



SHINE

A HEALTHY RELATIONSHIPS GUIDE FOR YOUNG CHILDREN

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



MY NAME IS:

MY ADDRESS IS:

THE PEOPLE WHO LIVE WITH ME ARE:



I LOVE TO PLAY AND HAVE FUN.
DRAW SOME OF THE THINGS YOU LOVE TO DO HERE...



I HAVE LOTS OF PEOPLE IN MY LIFE LIKE MY FAMILY, TEACHERS,
AND FRIENDS. DRAW SOME OF THOSE PEOPLE HERE...



THERE ARE PEOPLE IN MY LIFE WHO MAKE ME FEEL SAFE.
THEY ARE....



SOMETIMES PEOPLE IN OUR LIVES MAKE US FEEL UNSAFE.

IF YOU KNOW SOMEONE LIKE THAT THEN
IT'S IMPORTANT TO TALK TO SOMEONE ABOUT IT
LIKE A PARENT, TEACHER, AUNT, UNCLE,
SUPPORT WORKER, HELPLINE

OR

ANYONE WHO YOU TRUST AND WHO KNOWS YOU.



TALKING ALWAYS MAKES US STRONGER AND HELPS US
TO LEARN NEW THINGS.



TELLING SOMEONE YOU DON'T FEEL SAFE IS A GOOD IDEA SO
THAT THEY CAN HELP YOU PLAN TO KEEP SAFE!

A SAFE PLAN IS WHERE YOU GET TO DECIDE HOW TO HELP
YOURSELF TO KEEP YOURSELF SAFE.

IF YOU ARE FEELING SCARED,
IF YOU HEAR OR SEE ADULTS FIGHTING

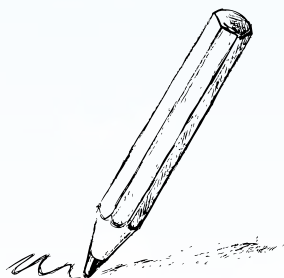


OR IF YOU FIND YOURSELF FEELING SAD.
THERE ARE LOTS OF THINGS THAT CAN GO IN YOUR
SAFE PLAN LIKE....

- I CAN THINK ABOUT A CALM, SAFE PLACE
- I CAN HUG MY FAVOURITE TEDDY REAL TIGHT
- I CAN BREATHE CALM FEELINGS INTO MY BELLY
- I CAN GO TO MY SAFE PLACE
- I CAN TELL SOMEONE

IMAGINE A CALM AND SAFE PLACE.

DRAW WHAT THAT WOULD LOOK LIKE HERE...



OTHER IDEAS TO HELP ME FEEL BETTER AND CALM DOWN COULD BE..

Listen to Music



Read A Book



Do some Exercise



Practice Slow Breathing

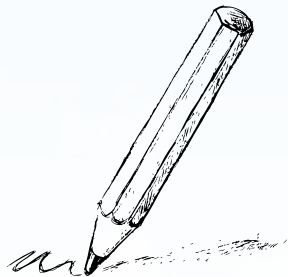


Colour or Draw A Picture



DRAW A PICTURE OF YOUR FAVOURITE TEDDY OR DOLLY.

