

How to Build...

Positive Relationships

Course For Young People

Would you like to get on better with people online or in real life? Are you living with a situation where relationships are challenging?

If you're in school years 7 and above then our short, online course could be for you!

We'll be thinking about:

- Tips to help make friends
- How to deal with peer pressure
- Tips on getting on better with your family
- Online relationships and social media



6 sessions

Commencing week beginning 22nd Feb

Ages 11-13: Wednesdays 6-7pm

Ages 14 +: Thursdays 5.30-6.30pm



Online:

MS Teams



To book a place email:

earlyhelpduty@buckinghamshire.gov.uk