



Healthy Relationships Toolkit

March 2024



About the Traveller Movement

The Traveller Movement is a registered UK charity promoting inclusion and community engagement with Romani (Gypsies), Roma and Irish Travellers. The Traveller Movement seeks to empower and support Romani (Gypsies), Roma and Irish Travellers communities to advocate for the full implementation of their human rights.

What is in this toolkit?

1. Overview	1
2. Gender roles	2
3. Consent	3
4. Victim-blaming	4
5. Online safety	5
6. Spotting the red flags	7
7. Finding help	8
8. Additional resources	9

1. Overview

The Traveller Movement Healthy Relationships Toolkit is designed by and for Romani (Gypsy), Irish Traveller and Roma young people aged 13+. It has been co-produced with Romani (Gypsy), Irish Traveller and Roma youth and parents to ensure culturally relevant and targeted supports are available. As well as the invaluable support we received from experts by experience, we are also grateful for the input from critical friends and allies within the women's sector throughout the development of this toolkit. After consulting with parents, educators and young people, we created a toolkit that is both age-appropriate and contains the essential safety information every young person needs to know.

This toolkit can be used by teachers, parents and other educators or youth workers who wish to educate the younger generation about healthy and unhealthy relationships. Each section addresses a key topic and includes the learning objectives, resources and an explanation of the relevant activity.



Thank you to our funder
City Bridge Trust.



2. Gender Roles

Resources needed:

- Inspirational women’s timeline



Learning objective:

- Promoting positive representation and role models for Romani (Gypsy), Irish Traveller and Roma young people
- Empower Romani (Gypsy), Irish Traveller and Roma young people to think about their future goals and aspirations

Activity: Travelling through history

The timeline celebrates women in education, politics, and the arts, as well as celebrating the contributions women make to their home lives. Use the timeline poster to start a conversation about the inspirational Romani (Gypsy), Roma and Irish Traveller women throughout history.

- Encourage young people to reflect on what they want to be when they grow up.
- Ask young people to speak in pairs about their goals for 3 minutes each
- Rejoin the larger group discussion and ask young people to share their ideas, if they feel comfortable.



3. Consent

Resources needed:

- 'Consent - it's as simple as tea' video
- Minimum age of marriage factsheet



Learning objective:

- Greater understanding of consent and boundaries
- Increased awareness of the law around consent and marriage

Activity: Setting boundaries

Note: boundaries are a part of all relationships and not just romantic relationships!

Ask everyone to reflect on what their boundaries are. What is important to you and what do you feel is crossing a line?

Activity: Quiz

- What is the youngest age someone can get married in England and Wales? 18. Even if the person under 18 consents and has permission from their parents.
- If you get married overseas when you are under the legal age in the UK and you come back to live in the UK, is the marriage recognised in England and Wales? No.
- What happens if someone gets married before they turn 18?

Adults over 18 found guilty of arranging the marriages can face sentences of up to 7 years in prison. 16-year-olds cannot be charged as they would be seen as victims by the law. If a 16-year-old married an 18-year-old, the 18-year-old can be charged.



4. Victim-blaming

Resources needed:

- 'James is dead' video



- Flipchart or Jam board

Learning objective:

- Dispel myths around victim-blaming

Activity: Naming and shaming

What examples of victim-blaming or shaming have you heard?

Examples may include - “you made your bed; you lay in it”, “She likes the attention”, “if she didn’t want that to happen, she wouldn’t have sent that picture”, “She must not be right if she’s done something like that”.



5. Online safety

Resources needed:

- Case study
- How to remove an image or video – video explainers
- Online active bystander video

Learning objectives:

- Increase awareness of dynamics of domestic abuse
- Improve knowledge of online safety and support services
- Increase digital literacy

Activity: Case Study

Rose is 16 years old and has a boyfriend, Martin, who her parents do not know about. Martin has promised to marry Rose and showers her in affection and texts on Snapchat. As Rose is hiding the relationship from her parents, she can't always meet up with Martin when she wants to.

Martin tells her to send him pictures of her because he misses her. Once he receives the photos, Martin starts to black mail her and tell her that she needs to meet up with him or else he'll share the photos. He says this is the only way he can make her prioritise their relationship.

