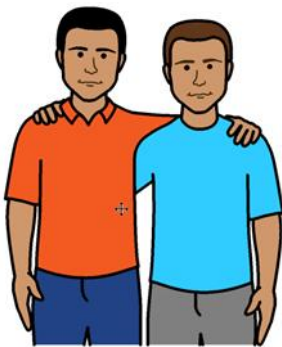


Improved Relationships.

It is also called CB Relationships



This helps you have and keep relationships with people.

A relationship is when you know someone.

You can know many people

- family
- friends
- boyfriend or girlfriend
- husband or wife
- people at work.





You can

- talk to each other
- do fun things with each other
- help each other.



You can get help if it is hard to do these things.



You can get help if you are not safe and you

- want to hurt yourself or someone else
- break things.



This help is called positive behaviour support.



Behaviour support can help you feel better.



You can get help to

- get a plan to know what to do when things feel bad
- do things you like
- stop things you do not like
- find support workers you like
- learn to be safe with people
- tell people when you need help



Easy English created by Lauren Hislop.

If you would like Lauren to turn complex information into easy English

you can contact Lauren by email lozhiz@bogpond.com