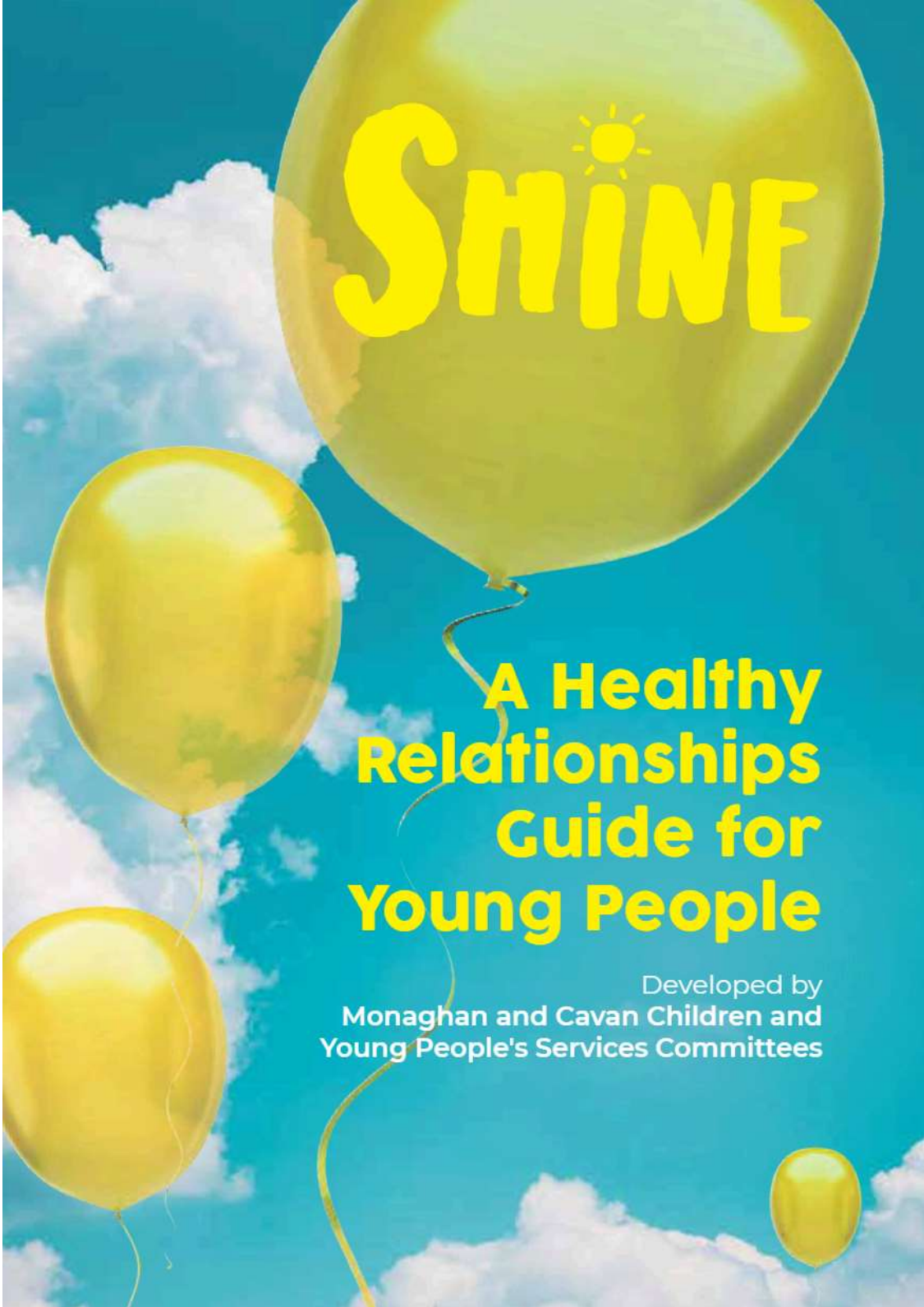


The background of the cover is a bright blue sky with fluffy white clouds. Four yellow balloons are floating: a large one at the top right, a medium one to its left, a smaller one at the bottom left, and a very small one at the bottom right. The word "SHINE" is written in large, bold, yellow capital letters across the top balloon. A small yellow sun icon is positioned above the letter 'I'.

SHINE

A Healthy Relationships Guide for Young People

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



What is a relationship?

