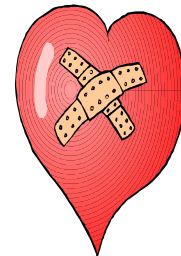
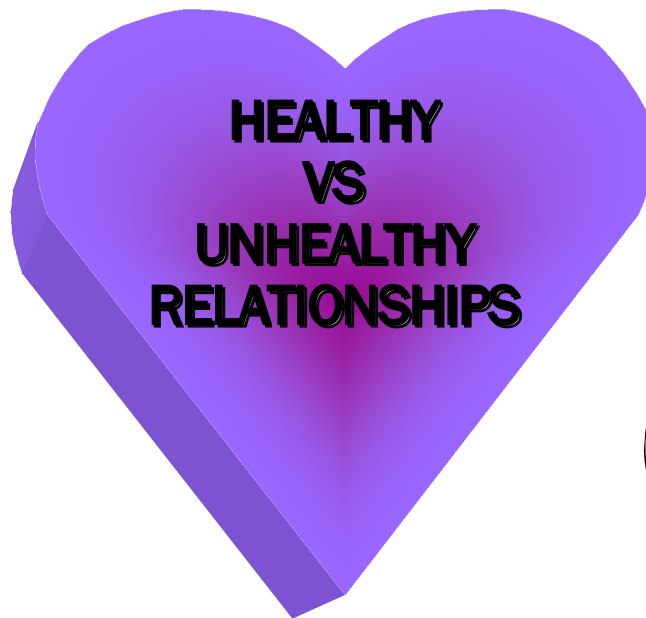
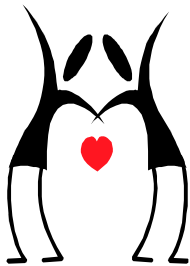


No Fear – Heading for Healthy Relationships Programme

A ten week programme for post primary schools that raises awareness and understanding about what makes a healthy, non-violent relationship. It explores relationships, gender roles, conflict management and domestic violence. The course enables young people to make informed choices about their lives and shows them how to recognise when a relationship has the potential to become abusive.



The programme gives the young people an opportunity to explore dynamics of healthy and unhealthy relationships through group discussions, exercises and role play and is linked to the Northern Ireland GCSE curriculum; i.e. covers the modules skills for life, citizenship and rights.