

SEND: Relationships and Boundaries

Course overview

This course is all about our relationships with friends, family, partners, work colleges in your volunteer or workplace. It will help you to behave appropriately in different settings and with different people.

What will I study?

You will:

- Discuss the difference between social, personal and work relationships
- Be able to keep safe when forming new relationships
- Understand how to keep emotionally safe through setting and maintaining boundaries
- Cover dealing with difficult situations in different relationships

Assessment method

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

Entry requirements

- Be able to participate in class activities
- Be able to work with others
- Be able to follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams or via a remote learning pack.

Possible next steps

Following the successful completion of this course, you will be supported to enroll on to other courses suitable for you such as Personal Development through Drama, or other Health or Life Skills courses available at the college.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

