

# Promoting Positive Healthy Relationships During times of Challenge

# Learning Objectives

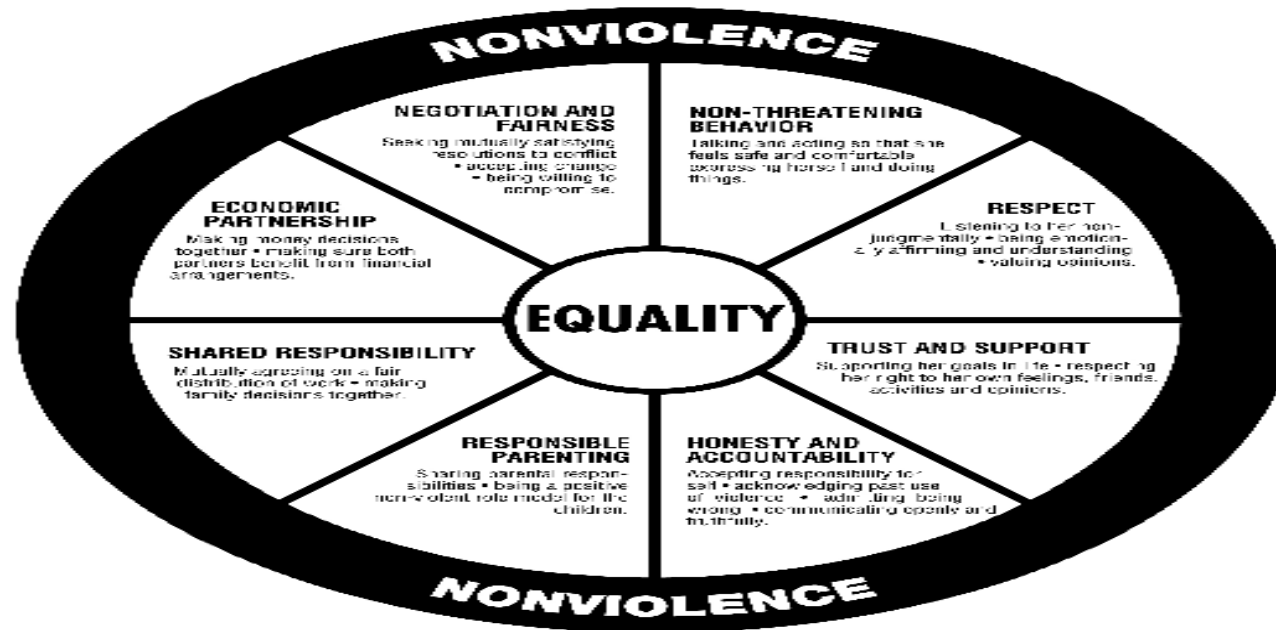
By the end of this session, you will have an increased understanding of:

- What a Healthy Relationship looks like
- What the signs and symptoms are of an Unhealthy Relationship
- Where to access help and support for yourselves and family if you need it

# What does a Healthy Relationship look like?



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DOMESTIC ABUSE INTERVENTION PROGRAMS  
 202 East Superior Street  
 Duluth, Minnesota 55802  
 218-722-2781  
[www.theduluthmodel.org](http://www.theduluthmodel.org)

Is it really like this all the time?

NO –

‘It’s ok to not be ok’ – to be real, to be honest.

When you’re like this, your children are likely to  
copy you / what they see you do

