



YOUNG PEOPLE AND HEALTHY RELATIONSHIPS: RESOURCES FOR PROFESSIONALS

HOW CAN I TALK TO YOUNG PEOPLE ABOUT HEALTHY RELATIONSHIPS?



Check out [Leeds Safeguarding Children Partnership's guide to Healthy Relationships](#) as a starting point.

Brush up on your own knowledge and confidence by reading [Leeds City Council's One Minute Guide](#) to domestic abuse in young people's relationships.



For interactive activities on Healthy Relationships, see what the [Public Health Resource Centre](#) have **FREE** to use. We recommend:

- **Healthy Relationships Bingo.** 12-18 yrs.
- **Emotional Bingo.** 12-18 yrs.
- **Personal Emotional Skills Board Game.** 4+ yrs.

Or use [Behind Closed Doors' resources](#) when working with KS1 and KS2 aged children. KS3, KS4 and KS5 are coming soon!



[Leeds Sexual Health](#) provides great information about healthy relationships for young people and some signposting to organisations.



If you think a child or young person is at risk of abuse, call [Leeds Safeguarding Children Partnership's Duty and Advice Team](#) for Safeguarding advice and actions

For anyone 13+, you may consider a DASH (domestic abuse, stalking and 'honour'-based violence) risk assessment and MARAC (multi-agency risk assessment conference) referral as part of your safeguarding response. Use the [Young Person's DASH risk assessment](#) to support the young person through this.



For Children and Young People with additional needs, you may consider [ICAN \(Integrated Children with Additional Needs\)](#) for additional support.

WHERE CAN I REFER YOUNG PEOPLE WHO ARE IN UNSAFE RELATIONSHIPS?



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**WHERE CAN A
YOUNG
PERSON
RECEIVE
FURTHER
SUPPORT?**



Shantona

The service aims to raise awareness on domestic violence and abuse which includes running healthy relationships programmes with young people between the ages of 10-18, within schools and community venues as well as to provide one-to-one support and group support to young people impacted by domestic violence and abuse.

GIPSIL Community, Health and Prevention Service

GIPSIL works with children, young people and families in the most disadvantaged communities in Leeds to realise their potential. The Community, Health and Prevention Service offers Therapeutic and Wellbeing support for children and young people aged 4-25 in primary and secondary schools as well as outreach settings across Leeds.



Positive Futures

Positive Futures is a national, sport-based social inclusion programme for children and young people aged 10-19/25. We deliver workshops on healthy relationships focussing on boundaries, consent and how to navigate conflict in a constructive way.

Leeds Youth Service

Leeds Youth Service deliver a variety of community based sessions for young people aged 11 - 17, providing young people the opportunity to talk about topics such as relationships, gender, sexuality, substance misuse but also providing a safe space to meet other people, grow in confidence and gain new experiences.



Getaway Girls

Getaway Girls provide a wealth of activities which support healthy relationships including school groups, term-time groups for different age ranges, Safe Space programmes offering 1:1 support for young women at risk of exploitation and longer term complex needs support.



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