

## Heading for Healthy Relationships (14-19 year old)

Heading for Healthy Relationships is a 6 week preventative education programme which helps young people to recognise healthy and abusive relationships and sustain healthy ones.

Explores topical issues around unwritten rules, choices and behaviour, domestic violence and dating violence



Identify early warning signs of an abusive relationship and how to keep yourself and others safe

For more information  
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