

How to Thrive *in partnership with The Dibble Institute bring you*

RELATIONSHIP SMARTS

Following the Government's long-awaited announcement in March, sex and relationships education is to be revised and made statutory in all schools.

Get ahead of the curve! Teach good quality relationships education through **Relationship Smarts PLUS**.

An innovative, evidence-based programme, that helps young people learn, often for the first time, how to make wise choices about relationships, dating, partners, sex, socialising, and more.

key topics include:

- Self-awareness and self-reflection
- Developing respectful, healthy relationships
- Relationship abuse prevention
- Communication, cooperation, and conflict resolution
- True intimacy and sexual decision making

The curriculum is for students aged 14 – 18 and uses popular media and lively, informative activities to engage both males and females with powerful learning strategies.

**BOOK
NOW!**

2 days training: 3-4 October 2018

location: Hertfordshire


cost: £650 (£325 per day) inclusive of all teaching materials and access to online resources


how to book: info@howtothrive.org


or call: 0330 133 0776



Previously taught as part of *Healthy Minds UK* teachers are thrilled about the difference RSP makes with their students:

 *Excellent resources, I like the variety of the activities and the key skills being taught.*

 *RSP allows students to learn about true friendships and how they should think about love.*

 *My students have been really engaged, they enjoy the discussions on relationships and I have seen their maturity levels grow.*

HOW TO 

Resilience skills for young people