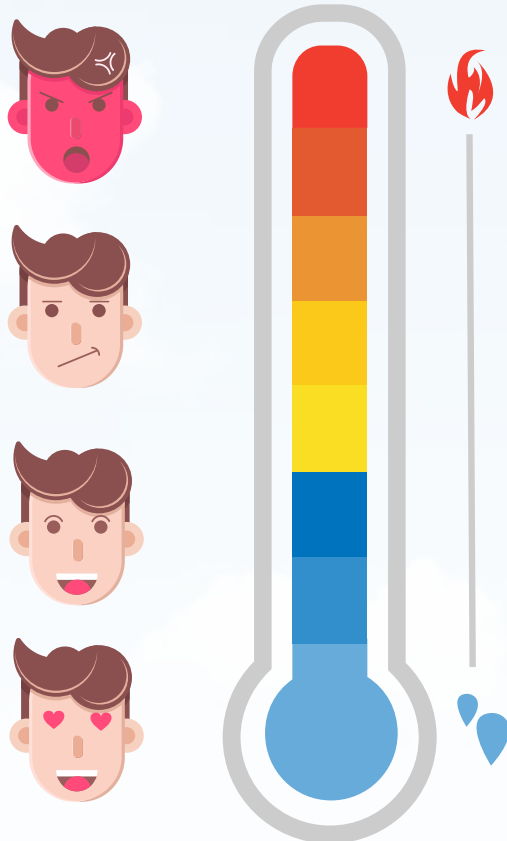
WHAT SONG OR STORY WOULD YOU WHISPER TO THEM
IF THEY WERE FEELING SCARED?



DO YOU EVER FEEL ANGRY?

IT IS OK TO FEEL ANGRY, SAD OR SCARED SOMETIMES,
IF YOU OR SOMEONE IN YOUR FAMILY IS BEING HURT.

WHAT MAKES YOU ANGRY, SAD OR SCARED?



THERE ARE LOTS OF DIFFERENT WAYS THAT WE
CAN CONTROL OUR ANGER.

BELLY BREATHING HELPS US WHEN WE ARE ANGRY
AND IF WE ARE SCARED.

1. INHALE,
BELLY OUT

2. EXHALE,
BELLY IN

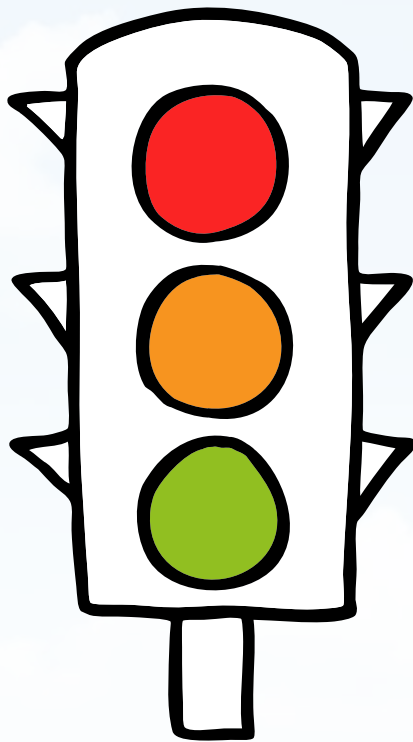


IMAGINE YOU ARE A TRAFFIC LIGHT!

RED - STOP!

ORANGE - THINK! Why am I angry?
What am I about to do?
What will happen next?

GREEN - GO! Find a better way to express your anger



THINK BACK TO WHEN WE FIRST STARTED THIS BOOK
AND WE TALKED ABOUT WHO WE FEEL SAFE WITH.

ARE THESE THE PEOPLE THAT YOU WOULD TELL IF YOU
WERE FEELING SCARED?

IS THERE ANYONE ELSE YOU CAN TALK TO?



SOME IMPORTANT THINGS TO REMEMBER ARE THAT
ALL FAMILIES ARGUE, BUT WHEN IT IS MORE SERIOUS,
YOU NEED TO USE YOUR SAFETY PLAN.

DON'T GET INVOLVED IN THE FIGHT, AS YOU MIGHT GET HURT,
AND GO TO YOUR SAFE PLACE.

