



SHINE

**A Healthy
Relationships
Guide for Children
Aged 8-12**

Developed by
Monaghan and Cavan Children and
Young People's Services Committees

WHAT ARE FEELINGS?

People feel different things all of the time. Can you say if these feelings are comfortable or uncomfortable? Can you put these feelings into the different 'feelings bags'?



COMFORTABLE FEELINGS

Can you write down some times when you have felt these comfortable feelings and describe why these feelings are comfortable for you?

Feeling: _____

When did you feel this? _____

Would you like to feel this feeling more often? _____

Feeling: _____

When did you feel this? _____

Would you like to feel this feeling more often? _____

Feeling: _____

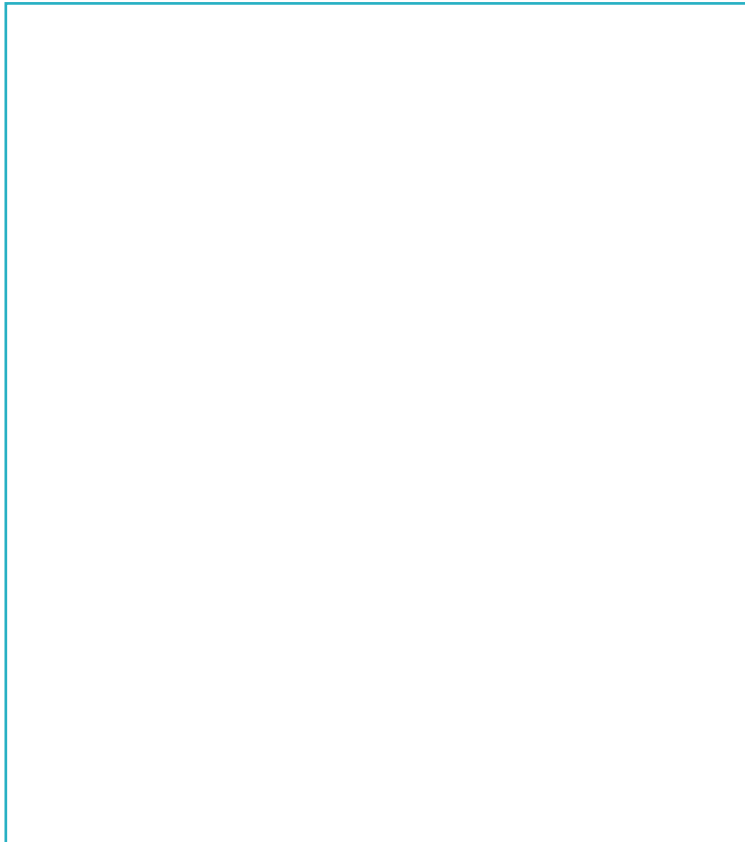
When did you feel this? _____

Would you like to feel this feeling more often? _____

UNCOMFORTABLE FEELINGS

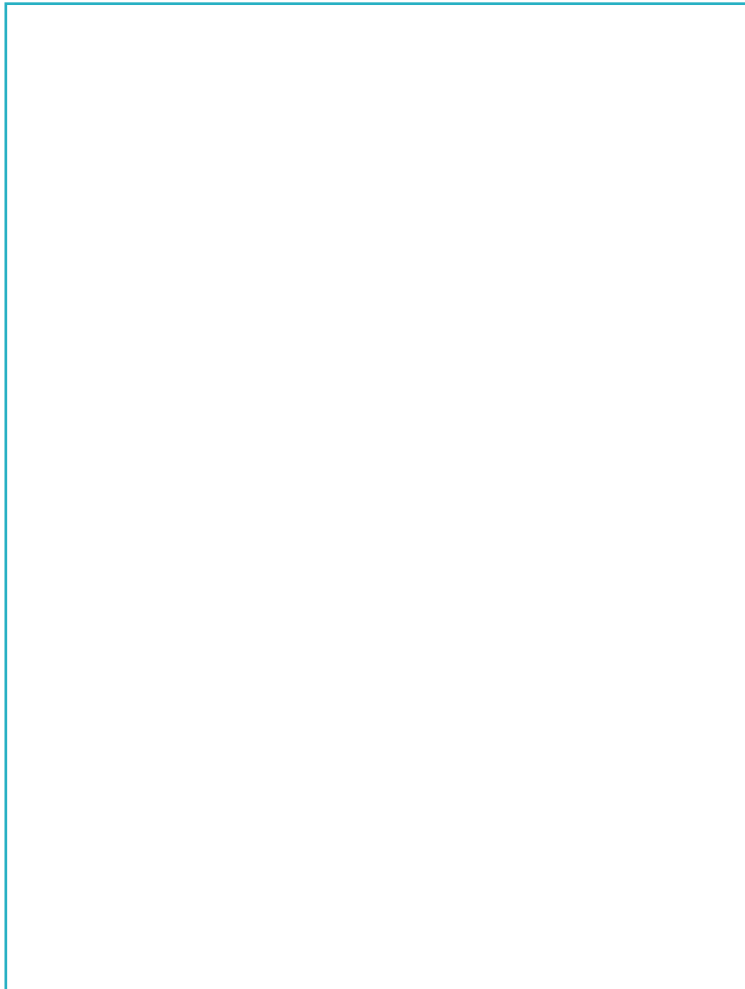
Unfortunately, sometimes we can all feel some uncomfortable feelings too. These feelings can sometimes make us want to cry or scream and sometimes our tummy's can hurt too when we feel these. Can you remember when you have felt uncomfortable feelings?

