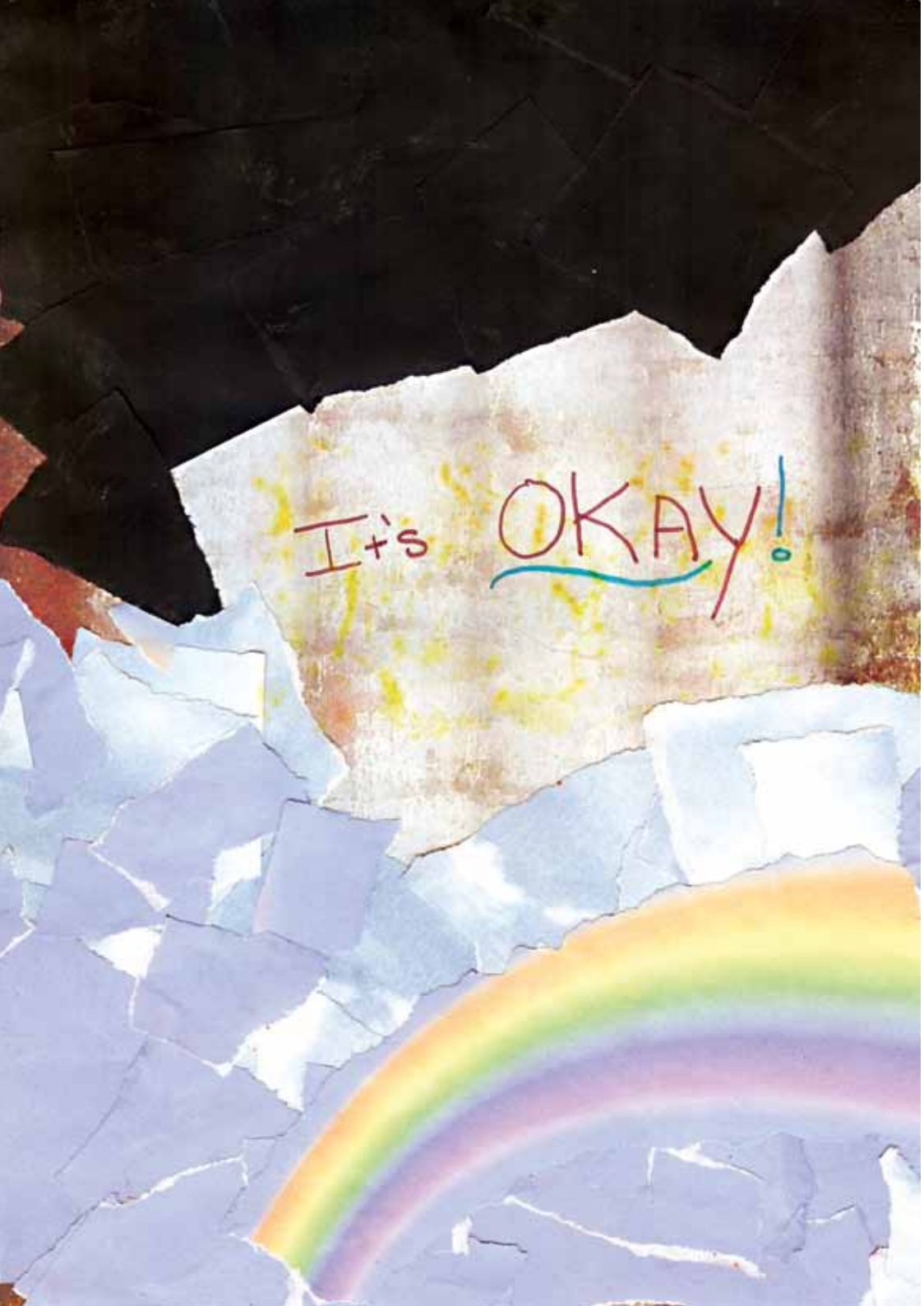
self

# I have the right to be me

The cover pages depict a journey. The front image is about our self-discovery, love and growth and the back page image represents our dark places and loneliness


It's OKAY!

I have the freedom
to have friends
no matter who or
what they are

remember to breathe

never compromise yourself for a relationship

listen to music

set your priorities

keep safe

hugs and kisses

you are unique

# Love is complicated

celebrate who you are as a person

**Anger** is just the tip of the **iceberg**.

When I'm **Angry** it's usually because I'm feeling something else.

ICEBERG OF ANGER!

# Live life to the fullest

## Kids are like sponges

I WILL BE ME!

I will wear what I want!

I will Go where I want!

I will see who I want!

I will do what I want!

