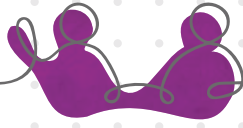


Moving On

Relating to people



This journal belongs to

[Dashed rectangular box for writing the owner's name]



 **Reminder**

Work through this journal with the support of a trusted adult and reflect on your experiences as you go.

 **Top tip**

You can work through the sections of this journal in any order.

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Look out for the pencil icon at the top of the page that indicates an activity.



Identity and influences

Although it may seem strange, your relationship with yourself is very important.


When you feel good about who you are, you'll find your relationships with others work better.

"Belonging is a practice that requires us to be vulnerable, get uncomfortable, and learn how to be present with people without sacrificing who we are."

99 Brené Brown, in *Atlas of the Heart*.
Researcher and storyteller with a background in social work.


Memory box

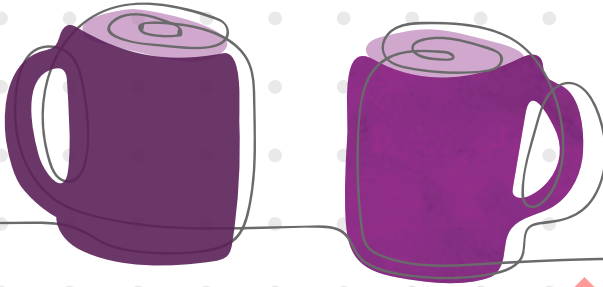


 **Create a memory box to store photos, films and important documents.** This could be a physical box or a digital folder you can access on your smartphone, tablet or computer.

Where I keep my memory box




 **Practical activity**
Share your memory box with other people (eg friends, family and trusted adults).




Friendships

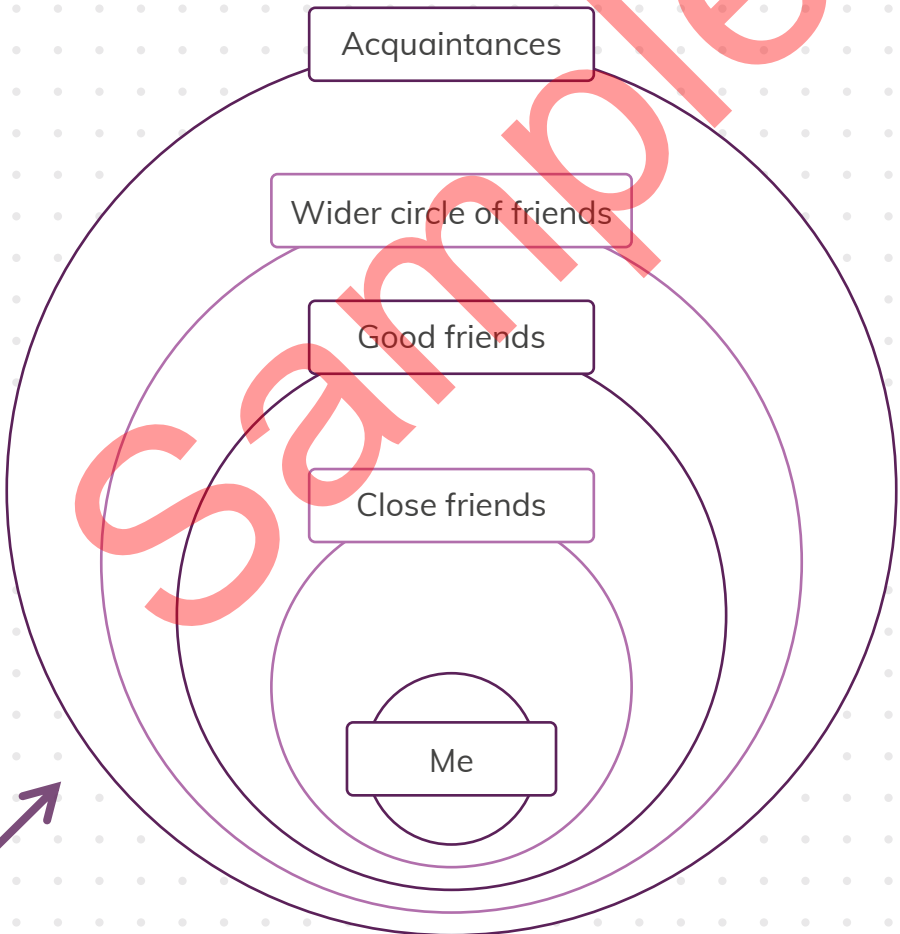
There are different kinds of friendships, from close friends that you might consider to be family, to social acquaintances. The closer the friendship, the fewer of that kind of friend you'll have.