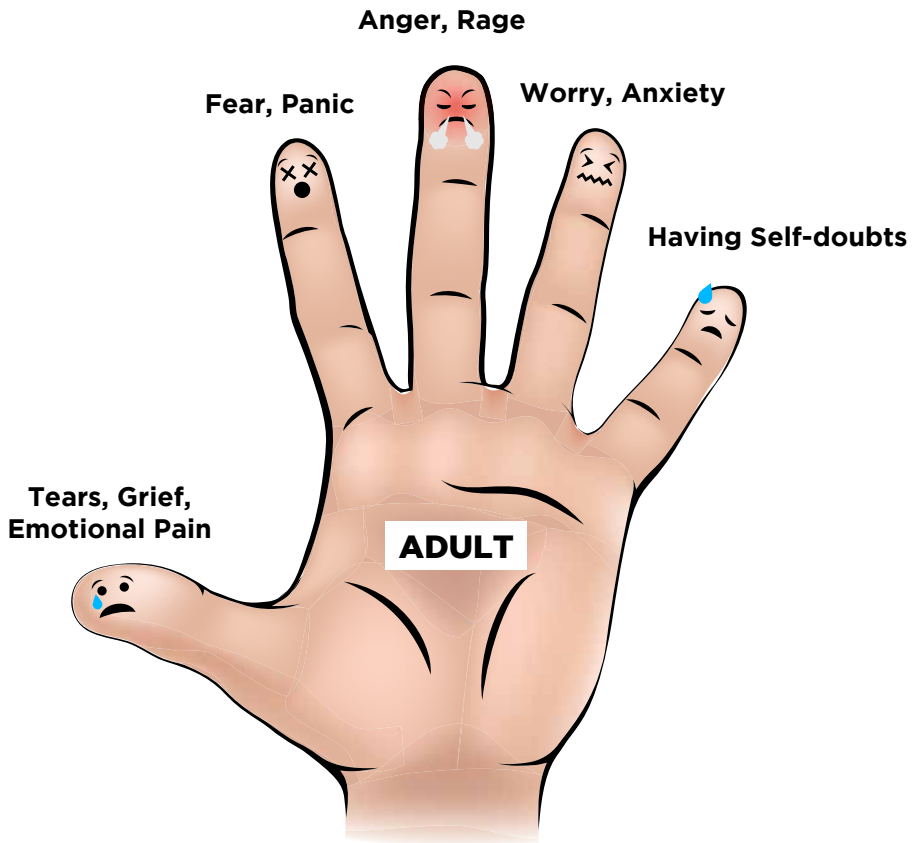
THERE ARE LOTS OF PEOPLE OUT THERE WHO CAN HELP.

If you need help right away in an emergency
call the **Gardai on 999**

If you ever feel sad or angry and you need to talk to someone
you can call **Childline - 1800 66 66 66** or text to 50101.

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).



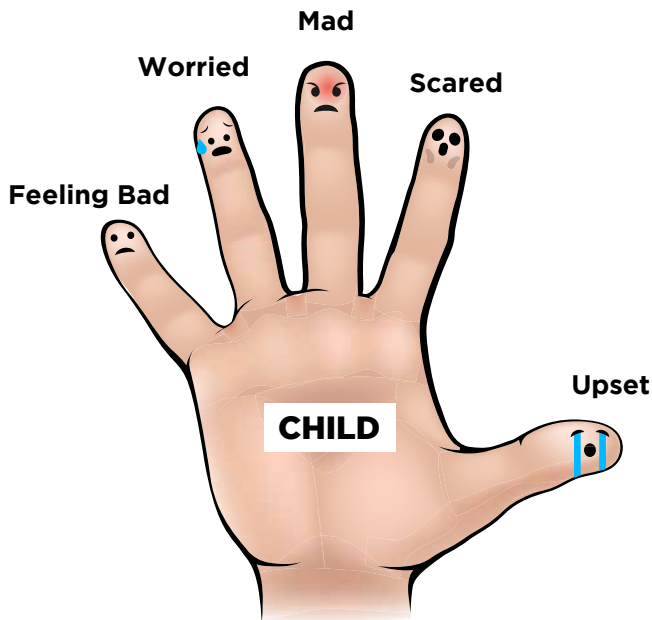
Thumb – Tears, Grief, Emotional Pain, Feeling Upset

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

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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