Rose wants to tell her family but she's afraid that they won't approve of the relationship. She feels guilty that she can't spend more time with Martin and thinks that it will be better once they get married and can live together.

Please answer the questions about this case study on the following page.



5. Online safety

Group discussion questions:

What does Rose think the problems are?

What do you think the problems are?

If Martin shares the images of Rose online, what can she do to get them taken down?

Could the law help Rose in this situation?



Get support:

If you're under 18, how to try remove a photo or video [click here](#)

If you're over 18, "how to try remove a photo or video" [click here](#)

How to be an online active bystander

Watch a video by Glitch [click here](#)

GLITCH



6. Spotting the red flags

Resources needed:

- Red flags video by Chantelle Devonshire

Learning objective:

- Increase understanding of signs of abuse
- Awareness of what is acceptable and unacceptable in a relationship

Activity: Spotting the red flags

For each of the statements Chantelle makes, think about how healthy or unhealthy they are in a relationship.



Discuss:

- What colour would you assign to these statements, green (healthy), yellow (unhealthy) or red (abusive)?
- Are some easier to assign than others?
- What do your family and friends think?

If you disagree, explain your view and listen to theirs.



7. Finding help

If you or someone you know is in an unhealthy relationship and you don't know what to do, speak to a trusted adult or professional.

Directory for young people:

- Childline (under 18) [click here](#)
- The Mix (11-25 year olds) [click here](#)
- Love respect (over 18) [click here](#)

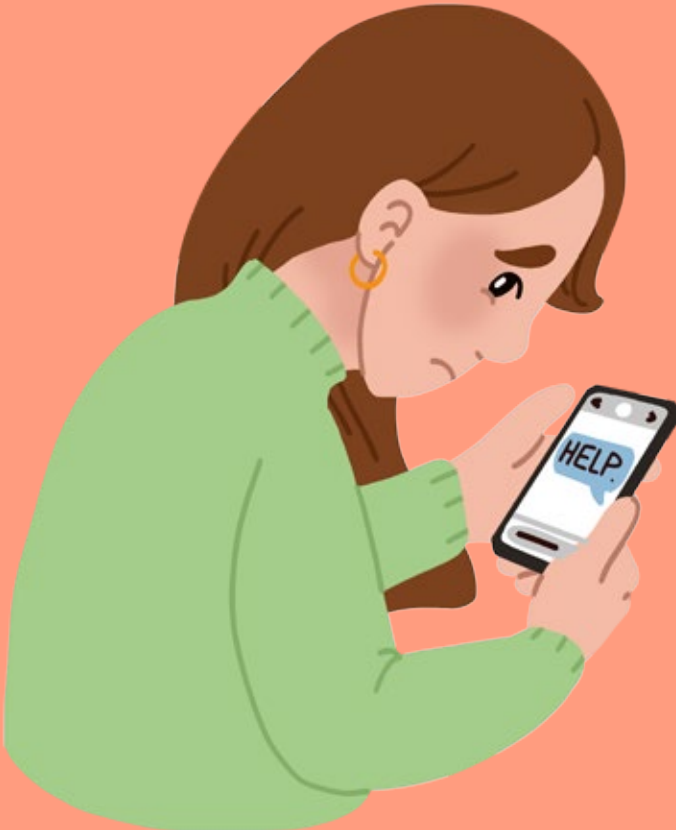
Online abuse:

- If you're under 18 and someone has shared images or videos of you online – get support [click here](#)
- If you're experiencing bullying, harassment, impersonation or receiving threats or other online abuse, you can report the harmful content [click here](#)
- If you're over 18 and someone is threatening to share images or videos of you online – get support [click here](#)



8. Additional resources

- Too in to You – Relationships Quiz [click here](#)
- Too in to You - Instagram [click here](#)
- Bold Voices – Toolkits [click here](#)
- Govanhill Roma Youth Project – Healthy Relationships [click here](#)
- Safe Space for Women – Traveller Movement [click here](#)
- Refuge Tech Safety - Digital break up tool [click here](#)
- Refuge Tech Safety - Interactive home [click here](#)



The Traveller Movement would like to say a heartfelt
THANK YOU to our funders for their support.



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