



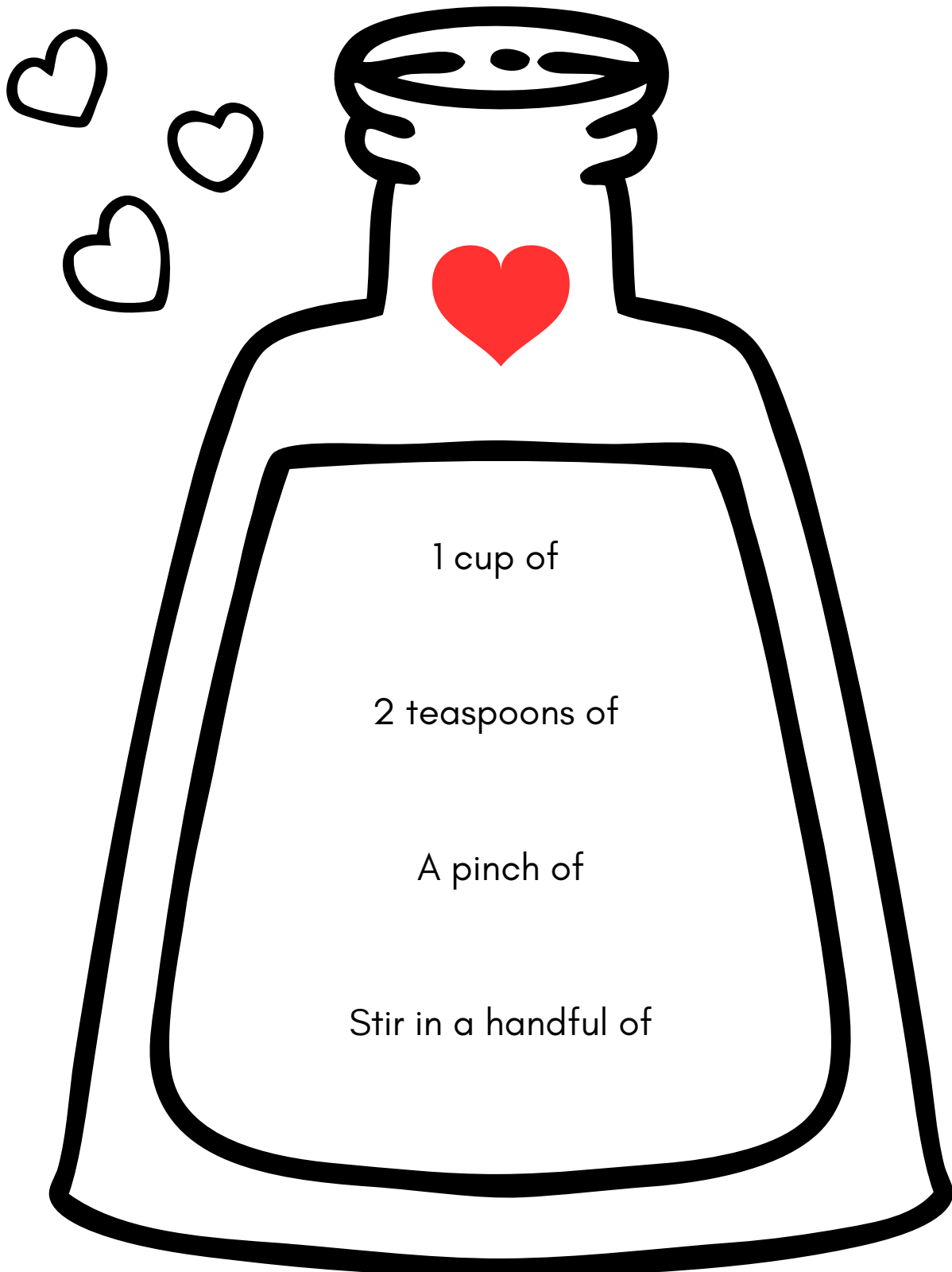
Lets talk about love!

This compilation of worksheets focuses on the topics of love, control, safety and resilience planning.

Its purpose is to assist professionals in facilitating meaningful discussions whilst providing the young person/adult with opportunities for reflection and learning regarding both positive and negative aspects of relationships.

LOVE POTION RECIPE

Consider the qualities of someone you love (eg kindness) and complete the recipe below that reflects the perfect love potion:



WHAT DO YOU KNOW ABOUT LOVE?

Love is...

