



RELATIONSHIPS

In this section we consider all the relationships we might have in our overall social landscape as the amount of support we get from family and friends is important to our resilience. We have included one activity focused on healthy one to one relationships.

During the original consultation for this programme, young people wanted social media included. There is some evidence that social media is contributing to depression among young people and we have included activities to help critically assess the information people post on social media and the choices we have around how we present ourselves.