I will love who I want

YOU WILL NOT STOP ME

I am me
&
I am FREE!

I have the right
TO
BE
ME

# I CAN have it all!

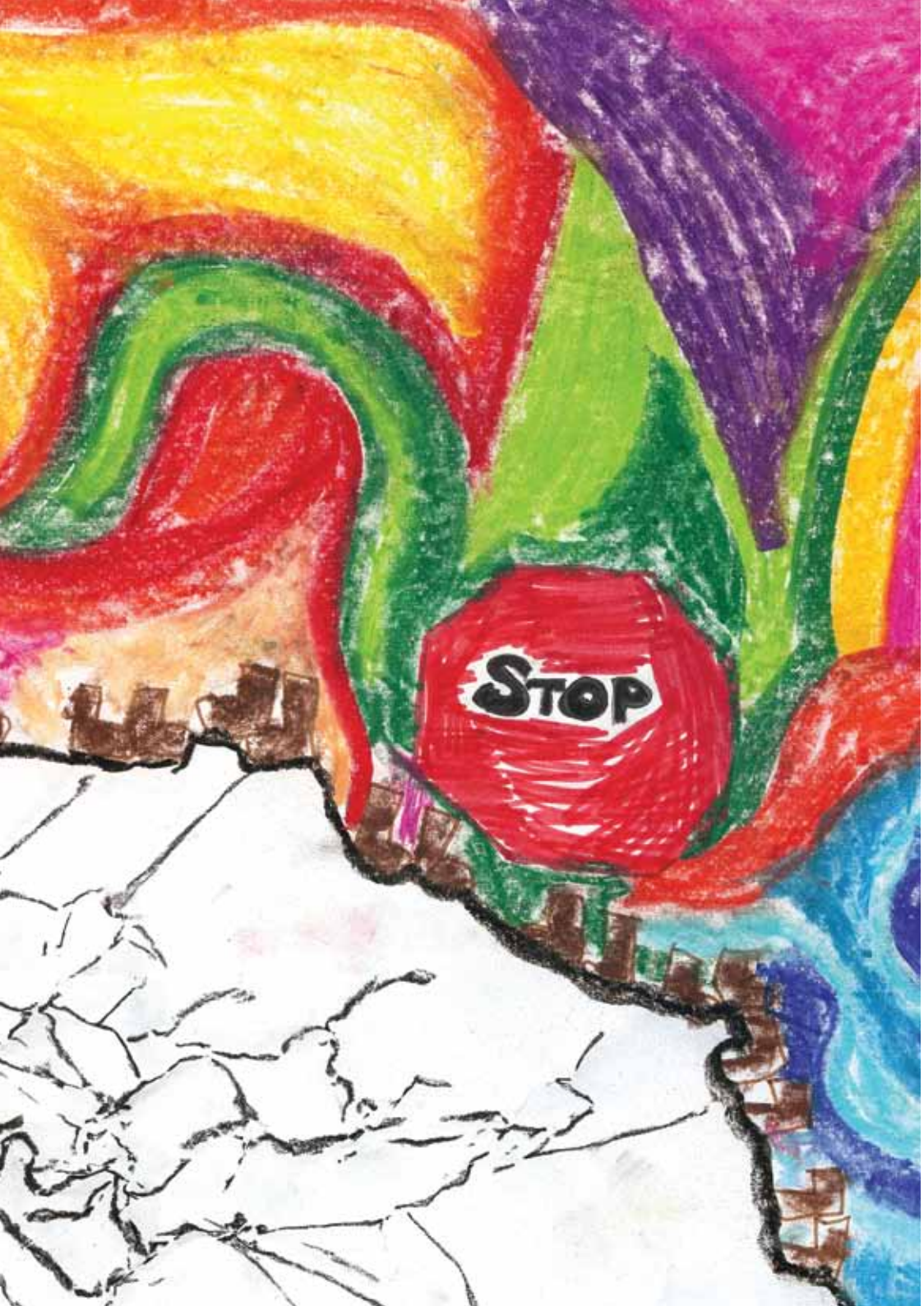
kids, sex

Career, money,

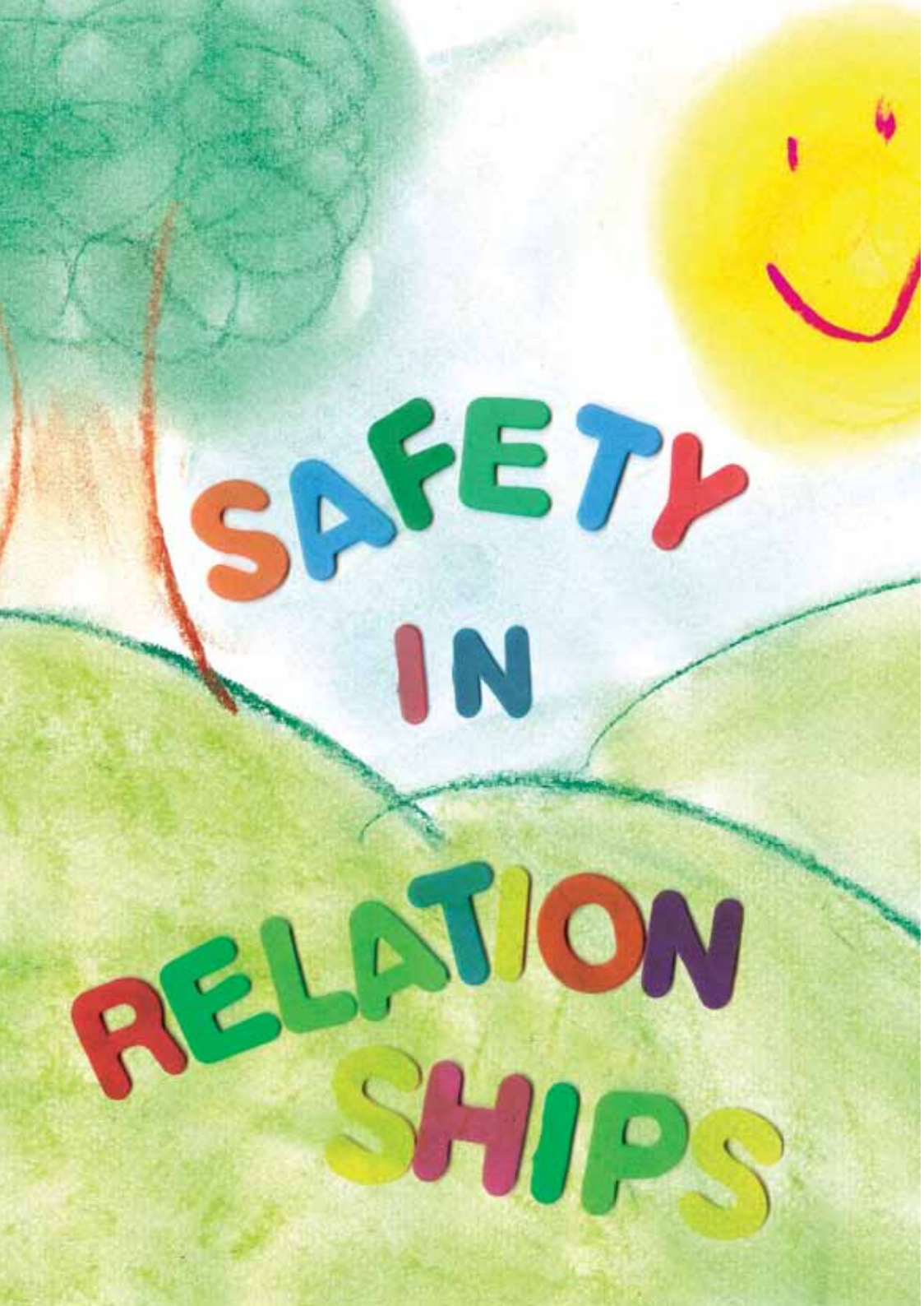
& shoes

# Things to do:

* get creative
* listen to music
* Take 10 Deep breathes
* Take a nap
* write a list of goals & priorities
* Daydream
* Lay on a blanket & look at the stars or the clouds.
* remember you are Unique.
* Accept Constructive criticism
* Calmly respond to nasty criticism
* Pamper yourself
* Read a book
* Go for a walk.
* Take a Bath
* Love yourself.


STOP

Consent is my choice.
It's my right to say
No!


SAFETY
IN
RELATION
SHIPS

# don't lose who you are

## How this journal was made...

This journal was designed and created as part of the Young Parents Program (YPP) “Healthy Relationships Workshops”. These workshops are conducted through our VALUE-ing Project (Violence Ain’t Love: Understanding and Empowerment) funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs. All pregnant and parenting young women who access YPP are eligible to participate in the workshops.

The purpose of the workshops was to share information, develop knowledge and skills and self-reflection regarding healthy and unhealthy relationships.

The journal contains inspirational messages and images about healthy and unhealthy relationships, all designed and created during the 8 workshops. This was facilitated and produced with assistance from Karen Batten and Human Ventures.

## Useful numbers

YPP receives funding for this project from the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs

young parents program

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