

LLDD Life Skills: Healthy Relationships

Course overview

Relationships matter to everyone so it is important that they bring you happiness. This course will help you to understand the meaning of a 'healthy relationship' and recognise when a relationship isn't good for you and what you can do about it.

What will I study?

You will:

- discuss what is meant by 'healthy relationships'
- explore what makes a relationship healthy
- learn how to recognise when a relationship isn't working
- discuss and role play how to move away from an unhealthy relationship

Assessment method

- Take part in classroom activities and role plays
- Take part in Q&A sessions and short discussions to confirm your understanding
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- participate in class activities
- work with others
- follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8713CP	Tuesday 20 April 2021 to Tuesday 13 July 2021	1pm to 4pm	Dagenham	£12.00	£12.00

Possible next steps

You will be supported to enrol on to other LLDD Health or Life Skills courses available at the college following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722