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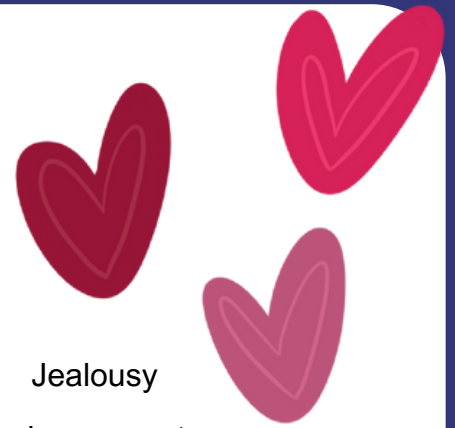
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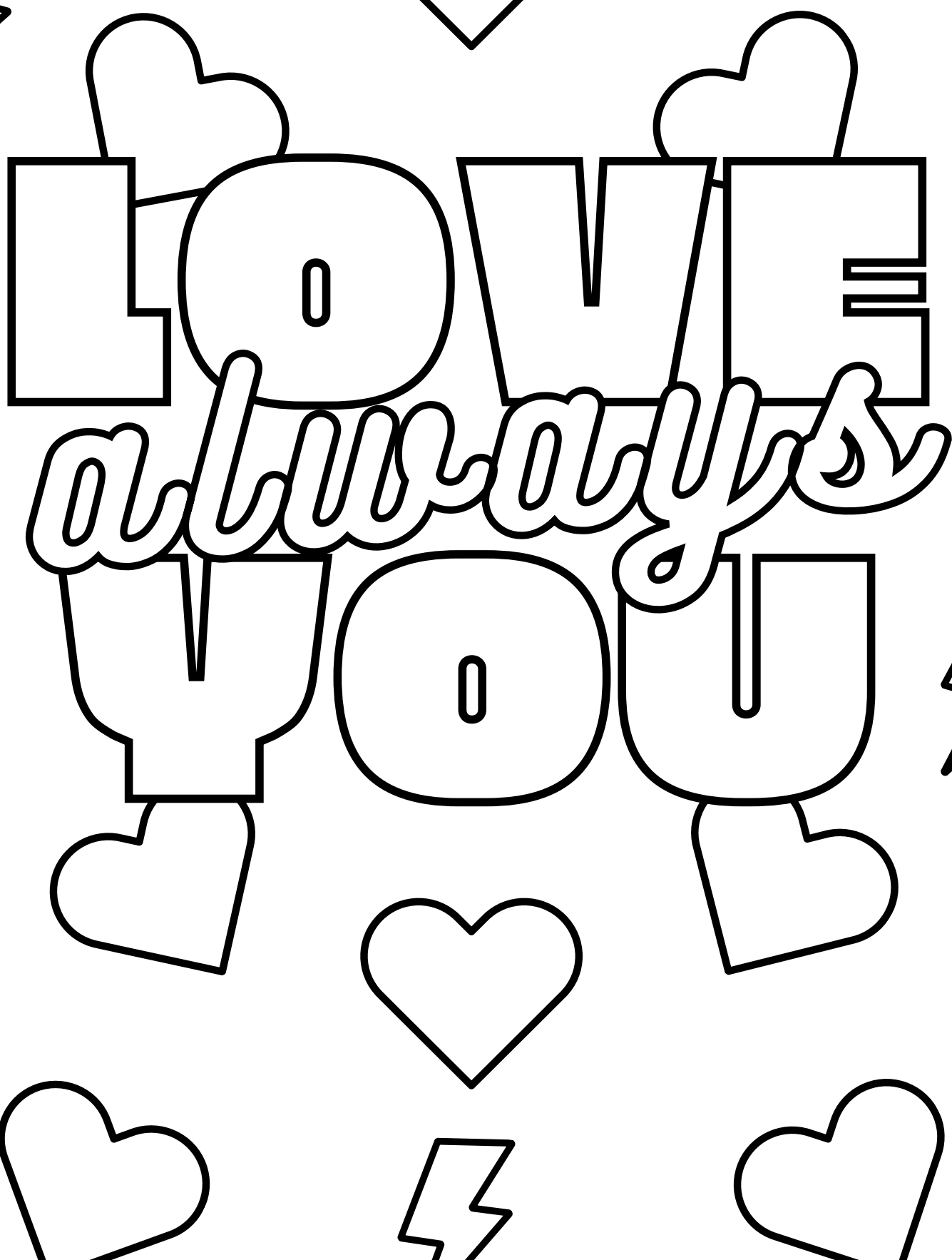
WHAT IS LOVE?

