

News release

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For immediate release

Relate deliver relationship talks to students in Cambridgeshire

Relate Cambridge has introduced talks in Cambridgeshire schools to teach students about the importance of relationships. Relate hope that by helping young people to understand what a healthy relationship is, this will enable them to sustain good relationships in later life, and will have a positive effect on their wellbeing.

Relate delivers an array of services including couples counselling, family counselling, children and young people's counselling and sex therapy. Relationship talks in schools are Relate Cambridge's latest offering, and has already been delivered in a local secondary school where it was extremely well received.

With few examples of healthy relationships in the media and with the influence of social media, Relate Cambridge want to promote healthy relationships to students to show them what is normal and achievable.

Relate Counsellor Olga Fuentes has been delivering the talks, and has been asking the students to think about their own relationships and how they might be improved. The students learn about the things that make a healthy relationship, such as respect and communication. They are also taught about how to manage conflict and communicate well in relationships.

Olga says: "If children and young people are more aware of their relationships at school, they could deal with friendship issues or tackle bullying in a better way. Equally, if they transfer some of their knowledge about relationships into the home environment, they will understand their family relationships better."

She continues: "Children and young people are not used to stopping and thinking about what is going on in their relationships. At a time when social media has a huge impact on how they relate to each other, it is crucial that young people become aware of the importance of communication and understanding in face-to-face daily interactions."

Positive effects on well-being, happiness and life satisfaction can be attributed to good and supportive relationships. Relate Cambridge believe that it's vital to teach people about relationships from a young age, and hope to bring the relationship talks to more schools in Cambridgeshire. They believe the sessions will have a positive impact on relationships within school, among family and friends, and will provide young people with a strong foundation to sustain good relationships in all stages of life.

relatecambridge

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Notes to editors:

- Relate Cambridge is a registered charity, and champions the importance of strong and healthy relationships for all as the basis of a thriving society.
- Relate Cambridge deliver counselling throughout Cambridgeshire, including Peterborough and Fenland.
- For more information visit: www.relatecambridge.org.uk.