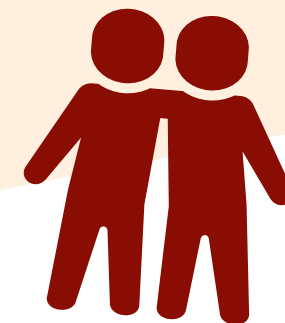




PARTNERS

Partners play their part to protect and care for children and young people in their community by being good role models who treat people with respect.



Treat your partner with respect and love:

- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good and hard times.
- Take care of your mental health and learn ways to reduce stress and anxiety. Take time out by listening to music, having a cup of tea in the garden, taking a walk or talking to a friend. Encourage your partner to do the same.
- Support and encourage your partner.
- Enjoy spending time together and time apart.
- Attend a parenting course together. Being the best parents you can be is rewarding and improves the wellbeing of children and young people.

- Talk about your feelings regularly, both positive and those that concern you. Sharing positive experiences and worries can reduce isolation and bring you closer together as a family.

If you are in an adult relationship where your partner has children:

- Be a positive role model. Be aware of your behaviour, what you say, how you say it and the way you act. Children and young people learn from the people they spend time with, so make your influence positive!
- Understand that your partner is a parent as well as your partner and that children and young people can be demanding and need a lot of attention.