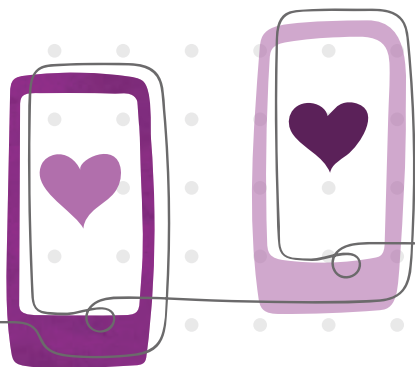
It can be easy to think that everyone else has more friends than you and that friendship is something that just happens. Actually, building and maintaining a friendship takes intentional and ongoing effort.

AB  **Acquaintance definition**
A person that you know slightly, but you wouldn't consider to be a friend.

Friendship circles

 Complete the diagram below with examples of your own friendships. Consider the expectations you would have of friends in these categories.





Dating







Expectations of relationships vary greatly across cultures. Romance looks and feels different for everyone.

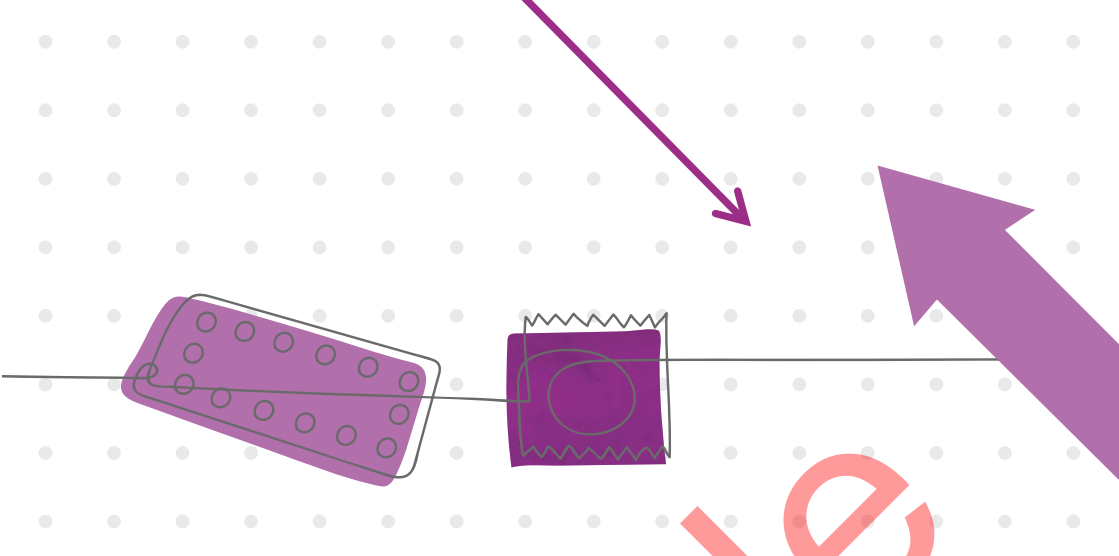
Dating is romantic socialising, usually with an intention to find a committed relationship. It's likely to involve spending time with someone, talking and getting to know them and doing things you both enjoy. At a point that feels right to you, dating may involve sexual intimacy.

It's unlikely that dating will look and feel like it appears in a movie.

Support

Brook offer free and confidential advice on all aspects of relationships:
www.brook.org.uk/topics/relationships

Behaviour	Legal or illegal?	Would I be OK with this?
 <p>Pictures of me being shared on social media</p>		
 <p>A partner sharing my number with friends</p>		
 <p>Taking intimate pictures of myself</p>		
 <p>Sharing intimate pictures of myself</p>		
 <p>A partner sharing intimate pictures with friends</p>		
 <p>A partner sharing intimate pictures of me on social media</p>		



Consent and sexual health

If you're sexually active in your relationships, it's important to look after your sexual health.

This includes choosing the right contraception, protecting against and testing for sexually transmitted infections (STIs), and having healthy, consensual sexual relationships.


