

Healthy relationships can be reinforced by;

Love

Honesty
with each
other

Showing
Respect

Trust

Good
Communication

A Welsh Government funded initiative called the Spectrum Project will be delivering sessions about healthy relationships in your child's school.

Some of the topics they cover are:

Foundation Phase (Rec – Yr2) - Gender Equality, Emotions & Support

KS2 (Yrs. 3 – 6) - Healthy Relationships, Gender Equality, Support.

For more information about the Spectrum Project contact -

Tel: 01267 266924 / 01267 266932

Email: spectrum@hafancymru.co.uk

www.spectrumproject.co.uk • www.hafancymru.co.uk

Helplines -

Live Fear Free
0808 80 10 800

SAMARITANS

116 123

ChildLine

0800 1111



Information Booklet for Parents: Healthy Relationships

Your child's school is taking part in the Healthy Schools Scheme and delivers an important PSE programme, which includes sessions about **Healthy Relationships**.



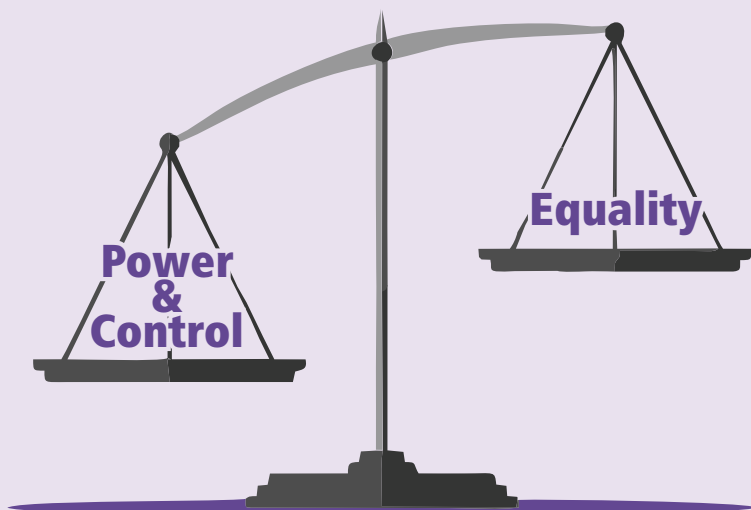
What is Domestic Abuse?



The cross-government definition of Domestic Violence and Abuse is: "Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been intimate partners or family members regardless of gender or sexuality."

Do you know if your child is being affected by a controlling relationship?

In an abusive relationship one person will have more **Power and Control** and may try to gain this by abusing their partner in different ways:



Controlling behaviour within relationships affects everyone including children...



How might a child who witnesses or is affected by domestic abuse **Feel & Behave**?

