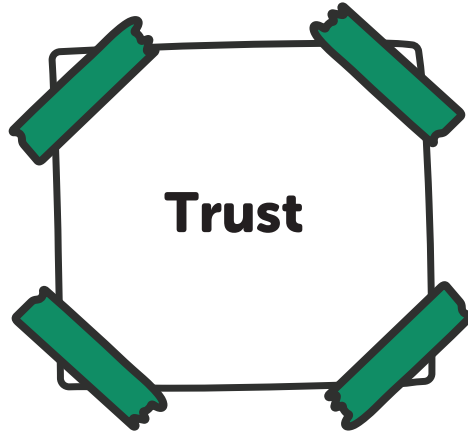
**Things in  
common**



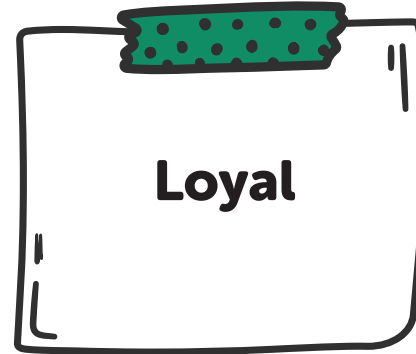
**Equality**



**There  
for you**



**Trust**



**Loyal**



**Respectful**



**Security**



**Dependable**

