

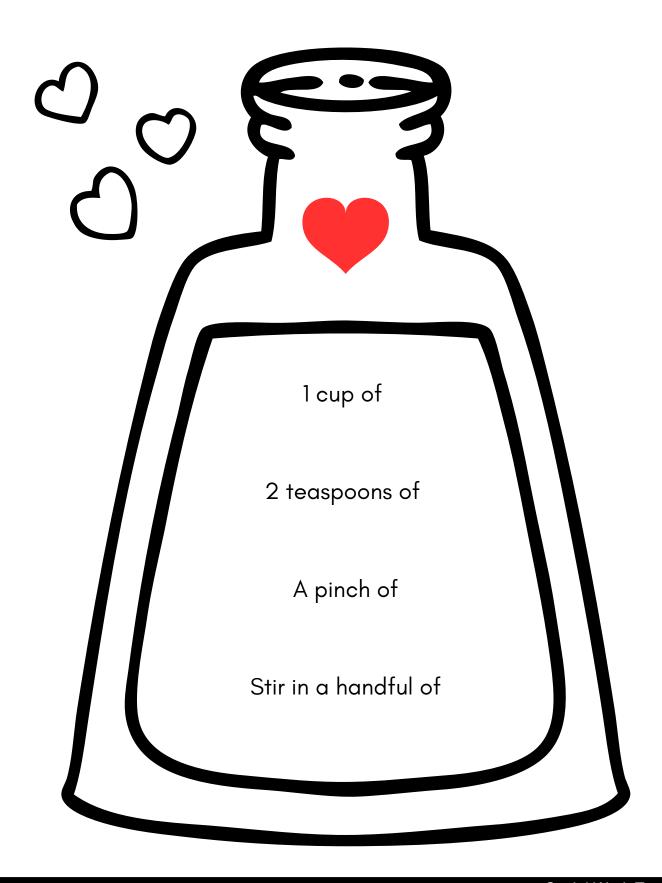
Lets talk about love!

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?

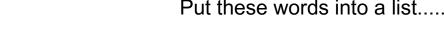
Love is	
V	



WHAT IS LOVE?

Openess





Hard Work

Jealousy Scoring Making someone pregnant Pain Caring Showing support Dependency Respect Sharing

Sex

Closeness

Friendship

This is love	This isnt love	Im not sure if this is love
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POWER AND CONTROL WHEEL

Draw a line to the meaning

Minimising, Emotional Coercion Using **Economic** Isolation Denying and abuse Children and abuse blame threats Making threats, making Prevent someone getting someone drop charges. a job or keep a job, take threat to leave the money, giving an relationship, threatening to allowance, not let your leave and end their own life, partner know about or make someone do illegal have access to family things income Make your partner feel Make the other person guilty about the children, feel bad, name calling, Threaten to take the make the other person children away, Use family believe they are crazy, time to harass your partner, playing mind games Use the children to relay messages

Make joke about the abuse, saying it didnt happen, telling the other person its their fault it happened

Controlling what the other person does, tell the other that they cannot see or talk to someone or visit someone including family members

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

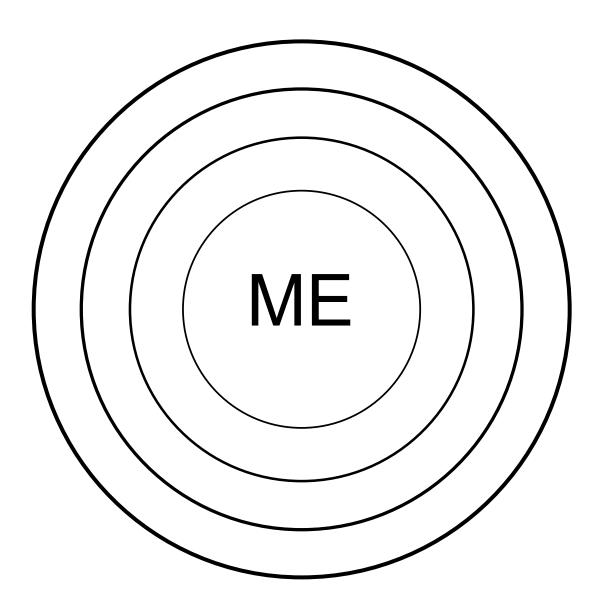
If you love someone sometimes they will be bad days

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:
What has helped me in the past:	Advice I would give a friend

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