



# HEALTHY RELATIONSHIP TEEN WORKSHOPS

## ABOUT SDVS

Saoirse Domestic Violence Services (SDVS) provide a range of life saving and life changing supports, empowering women and children on their journey to safety and recovery. This includes working with communities to educate and challenge attitudes to domestic violence through prevention and awareness raising.

Our Healthy Relationship workshops, delivered by our Child & Youth Services are a part of our vital early intervention, prevention and awareness work.



## WHAT ARE THE HEALTHY RELATIONSHIP WORKSHOPS?

The session explores domestic violence and abuse through the context of 'Healthy' verses potentially 'Unhealthy' relationships. During

the session the young people learn the prevalence of DVA in society and among their peer group. They also learn about the different types of abuse, what coercive control looks like in a teen relationship and digital abuse in the context of relationships. We also discuss how to help a friend, and what to do if they think they are in an unhealthy or abusive relationship. We provide support details for organisations that can help them with a range of issues including DVA. There is also a Q&A opportunity provided where students can submit questions anonymously.



## WHAT HAVE OTHER YOUNG PEOPLE SAID?

"There are many different types of abuse and its not always obvious so we need to be more aware!"  
 "The information about how to help your friends if they are in this situation"  
 "To be aware of the signs of different types of abuse and how it can happen to anyone"  
 "I'll know what to look out for in future relationships"  
 "It will help me better understand how to get into a better relationship compared to my past ones"  
 "I thought it was helpful and made well for teenagers"  
 "Enjoyed the talk, learned a lot and menti meter was good to keep us engaged"

## WHEN AND WHERE ARE THE WORKSHOPS?

We come to your school or youth centre! The session takes approximately 2 hours. It can be delivered to groups of 30-40 young people at a time. We can work with you to arrange suitable time slots and group numbers.

The session encourages youth participation by using MentiMeter and where possible, young people should have access to iPads, tablets or phones to scan the QR codes and participate!



## HOW MUCH DOES IT COST?

With regards to cost, we do not charge for the Healthy Relationships session. We deliver this as part of our early intervention, prevention and awareness work.

Sometimes the young people or school choose SDVS as their charity if they are doing any fundraising efforts. We are always grateful for these efforts and building strong community partnerships to support our work!

## HOW DO WE BOOK?



**SCAN HERE TO BOOK**



**www.sdvs.ie**



**24/7 Freephone: 1800 911 221**