



## Healthy Relationships: Key Messages

These messages have been collated following consultation with Lincolnshire Children and Young people between October 2019 and January 2020 and with relevant professionals within the same time frame.

- It is important for everybody to take time to reflect on what makes a relationship healthy;
- Children and young people could benefit from being signposted to sources that provide skills and strategies to assist with building positive relationships;
- Children and young people would like to gain skills and strategies to help them to give, refuse, recognise and rescind consent. Children and young people should be empowered to say "no";
- Managing transitions to different key stages or education providers and building new relationships can be challenging. It is important to support children and young people to develop their resilience and ability to adapt to new situations;
- Children and young people want to learn key facts about inclusion, equality and legal rights and responsibilities, which are pertinent to building healthy relationships;
- Children and young people would like support to develop their communication skills skill in a range of contexts. This includes developing their ability to be assertive when having difficult conversations and to help them to challenge bullying;
- Children and young people want others to know that a relationship does not need to be sexual in its nature to be intimate or promote feelings of happiness;
- Children and young people are clear that what they experience and witness in their childhood could have an impact upon their ability to build and maintain healthy relationships as an adult.