All text copyright © The University of Queensland 2006. While Australian school communities are permitted to freely copy the materials for communication between teachers, students, parents/guardians and others, the materials must not be modified, altered or adapted or copied for use in any profit-making activity.

While every care has been taken in preparing the materials, neither beyondblue nor The University of Queensland accept any liability for any injury or loss or damage arising from the use of, or reliance upon the content of, the materials. Australian schools must ensure that teachers only use the materials in a manner that is appropriate for their target audience.
Information and Support for Youth Mental Health and Well-being

WEBSITES
www.youthbeyondblue.com
www.lifeline.org.au
www.sane.org
www.reachout.com
www.headspace.org.au
www.somazone.com.au
www.inspire.org.au

HELPLINES
Youth beyondblue: 1300 22 4636
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14
Sane Australia: 1800 18 7263

ONLINE COUNSELLING
www.kidshelp.com.au
Contents

Session 1  Getting on with others  5
Session 2  Relationships  11
Session 3  Communicating in relationships  19
Session 4  Feelings in relationships  27
Session 5  Thoughts in relationships  33
Session 6  Solving problems in relationships  39
Session 7  Journey into the unknown - survivor  51
Session 8  Lean on me  57
Session 9  How we'd like it  69
Session 10  We made it!!!  73