COURSE 3

SOCIAL GROWTH

7 workshops included

WORKSHOP OVERVIEW

01 Building on Self-Esteem & Confidence
Understanding what self esteem is and identify personal strengths and positive qualities.

02 Understanding Safe Relationships & Domestic Abuse
Understanding how to recognise domestic abuse and what constitutes a healthy vs unhealthy relationship.

03 Managing Conflict
Understanding what conflict is and why it happens.

04 Sexual Health & Wellbeing
Understanding the key aspects of sexual health and consent.

05 Online Safety
Understanding the key risks associated with online activity.

06 Settling into Your New Community
To support to feel more confident navigating their new environment.

07 Positive Relationships & Communication
Understanding what makes a healthy relationship.