Sexual activity can be a difficult topic for some people, including those who have experienced sexual violence. If you're struggling with issues around sexual health and sexual violence, it's important to know that there are organisations that can offer expert help and advice.

Support

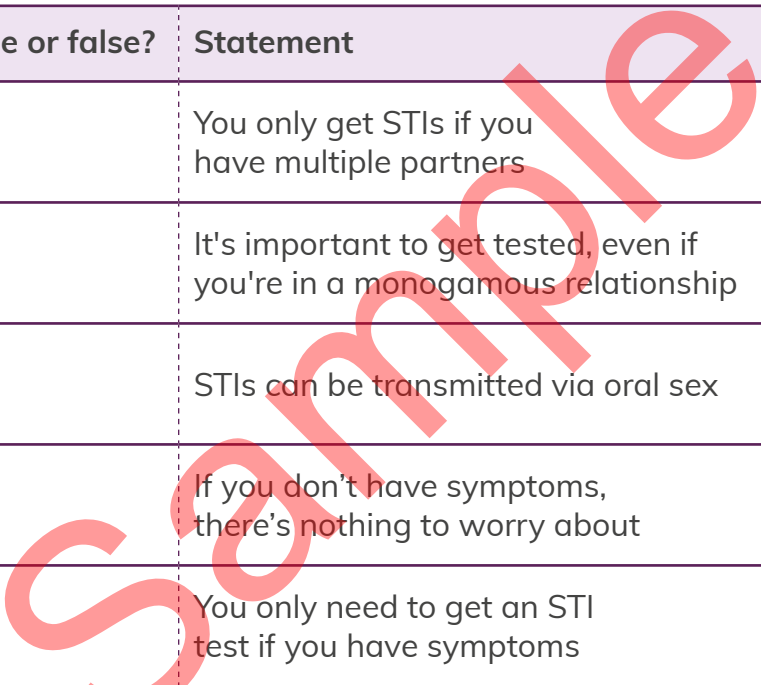
Rape Crisis deliver specialist services to those affected by sexual violence in England and Wales: www.rapecrisis.org.uk

STI true or false




 What do you know about STIs? Say if the following statements are true or false. Check your answers with a trusted adult.

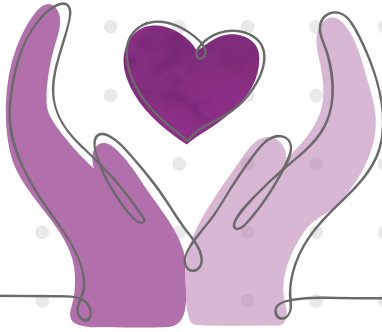
True or false?	Statement
	You only get STIs if you have multiple partners
	It's important to get tested, even if you're in a monogamous relationship
	STIs can be transmitted via oral sex
	If you don't have symptoms, there's nothing to worry about
	You only need to get an STI test if you have symptoms



Monogamous definition

Being in a relationship with only one person at a time.





Accessing support


At their best, relationships can help you to feel happy, supported and loved. However, maintaining healthy relationships can be challenging. In some cases, relationships may be harmful or dangerous.

It's important to know that it's OK to reach out for help if you're struggling with your relationships. This may include people in your support network that you trust (eg a friend or family member). It is important to remember that there are organisations who can offer expert help and advice.

Support

Whatever you are going through, you can call Samaritans any time on 116 123 for free.

You can also access 24/7 support by texting SHOUT to 85258 for free.

 Use this page to record any additional notes or important information you would like to remember about accessing support. If you have done any additional activities, you can record them here.

Sample

Useful contacts, websites and phone numbers





Relating to people reflection

The following pages should be completed in conversation with a trusted adult, once you have completed the rest of this journal.

You should discuss:

- What did you enjoy? What have you found difficult?
- What have you learnt? What skills have you developed?
- How are you feeling about living independently?
- What are your next steps? Is there anything you need support with?

Reminder

Your completed module journal is yours to keep and take with you to refer back to in the future.

Reflective reference



A trusted adult will write a reflective reference for you, as evidence that you have completed the Relating to people journal and that you have developed the skills and knowledge you need to 'move on'.

Ask the people that you have worked with while completing this module for their feedback or comments.

Sample



Reminder

Keep a copy of your reflective reference with your completed module journal as evidence that you have developed the skills and knowledge you need to 'move on'.



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