

Let's discuss... **Healthy Relationships**

<p>INTRODUCING THE TOPIC...</p>	<p>It is often during teenage years that young people begin to form close relationships. Sometimes these can be unhealthy relationships with an imbalance of power, which makes one person more vulnerable to being coerced or abused by the other.</p> <p>There are a number of signs to watch out for, and parents/carers should talk to their young person if they have concerns.</p>
<p>THINGS TO KNOW AND TALK ABOUT...</p>	<p>Indicators that a relationship may not be healthy are:</p> <ul style="list-style-type: none"> - Significant age gap - Isolation from usual friendship group - Withdrawal from family - Dramatic change in <ul style="list-style-type: none"> o appearance, o music they listen to o things they choose to do o people they see. - An imbalance of power, where one person seems to make all the decisions, or gets to have things all their own way. - Manipulative behaviours; never accepting any personal blame and/or minimising any upset they cause to others and telling lies. - Signs of domestic violence, control or abuse within the relationship.
<p>HELP AND ADVICE..</p>	<p>http://www.familylives.org.uk/advice/teenagers/sex/healthy-relationships/</p> <p>http://www.lwa.org.uk/</p> <p>http://www.ndnd.org.uk/</p>