Put these words into a list.....



Friendship Hard Work Sex Openess
 Scoring Pain Caring Making someone pregnant Jealousy
 Closeness Dependency Sharing Respect Showing support

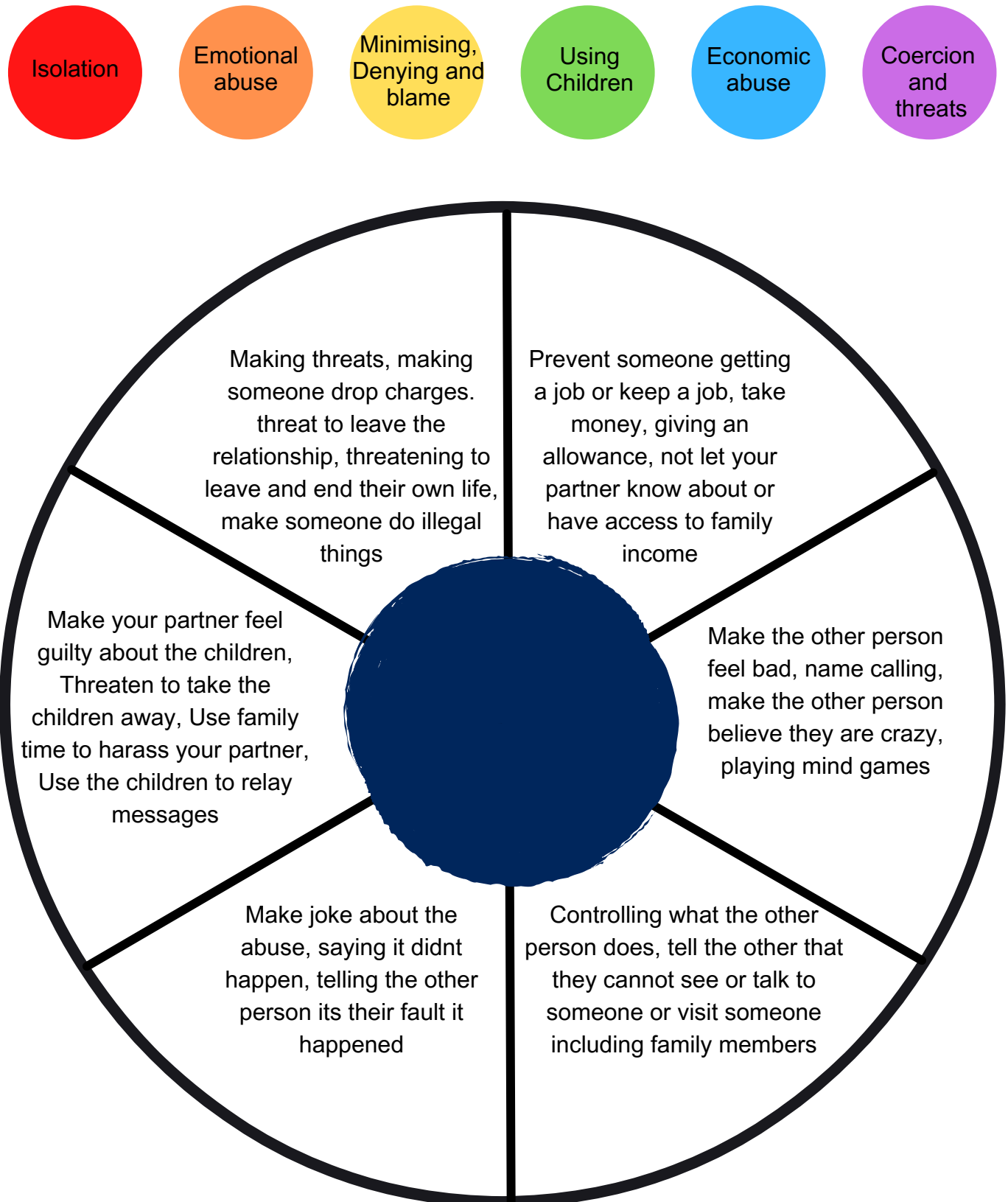
| This is love | This isnt love | Im not sure if this is love |
|--------------|----------------|-----------------------------|
| | | |



LOVE
always
YOU

POWER AND CONTROL WHEEL

Draw a line to the meaning



IT MUST BE TRUE!!

What are your thoughts on the following statements - are they true? Lets talk about it.

If you cheat on someone you
deserve to get hit.