If you cannot remember a time you felt uncomfortable, maybe write or draw a time when someone else might have felt uncomfortable feelings.

A large, empty rectangular box with a thin teal border, intended for a student to write or draw a response to the text above.

WHO IS IMPORTANT IN MY LIFE?

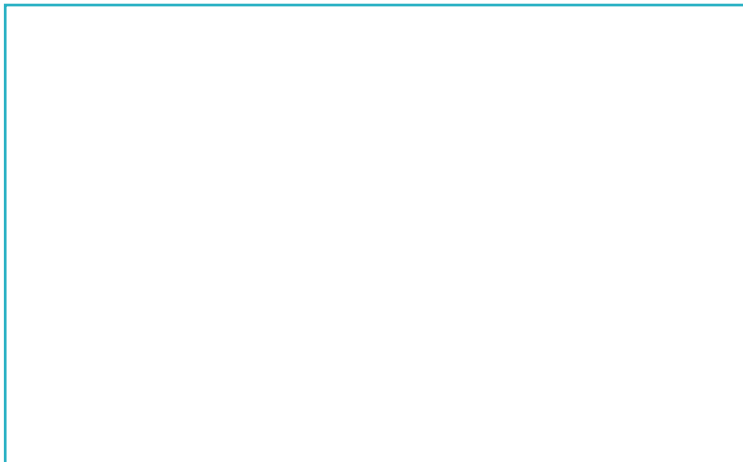
Everyone has some people that are important in their lives. Some are family, and others are friends. Can you list or draw a community of people who make you feel safe and comfortable.

A large, empty rectangular box with a thin teal border, intended for a child to draw or write about the people important in their life.

WHAT IS A RELATIONSHIP?

Can you think about what is a relationship is and what types of relationships there are?

Who do you have a relationship with?

A large, empty rectangular box with a thin teal border, intended for a student to write their response to the question about what a relationship is and what types there are.A large, empty rectangular box with a thin teal border, intended for a student to write their response to the question about who they have a relationship with.

HEALTHY AND UNHEALTHY RELATIONSHIPS

Sometimes people can be a part of healthy relationships and sometimes, unfortunately people can be in unhealthy relationships. Can you try and give an example of the difference between a healthy and unhealthy relationship?

HEALTHY	UNHEALTHY

ONLINE SAFETY

DON'TS

DON'T post anything you wouldn't want a parent/guardian to see

DON'T add people that you do not know

DON'T post any personal information about yourself

DON'T meet anyone you meet online alone and tell someone where & when you plan on meeting them

DO'S

DO change your privacy settings that only friends can see your post

DO be aware that people upload edited images and what you see is not always reality

DO protect yourself, by blocking anyone who is abusive to you

DO be aware that once you send someone a picture/text, you can never get it back

COERCIVE CONTROL

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

It is now a crime in Ireland.

EXAMPLES OF THIS INCLUDE:

- Forcing you to do something you do not want to do
- Controlling who you see or talk to
- Controlling what you wear
- Controlling your money or finances

WHAT IS ABUSE?

There are four main types of abuse that can occur in relationships. These are physical, emotional, sexual and neglect. Some types of abuse are easier to detect than others. It is important to protect yourself where abusive people come into your life, and it important to report abuse if you witness it.

PHYSICAL ABUSE SEXUAL ABUSE

- Hitting/ biting/ kicking someone
- Throwing something at a person
- Hitting someone with an object
- Touching a person without consent
- Exposing someone to a sexual act

EMOTIONAL ABUSE

- Name calling
- Not allowing the person to go places
- Controlling the person's finances
- Neglect
- Continuously failing to take into account someone else's morals/values.
- Failing to provide basic care, love and attention to the other person.
- The other person expecting you to continuously pay for things.

HEALTHY & UNHEALTHY SECRETS

Sometimes in relationships we have and are told some Healthy and Unhealthy Secrets. We also keep some Healthy and Unhealthy Secrets about what happens in relationships. Can you think of some times when you kept a healthy secret and sometimes you might be told to keep an unhealthy secret?

HEALTHY	UNHEALTHY

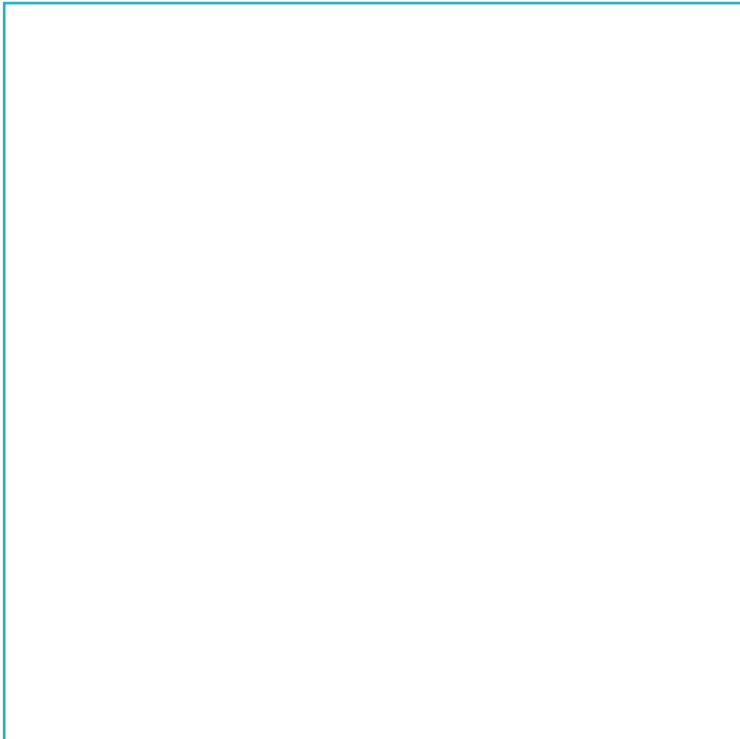
IF YOU ARE KEEPING A SECRET THAT MAKES YOU FEEL UNCOMFORTABLE IT'S IMPORTANT TO SHARE IT WITH PEOPLE, YOU FEEL SAFE WITH.

Sometimes we can be asked to keep secrets that make us feel uncomfortable, uneasy, or worried.

It's important to talk about anything you are worried about even if someone has asked you to keep it secret.

Talking to someone we trust about our worries makes us feel better and they can help us feel better.

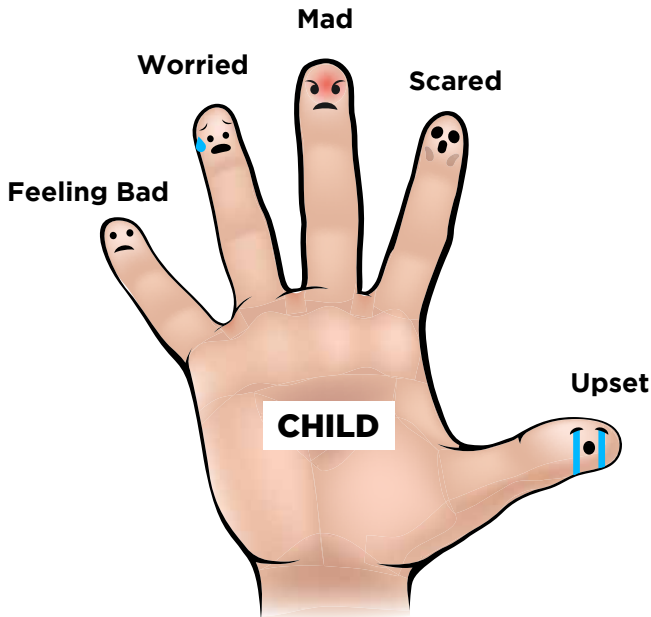
Draw a picture or write about someone you could talk to if about any secrets or worries you might have.

A large, empty rectangular box with a thin teal border, intended for a drawing or written response. It occupies the lower half of the page.

FINGERHOLD PRACTICE FOR MANAGING EMOTIONS AND STRESS

Practicing fingerholds can help to manage emotions and stress. Hold each finger, in turn, with the other hand, holding for as long as it feels comfortable. Hold gently, but firmly. As you hold your finger, breathe in a way that feels comfortable. Many adults feel relief after 2-5 minutes per finger, and children often need to hold their fingers for much less time (30 sec. – 1 min.) for it to feel useful.

You can work with either hand, and you can also work with just one or two fingers if that feels most helpful (or you don't have a lot of time).



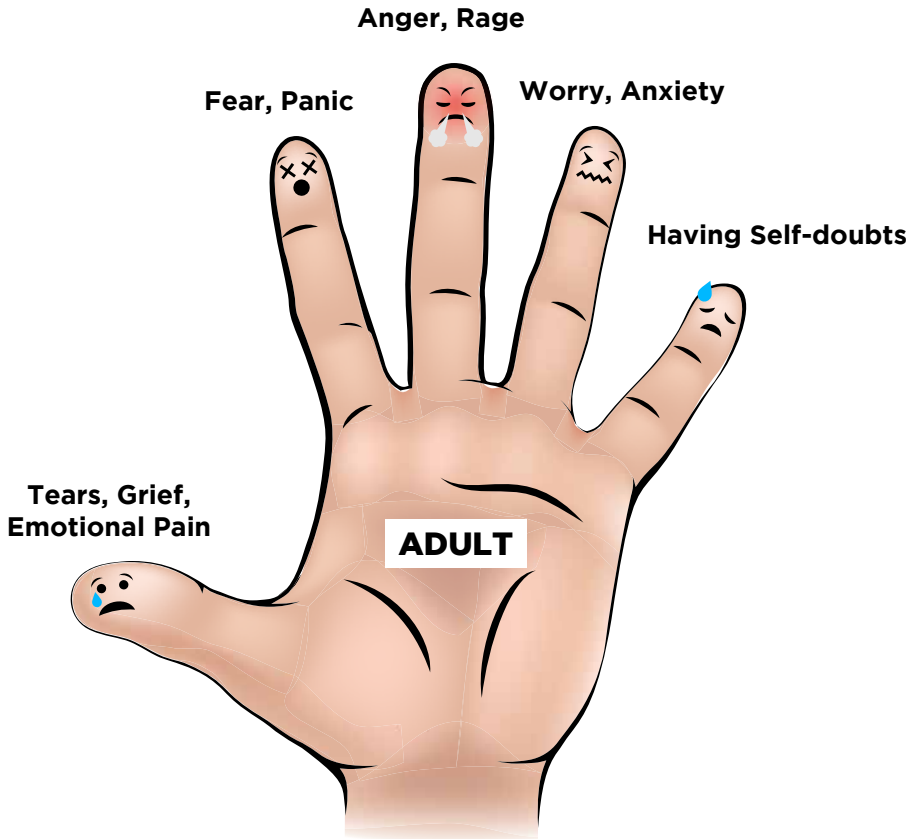
Thumb – Tears, Grief, Emotional Pain, Feeling Upset

Pointer/Index Finger – Fear, Panic, Feeling Scared

Middle Finger – Anger, Rage, Resentment, Feeling Mad

Ring Finger – Worry, Anxiety

Little Finger – Having Self-Doubts, Not Feeling Good About Ourselves or Feeling Bad



Adapted from the Capacitar Emergency Response Tool Kit by Monaghan & Cavan CYSC with kind permission from Patricia Mathes Cane Ph.D. www.capacitar.org

PERSONAL SPACE:

KNOWING WHEN TOO CLOSE IS TOO MUCH

Knowing what your own personal space is and knowing what other people's personal space is, is important as to respect everyone. It is important to know, that it is never okay to touch anyone else without them being okay with it. It is as important for you to respect other people's boundaries as it is for those people to respect you.

What are your personal space boundaries?

Has anyone crossed these boundaries?

How did this make you feel?

IMPORTANT CONTACT NUMBERS IN CASE OF EMERGENCY

Emergency Services:

999/112

Women's Aid:

1800 341 900

Childline:

1800 66 66 66

Childline is available to every child and young person up to the age of 18 in Ireland 24 hours a day, every day. It can be contacted online at Childline.ie, by calling 1800 66 66 66 or by texting to 50101.

Tearmann Domestic Violence Service:

047 72311

085 8102433

087 3654101

087 3654279

Amen:

046 902 3718



SHINE

A Healthy Relationships Guide for Young People

Developed by
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Young People's Services Committees

ISPCC

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Youth Work Ireland
Cavan Monaghan

tearmann
DOMESTIC ABUSE SERVICE



North Eastern Regional
Drug & Alcohol
Task Force

Cavan - Monaghan - Louth - Meath



CLONES
FAMILY
RESOURCE CENTRE



Child and Family
Support Network



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Cavan



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Monaghan



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



Family Resource Centre CLA

