

## Contact Us

0300 561 0077

[leewayssupport.org/healthy-relationships](https://leewayssupport.org/healthy-relationships)

[healthyrelationshipenquiries@leewaynwa.org.uk](mailto:healthyrelationshipenquiries@leewaynwa.org.uk)

For more information about Leeway's other services, visit our website by scanning the QR code.

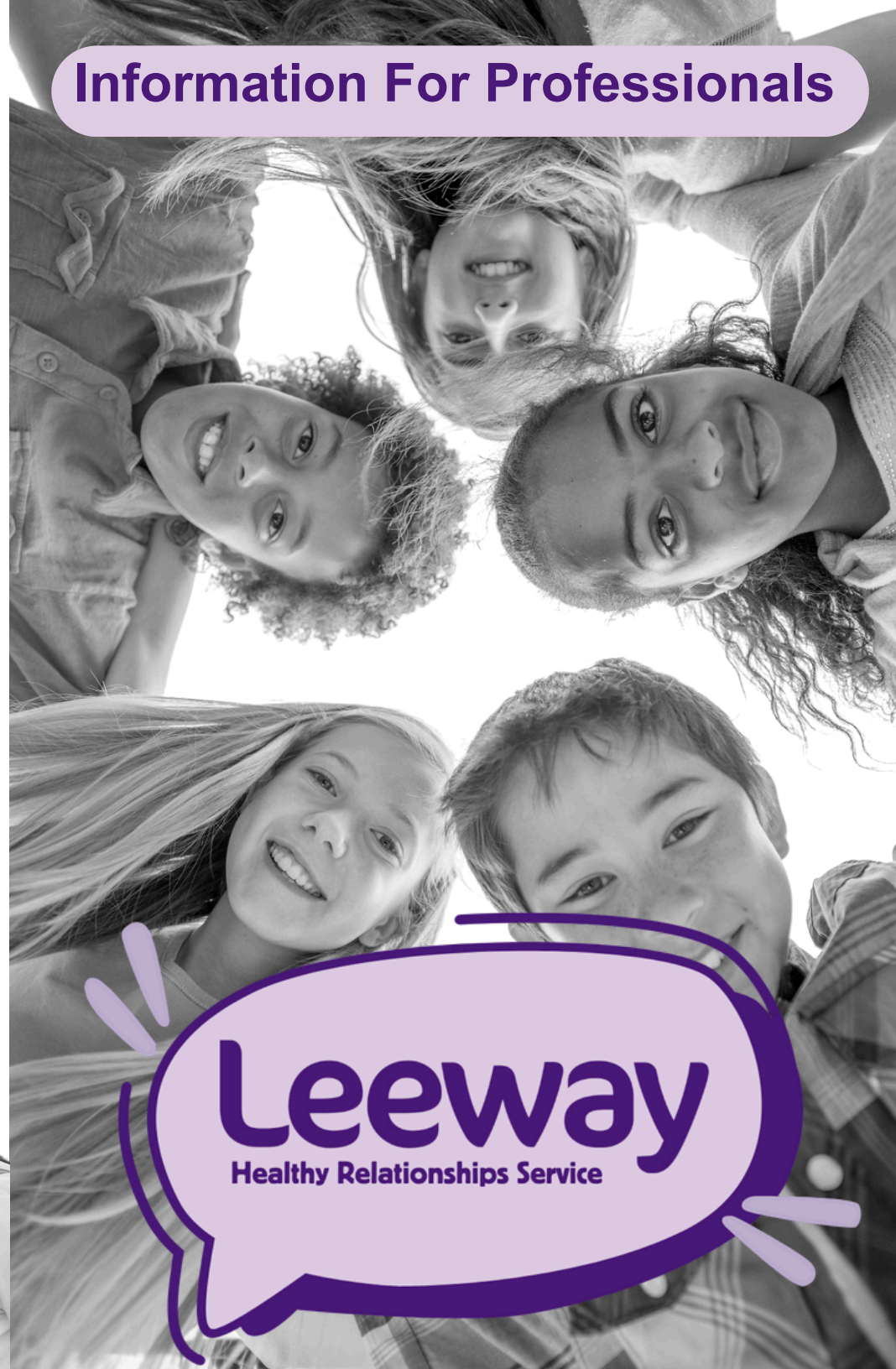


"LEEWAY'S CHILDREN'S OUTREACH WORKERS MADE A SERIOUS TOPIC INTERESTING, INFORMATIVE AND EASY TO UNDERSTAND"

"THE CLASSES BROUGHT TO THEIR ATTENTION KEEPING THEMSELVES SAFE AND WHAT TO DO IF THIS WAS NOT THE CASE. THE LESSONS PROMOTED LOTS OF DISCUSSIONS AND OUR PUPILS BENEFITTED FROM ADULTS NOT CONNECTED TO THE SCHOOL DISCUSSING SENSITIVE ISSUES"



## Information For Professionals



**Leeway**  
Healthy Relationships Service



**Leeway's Children and Young Peoples Outreach team provides support to young people living in Norfolk raising awareness around healthy relationships so they are able to flourish.**

We deliver Healthy Relationship Awareness Sessions in schools and colleges across Norfolk. These can be delivered in assemblies, whole class groups or smaller groups of students suited to your needs. These sessions are designed to provide students with an overview of information about:

- Understanding different types of relationships
- Recognising healthy/unhealthy behaviours
- Coercive control
- Where to seek help and support
- Local and national support services
- Safety planning



Students have an opportunity to ask questions and participate in a variety of activities. These sessions are available to school years 7-8, 9-10, and 11-6th forms/college, with age-appropriate content. We also offer a primary school session aimed at school years 5-6, as well as a specially tailored SEND session.

We also provide free webinars, enabling you to deliver these sessions yourselves. After attending our webinar you will receive the PowerPoint, lesson plan and resource pack.

## 1-1 Support Sessions

Following on from having an awareness session or assembly from our team, students who need support around healthy relationships can also be referred for a program of 1-1 support sessions delivered by one of the team.

Up to 6 sessions are offered and the program is designed to be a more in depth look at healthy relationships and give the student the opportunity to explore and discuss how their experience has affected them, and work through any worries or questions they may have because of their experiences.

The program uses the following themes:

- Understanding myself
- Identifying healthy relationships
- My thoughts and feelings
- Communicating my needs
- Boundary setting and self-care
- Planning for my future



This program is not rigid and can be adapted and changed as it is worked through to meet the needs of the young person.

## Enquiries

To enquire about booking a session or a webinar, email us at [healthyrelationshipenquiries@leewaynwa.org.uk](mailto:healthyrelationshipenquiries@leewaynwa.org.uk). You can also email us if you have any queries about our sessions. We welcome all enquiries about our free services and look forward to hearing from you!



@leeway\_relationships



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