



**SHINE**

**A Guide to  
Supporting  
Young People  
Aged 8-13**

Developed by  
Monaghan and Cavan Children and  
Young People's Services Committees

# WHAT ARE FEELINGS?

People feel different things all of the time. Can you say if these feelings are comfortable or uncomfortable? Can you put these feelings into the different 'feelings bags'?



# COMFORTABLE FEELINGS

Can you write down some times when you have felt these comfortable feelings and describe why these feelings are comfortable for you?

Feeling: \_\_\_\_\_

When did you feel this? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you like to feel this feeling more often? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Feeling: \_\_\_\_\_

When did you feel this? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you like to feel this feeling more often? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Feeling: \_\_\_\_\_

When did you feel this? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you like to feel this feeling more often? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_









# GOOD & BAD RELATIONSHIPS

Sometimes people can be a part of good relationships and sometimes, unfortunately people can be in bad relationships. Can you try and give example of the difference between a good and bad relationship?

GOOD	BAD



# ONLINE SAFETY

## DON'TS

DON'T post anything you wouldn't want a parent/guardian to see

DON'T add people that you do not know

DON'T post any personal information about yourself

DON'T meet anyone you meet online alone and tell someone where & when you plan on meeting them

## DO'S

DO change your privacy settings that only friends can see your post

DO be aware that people upload edited images and what you see is not always reality

DO protect yourself, by blocking anyone who is abusive to you

DO be aware that once you send someone a picture/text, you can never get it back

# COERCIVE CONTROL

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

It is now an offence in Ireland.

## EXAMPLES OF THIS INCLUDE:

- Forcing you to do something you do not want to do
- Controlling who you see or talk to
- Controlling what you wear
- Controlling your money or finances

# WHAT IS ABUSE?

There are four main types of abuse that can occur in relationships. These are physical, emotional, sexual and neglect. Some types of abuse are easier to detect than others. It is important to protect yourself where abusive people come into your life, and it important to report abuse if you witness it.

## PHYSICAL ABUSE

- Hitting/ biting/ kicking someone
- Throwing something at a person
- Hitting someone with an object

## EMOTIONAL ABUSE

- Name calling
- Not allowing the person to go places
- Controlling the person's finances

## SEXUAL ABUSE

- Touching a person without consent
- Exposing someone to a sexual act

## NEGLECT

- Continuously failing to take into account someone else's morals/values.
- Failing to provide basic care, love and attention to the other person.
- The other person expecting you to continuously paying for things.

# GOOD & BAD SECRETS

Sometimes in relationships we have and are told some good and bad secrets. We also keep some good and bad secrets about what happens in relationships. Can you think of some times when you kept a good secret and sometimes you might be told to keep a bad secret?

GOOD	BAD

## **IF YOU FEEL LIKE YOU ARE KEEPING A BAD SECRET THAT YOU WOULD LIKE TO SHARE**

Sometimes it can be really hard to keep a bad secret. Usually we know that this is a bad secret because it can give us an uncomfortable feeling and can make us feel uneasy.

It is important that if you feel like you have a bad secret and you would like to tell someone, perhaps you should tell someone that you can trust and feel safe telling. Could you name some people who you would trust to tell any 'bad secrets' you have?

# PERSONAL SPACE:

## KNOWING WHEN TOO CLOSE IS TOO MUCH

Knowing what your own personal space is and knowing what other people's personal space is, is important as to respect everyone. It is important to know, that it is never okay to touch anyone else without them being okay with it. It is as important for you to respect other people's boundaries as it is for those people to respect you.

What are your personal space boundaries?

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Has anyone crossed these boundaries?

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How did this make you feel?

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# IMPORTANT CONTACT NUMBERS IN CASE OF EMERGENCY

## Emergency Services:

**999/112**

## Childline:

**1800 66 66 66**

## Amen:

**046 902 3718**

## Women's Aid:

**1800 341 900**

## Tearmann Domestic Violence Service:

**047 72311**

# SHINE

## A GUIDE TO SUPPORTING YOUNG CHILDREN

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ISPCC

TÚSLA

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



Youth Work Ireland  
Cavan Monaghan

tearmann  
DOMESTIC ABUSE SERVICE



North Eastern Regional  
Drug & Alcohol  
Task Force

Cavan – Monaghan – Louth – Meath



CLONES  
FAMILY  
RESOURCE CENTRE



Child and Family  
Support Network



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Cavan



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Monaghan