What are the different types of relationships?

Healthy Relationships

What does a healthy relationship mean to you?

- Someone you can trust
- Someone who keeps you safe
- Sharing the same values
- Being with someone loving and caring

Unhealthy Relationships

What does an unhealthy relationship mean to you?

- Being with someone who controls you
- Not being allowed to do things you want
- Not feeling safe
- Being criticized constantly

What is consent?

- Consent is saying yes, to something YOU want to do.
- Be confident in yourself to be able to say no!
- You are not obliged to take part in anything that makes you feel uncomfortable or uneasy.
- It is okay to give consent and to take it back if it doesn't feel right.
- No one has the right to do something to you that you do not want.

What does consent mean to you?

Healthy Relationships vs Unhealthy Relationships

Healthy Relationships

- You both consent to be in the relationship
- You treat one another with respect
- You feel safe and comfortable with your partner
- You listen to each other

Unhealthy Relationships

- Consent is not taken seriously
- Your rules are not respected
- You are not respected
- Privacy is not taken into consideration
- Abusing your partner

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 an offence 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 partners come into your life, and it is important to report abuse if you witness it.

Physical Abuse

- Hitting/ biting/ kicking someone
- Throwing something at a person
- Hitting someone with an object

Emotional Abuse

- Name calling
- Not allowing the person to go places
- Controlling the person's finances

Sexual Abuse

- Having sex with someone without consent
- Touching a person without consent
- Exposing someone to a sexual act

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 paying for things.

What can I do to prevent being the abuser?

- Create an open environment where both people can talk about how they feel.
- Never hit anyone who you are in a relationship with - THIS IS NEVER OKAY!!
- Never treat anyone with any less respect than what you would expect for yourself.

Keeping Safe

If you are in an abusive relationship or you are being exposed to an abusive relationship, it is important to keep safe!

If you find yourself in an abusive relationship:

- Please speak to someone you can trust

If you are being exposed to an abusive relationship:

- Keep yourself safe and do not get involved
- Make sure you have a safe place
- Ring 999 or someone you know who can help

Legal Protection and Other Supports

There are 3 main types of protection that an adult can get put in place to protect themselves. Those are:

1. Protection Order

- This protects the person being abused from the perpetrator.
- A protection order can be in place while applying for a safety order/ barring order.
- The perpetrator can still live in the family home.

2. Safety Order

- This protects the person being abused from the perpetrator
- The perpetrator can still live in the family home
- A safety order can last up until 5 years

3. Interim Barring Order

- This is an emergency barring order
- The perpetrator is not allowed in or near the home/victim of abuse.
- This can last 8 working days while the barring order is being processed.

4. Barring Order

- A barring order can last for up to 3 years.
- The perpetrator is not allowed in or near the home/victim of abuse.

Knowing it was never my fault

If you have ever been abused or exposed to abuse, it is NEVER your fault! How someone else manages their anger is beyond your control.

- NEVER expect to be treated that way again
- NEVER think that you deserved it
- NEVER repeat that behavior on someone else

- ALWAYS engage in positive self-talk
- ALWAYS tell someone about it
- ALWAYS think you are good enough

Positive self-talk

When you begin speaking positively about yourself can make you feel great about yourself! Give yourself at least one comment a day and you will start to believe that you are fabulous!

Take note of some examples of positive self talk:

[illegible]

Breaking up

Being in a relationship and it ending can be a really difficult time in someone's life. If you find yourself in a position where you or a friend has broken up with someone;

- Surround yourself with positive and supportive people.
- Talk openly about how you are feeling.
- Do something you enjoy with family and friends.
- Remember that you will be able to fall in love again and things will get better.

If your ex – partner is harassing you or texting you constantly, block their number, tell someone and you can report it to the Gardai.

If someone threatens to harm themselves, let their family & friends know - this is not your fault! If you are concerned for their safety, you can also contact the Gardai.

Getting Angry

Everyone gets angry sometimes, but it is how we manage it that has an impact on the outcome of the situation.

