

EVERYDAY RELATIONSHIPS PROGRAM



Helping young people build healthy friendships, relationships, confidence and life skills

Growing up means learning about friendships, relationships, boundaries and staying safe. The Everyday Relationships Program supports young people with disability to build the knowledge, confidence and skills they need to navigate these experiences in everyday life.

Delivered by allied health practitioners face to face or online, the six-week program provides a safe and supportive space to learn, ask questions and explore age-appropriate topics that can sometimes be difficult to talk about.

Build skills for friendships, relationships and life

Participants learn about:

- Friendships and healthy relationships
- Consent and personal boundaries
- Social and dating skills
- Body awareness
- Sexual health and wellbeing (anatomy and private body parts)
- Identity and inclusion
- Online and social media safety.



How the program works

1. Get to know you

A one-on-one session to understand your goals, learning style and support needs.

2. Learn alongside others

Six small-group sessions with young people of a similar age (maximum 8 participants).

3. Reflect and plan

A final one-on-one session to review your learning and discuss next steps.

Why join?

The Everyday Relationships Program provides a safe and supportive environment where young people can:

- ✓ Learn alongside people of a similar age
- ✓ Ask questions in a safe and respectful environment
- ✓ Explore topics that can sometimes be difficult to talk about
- ✓ Build confidence in friendships, relationships and everyday life
- ✓ Learn practical skills you can use every day.

Why this program matters

Understanding relationships, boundaries and consent can help you build confidence, make informed choices and feel safer navigating everyday situations.

Participants learn skills to:

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



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Ready to build skills for friendships, relationships and life?

Register your interest today.

Registered NDIS Provider
28+ Years Supporting People with Disability



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independence**

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Monday – Friday, 8am – 6pm