Its only abuse if there is
violence involved

If it was that bad they would have left!

Its no-one else's business what goes
on in a relationship

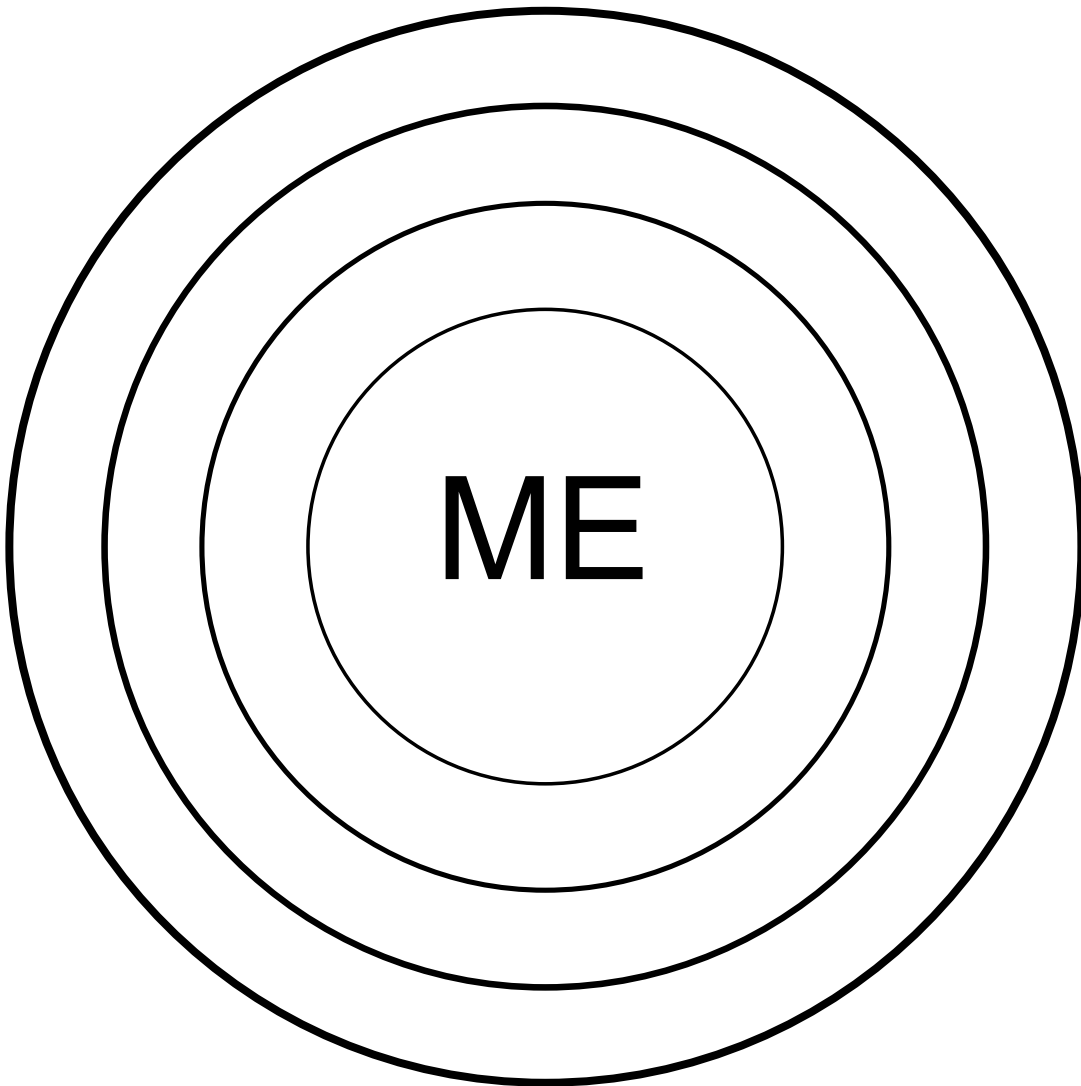
If you love someone sometimes
they will be bad days

Being told what to wear or
what to say is not abuse

If it only happens once its not abuse

SAFETY NETWORK

Write the names of your trusted network, in each layer of the circle. The circle closest to you, would be those that you trust the most. For example, the closest circle may be your parents, and the furthest circle maybe the police. You can write more than one safety person in each layer.



MY RESILIENCE PLAN

People I can call or talk to for help:

- _____
- _____
- _____



How I can look after myself:

My strengths:

1

2

3

What has helped me
in the past:

Advice I would give a friend:
