

Dear Parents /Carers,

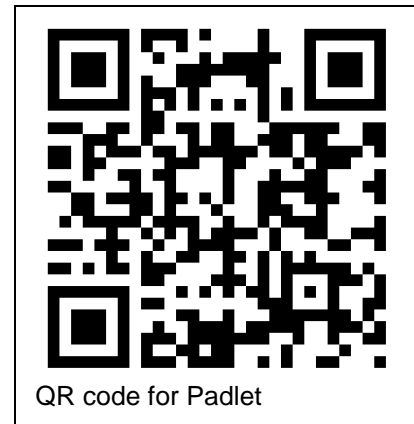
I am pleased to inform you that Safer Futures has been invited into your school to deliver the Healthy Relationships Programme (HRP) to **Year 6** and these workshops will take place **between 17<sup>th</sup> and 31<sup>st</sup> January**. This programme is delivered by a facilitator who provides age appropriate, healthy relationship messages to the children and young people within schools. The programme covers topics such as:

- Gender and stereotypes
- Healthy Relationships
- Power and control
- Dealing with conflict
- Online safety
- Keeping our bodies safe
- Safe and unsafe secrets

We will be working closely with school and would like to offer you the opportunity to learn more about the programme, so you are informed and equipped to help and support your child as they develop and maintain healthy relationships with their peers.

We have created a **Parent and carer briefing video** which is available on this Padlet <https://padlet.com/barnardossaferfutures/year-6-healthy-relationships-parent-carer-information-1x21wq60xqp0epty> along with links to some of the videos we use with the young people and other resources which you may find helpful.

If you have any questions about the Healthy Relationships sessions that we'll be delivering, please do get in touch with us. Your trainer is – **Mel Brammer**  
[melanie.brammer@barnardos.org.uk](mailto:melanie.brammer@barnardos.org.uk) or 07542 321968



#### What is Safer Futures?

Safer Futures is a partnership between Barnardo's and First Light, funded by Safer Cornwall (a partnership of statutory agencies in Cornwall and the Isles of Scilly), to offer an integrated service aimed at ending Domestic Abuse and Sexual Violence in Cornwall and the Isles of Scilly (CIOS). Safer Futures offers a wide range of programmes to children, young people and adults who are affected by domestic abuse and sexual violence (DASV), including:

- Assisting people who are in crisis
- Equipping people to recover from the adverse effects of domestic abuse and sexual violence
- **Educating children, young people and professionals about healthy relationships (Healthy Relationships Programme)**
- Upskill professionals to intervene early and prevent the escalation of issues

If you have any queries or concerns, then please contact me on 07542 321968

Kind regards

Mel Brammer, Healthy Relationships Trainer

Patron: Her Majesty The Queen.

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