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 to you can call the **Gardai on 999**

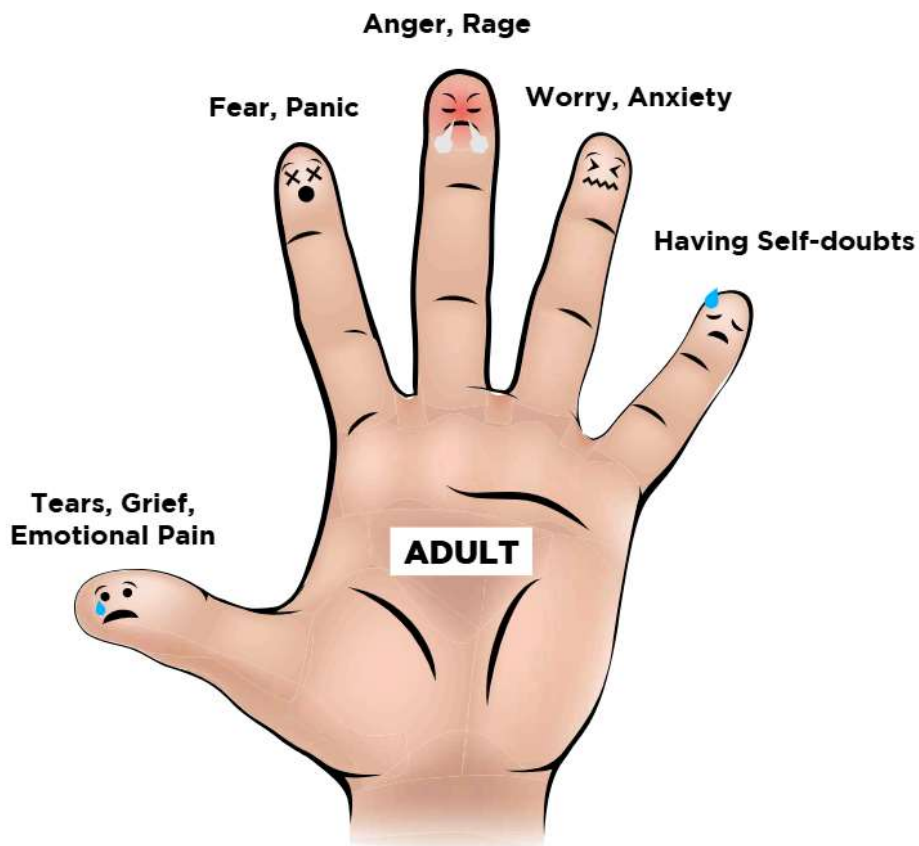
If you ever need to talk you can call
Childline - 1800 66 66 66

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](https://www.childline.ie), by calling 1800 66 66 66 or by texting 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).



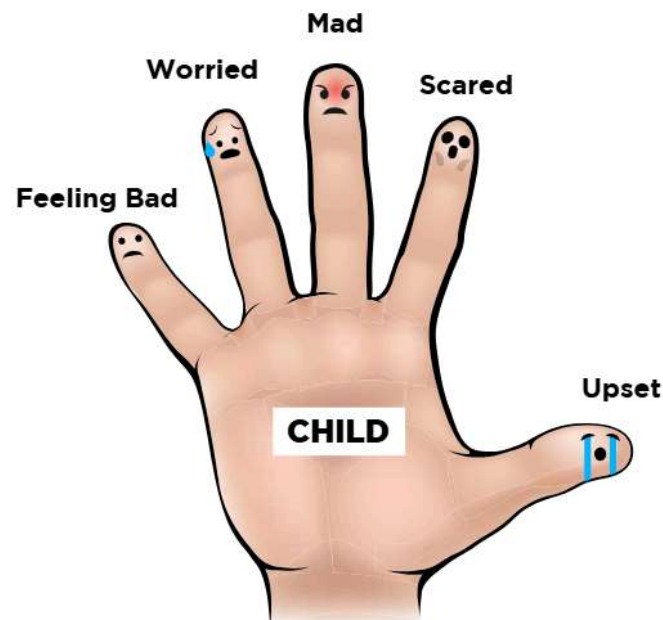
Thumb – Tears, Grief, Emotional Pain, Feeling Upset

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

Important Contact Numbers in Case of Emergency

Emergency Services:
999/112

Childline:
1800 66 66 66 or by texting to 50101.

Amen:
046 902 3718

Women's Aid:
1800 341 900

Tearmann Domestic Violence Service:
047 72311
085 8102433
087 3654101
087 3654279



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ISPC

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



CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Cavan



CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Monaghan



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

