

To parents/carers:

Harbour is an independent registered charity, a company limited by guarantee and our activities are governed by our Board of Trustees. Harbour is affiliated to the Women's Aid Federation of England. We provide assistance to families and individuals affected by domestic abuse as well as working with people who use abusive behaviours.

Harbour has partnered with the Respect Young People's Team to deliver Dating Detox programme to young people, who are engaging in harmful behaviour towards parents or carers and/or towards an intimate partner. Dating Detox works to reduce the harm caused by abuse in teenage intimate relationships and includes sessions promoting healthy relationships. This can be adapted as one- off sessions or a series of sessions designed to support and enhance the RSE curriculum delivery.

The RSE healthy relationships programme "Dating Detox" aims to help young people:

- improve communication skills, particularly around personal boundaries and managing conflict.
- build empathy and explore the importance of respect in intimate relationships.
- build emotional literacy and give strategies to manage difficult feelings in relationships.
- learn about their rights, equality and gender- based abuse.
- learn about warning signs of unhealthy and unsafe relationships
- know how and where to access support for themselves or others.

Our delivery builds a safe space for open discussions with young people about healthy and unhealthy relationships. We aim to challenge inequality and build skills to critically evaluate unhelpful, stereotypical and harmful messaging.

Dating Detox Session	Learning outcomes- young people will...
Healthy relationships and support networks (session 2)	<ul style="list-style-type: none"> <li>• Consolidate understanding of their support network as well as external support available</li> <li>• Recognise some “red flags” in relationships</li> </ul>
Defining and understanding our personal boundaries (session 3)	<ul style="list-style-type: none"> <li>• Define healthy and unhealthy boundaries</li> <li>• Develop strategies to set boundaries safely</li> <li>• Be more aware of when and where to seek help for themselves or others</li> </ul>
Gender stereotypes and relationships (session 4)	<ul style="list-style-type: none"> <li>• To understand gender stereotyping and how we learn gender norms.</li> <li>• To learn how ideas about gender stereotypes can harm our relationships.</li> <li>• Know where to go for support and guidance on gender stereotyping and gender- based abuse (on and offline)</li> </ul>
Managing jealousy in relationships (session 5)	<ul style="list-style-type: none"> <li>• Recognise and understand jealousy in relationships.</li> <li>• Reflect on how jealousy can impact our relationships and behaviour</li> <li>• Learn about strategies to reduce jealous feelings and possessive behaviour</li> </ul>
Online behaviour- Child generated explicit imagery and safety (session 6)	<ul style="list-style-type: none"> <li>• develop confidence identifying pressure to share images.</li> <li>• Build empathy with survivors of image- based abuse.</li> <li>• Know where to go for help if they are worried about images they have sent or been sent by others.</li> </ul>
Sexual respect and consent (session 7)	<ul style="list-style-type: none"> <li>• identify when asking for consent becomes pressurising</li> <li>• challenge victim-blaming</li> <li>• understand their rights within a sexual relationship</li> <li>• explain the legal context of sexual consent.</li> <li>• Learn about where to get help and support</li> </ul>
Managing conflict in relationships and when to seek help (session 8)	<ul style="list-style-type: none"> <li>• understand that conflict can be healthy in a safe relationship</li> <li>• learn ways to express their feelings and needs to resolve and manage conflict in relationships</li> <li>• recognise when conflict is unsafe and seek support</li> </ul>