Women's Aid
Antrim, Ballymena
Carrickfergus, Larne
& Newtownabbey

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Summer/Autumn 2026

Dear Principal

Heading for Healthy Relationships Schools Programme

Our ambition is for ALL young people to have safe, fulfilling and healthy relationships. To achieve this, we are committed to deliver our transformative **Heading for Healthy Relationships** programme to ALL Primary (Year-7) and Post-Primary (Year-11) school pupils across Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey. Will your school join us?

Funded by Antrim & Newtownabbey and Mid & East Antrim Borough Council **Ending Violence Against Women And Girls - Change Fund**, the Heading for Healthy Relationships primary schools programme will equip children and young people with the knowledge and skills to have healthy, respectful relationships.

Facilitated by skilled Domestic Abuse Specialists for Children and Young People, Heading for Healthy Relationships explores the dynamics of healthy relationships, and will strengthen children's understanding of issues including domestic abuse and age-appropriate consent.

The Heading for Healthy Relationships programme will be available for ALL schools from September 2026 and session are available to book now. These can be delivered in a classroom setting (or in larger groups) and will last up to 1.5 hours.

The programme addresses the need critical need for **preventative education** in schools, aligned to the **curriculum** and will enable young people to recognise when a relationship has the potential to become abusive, challenge harmful attitudes and behaviours, make informed choices and be safe.

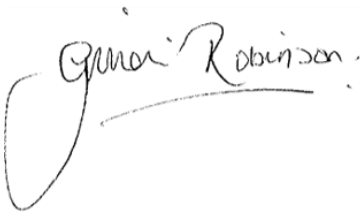
The SAY Social Action Youth website www.sayni.org.uk created by young people will provide a vital on-line educational resource for ALL schools participating in the programme.

Heading for Healthy Relationships will equip schools to lead the way and create the change needed to **End Violence Against Women and Girls**, ensuring all young people know any type of violence, abuse or harm in relationships is never acceptable.

For more information and to register your school for Heading For Healthy Relationships call 028 25 632136, go to www.womens-aid.org.uk/children/headingforhealthyrelationships or email events@womensaidabcln.org

Together we are working to end domestic abuse.

With thanks



Gillian Robinson
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