# What does an Unhealthy Relationship look like?

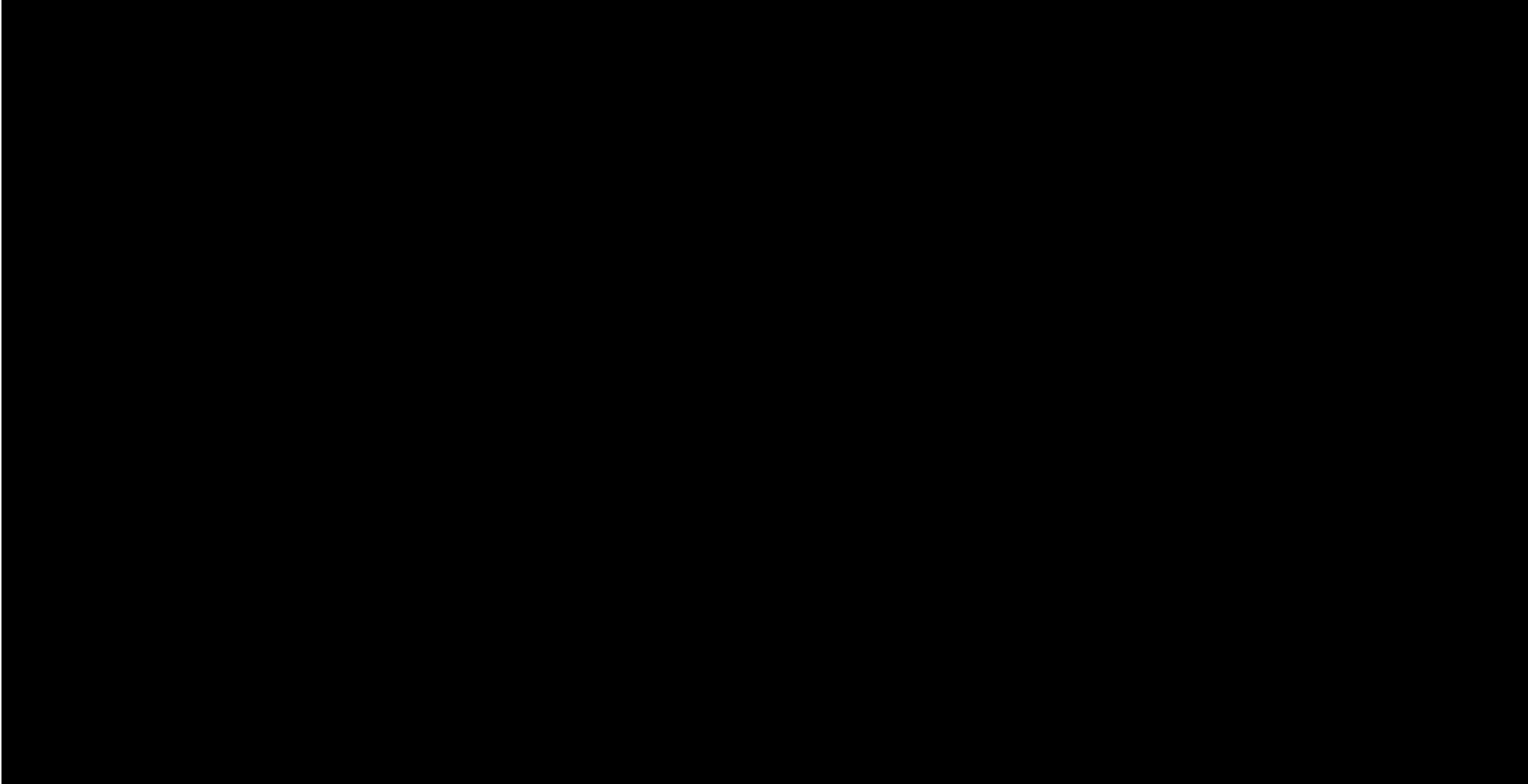


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Think back to how you were brought up and how society previously treated males and females ?

Could this have an impact on you / your children?

Then watch 'man box' (next slide) and see if this makes any sense to you.....





Thinking about violence (physically and verbally) how do we react when we see others arguing?

Is there a gender bias?

Watch the clip (next slide). This was filmed with hidden cameras and simply picked up how the public reacted. The 2 people are actors – apologies for the bad language.



THREE HIDDEN CAMERAS.  
LONDON, 16.05.14

# Where can you go for help and support?

[www.saferfutures.org.uk](http://www.saferfutures.org.uk) 0300 7774777

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/home.page>

**Cornwall Refuge Trust:** Domestic abuse helpline, 24 hours -  
01872 225629

**National Domestic Abuse Helpline (24 hrs) – 0808 2000 247**