

Background

Dungannon Locality Planning Group (LPG) was established in 2014. Membership of the group includes a range of community, statutory and voluntary organisations with a remit for children and young people in the area. The group aims to improve the well-being of children and young people through a multiagency planning approach.

One of the top priorities for the group is Domestic Violence and its impact on children, young people and the family. The group agreed to work with Mid Ulster Women's Aid to identify a suitable school setting to carry out the Heading for Healthy Relationships Programme with teenagers, both male and female.

This facilitated programme took place across 3 months from February to April 2018 at St Patrick's College, Dungannon. The programme encouraged young people to understand their behaviours, attitudes and actions within interpersonal relationships.



Southern Area Outcomes Group Priorities/Outcomes:

- ✓ All Children are safe, confident and enjoy improved emotional wellbeing



How much did we do?

- 6 x 1 hour facilitated sessions at St Patrick's College, Dungannon. Weekly themes were:
 1. Getting Started
 2. Unwritten rules in our lives
 3. Relationships and our lives
 4. Healthy and unhealthy relationships
 5. Alert to risk
 6. Review of sessions, reflection and evaluation
- Programme facilitated by Women's Aid and independent facilitator. O2 Guru's attended Session 4



How well did we do it?

- O2 Guru's were included in Session 4 for the first time to address internet safety due to the growing influence of online relationships
- In total 55 students participated in the programme: 55 in session 1 and 24 for the subsequent sessions
- 33% of participants were male, 66% female
- On completion, 23 (96%) of participants rated the programme as "Excellent", 1 (4%) rated it as "Very Good"

"I loved all of it and hope it happens again"

"I have a better understanding of relationships"

"Stay as great as you are"

"While at first I had low hopes, I was completely wrong! You did well"

Quotes from participants at the end of the programme



Is anyone better off?

Participants were asked to rate a number of statements prior to the programme and at the end of the programme. The following figures show the increase at the end of the programme in the participants' knowledge and awareness....

