

Spring 2025

Dear Principal

## Heading for Healthy Relationships Schools Programme

Women's Aid ABCLN's groundbreaking **Heading for Healthy Relationships** schools programme sponsored by Abbey Centre equips young people with the knowledge and skills to have healthy, respectful relationships.

Our ambition is for all young people to have safe, fulfilling, and healthy relationships. To achieve this, we are committed to delivering transformative Heading for Healthy Relationships workshops to **Year-11 pupils** (and over) in all post-primary schools in our area. ***Will your school join us?***

Heading for Healthy Relationships explores the dynamics of healthy relationships, and will strengthen young people's understanding of issues including domestic abuse and consent.

The programme will be facilitated by Women's Aid ABCLN Domestic Abuse Specialists, skilled practitioners working with young people. There are three workshops **1. Healthy Relationships**, **2. Domestic Abuse**, and **3. Consent**.

Sessions can be delivered in a classroom setting (or larger groups) and each session will last 50 mins to 1 hour. Schools can choose to take part in one session, or all three.

The SAY Social Action Youth website [www.sayni.org.uk](http://www.sayni.org.uk) created by young people working with Women's Aid will provide a vital on-line educational resource for ALL young people taking part in the programme.

The programme addresses the need critical need for **preventative education** in schools, aligned to the **curriculum**, and will enable young people to recognise when a relationship has the potential to become abusive, challenge harmful attitudes and behaviours, make informed choices and be safe.

Heading for Healthy Relationships will equip schools to lead the way and create the change needed to **End Violence Against Women and Girls**, ensuring all young people know any type of violence, abuse or harm in relationships is never acceptable.

For more information and to register your school for Heading For Healthy Relationships call 028 25 632136, go to [www.womens-aid.org.uk/children/headingforhealthyrelationships](http://www.womens-aid.org.uk/children/headingforhealthyrelationships) or email [events@womensaidabcln.org](mailto:events@womensaidabcln.org)

Together we are working to end domestic abuse.

With thanks

A handwritten signature in black ink that reads "Gillian Creevy". The signature is written in a cursive style with a large loop at the beginning and a horizontal line extending from the middle.

Gillian Creevy  
Women's Aid ABCLN - CEO  
Tel: 028 25 632136