

EVERYDAY RELATIONSHIPS PROGRAM

Helping Young People Build Healthy Relationships, Confidence and Safe Choices

Growing up means learning about friendships, relationships, personal boundaries and staying safe. For young people with disability, these conversations need to be practical, accessible and connected to everyday life.

The Everyday Relationships Program is a six-week education program designed to help young people with disability aged 14–24 build understanding, confidence and skills around relationships, sexuality, boundaries, and personal safety.

Delivered onsite by experienced occupational therapists from Everyday Independence, the program provides a safe and supportive space for young people to learn, ask questions and develop practical skills for everyday life.

What Participants Learn

Through engaging and age-appropriate sessions, participants learn about:

- Relationships and respect
- Consent, boundaries and safety
- Social and dating skills
- Body awareness
- Sexual health and wellbeing
- Identity and inclusion
- Online safety.



Why This Education Matters

Learning about relationships, consent and personal safety is an important part of growing up.

When young people have access to the right information and support, they are better equipped to:

- Recognise healthy and unhealthy relationships
- Understand and communicate boundaries
- Make informed decisions
- Build confidence in social situations
- Participate safely in everyday life.

Parent Feedback

"Programs like this are really important for teenagers with disability.

Having a trusted third party involved gives them a safe space to learn, ask questions and know how to stay safe."

— Jo, Parent

Why Schools and Organisations Choose Us

- Support wellbeing and safeguarding priorities
- Provide accessible relationship and sexuality education
- Create opportunities for safe and supported learning
- Build participants' confidence and independence
- Take pressure off staff by delivering specialist content.

Research shows that around 1 in 5 Australians with disability have experienced sexual violence since the age of 15.

Accessible education about relationships, consent and personal safety can help young people build confidence and make informed choices.



Interested in bringing the Everyday Relationships Program to your school or organisation?

Visit our website to complete an expression of interest form and we'll be in touch.



**everyday
independence**

everydayind.com.au

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Monday – Friday, 8am – 6pm

