

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 for young people to learn, ask questions and explore age-appropriate topics that can sometimes be difficult to talk about.

What participants learn

Through engaging sessions, 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. Getting to know participants

A one-on-one session with each participant to understand their 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 each participant's learning and discuss next steps.

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.

Why this program 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.



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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.

Registered NDIS Provider
28+ Years Supporting People with Disability



**everyday
independence**

everydayind.com.au

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Monday – Friday, 8am – 6pm

