tender
acting for healthy relationships

November 2026

RE: Healthy Friendship Project

Dear Parents and Carers,

Tender Education & Arts has been delivering Healthy Friendships and Relationships education in the South West since 2019, and in London since 2003. We are very pleased to have been invited to deliver a project in your child's school this year.

From an early age, children develop perceptions and expectations which shape their relationships in the present and future. Our project will help young people to develop positive, healthy attitudes towards relationships. Using a range of creative approaches, including drama and games, we support young people to:

- Identify what makes a friendship healthy and unhealthy
- Recognise the early warning signs of unhealthy friendships
- Explore the role that power and control plays in unhealthy friendships
- Practice healthy behaviours in friendships, including strategies for managing emotions and conflict
- Rehearse personal boundaries and consent
- Explore the importance of equality and respect
- Increase confidence and empathy
- Become aware of how and where to get support for themselves and others

Each of our projects are run by two highly experienced and trained facilitators. We work with your child's setting to enable all students who are participating in the workshops to be supported and engaged throughout the project.

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Having Tender come into my class for two days was sensational. It has had lasting benefits on my children, who have already shown some new ways of thinking about friendships and how to communicate with their peers. The facilitators were exceptional in being able to adapt and respond to what the children wanted to know and delivered the sessions in a very engaging and productive manner. The use of drama really helped the children to understand what an unhealthy relationship may look like. I am so pleased to have had them here; it's an experience that we will never forget!

– Teacher

Our projects...

Build empathy

Drama enables people of all ages to 'step into the shoes' of others, building greater empathy and understanding for how different people may think and feel.

Positively impact behaviour

Tender has undergone professional external evaluations showing a powerful impact on behaviour. Participants will be given opportunities to practise skills and values that can be directly applied to their own lives and relationships including communication, emotional regulation and conflict resolution.

Are age-appropriate

Our projects create a safe space for curious conversation, whilst remaining age and developmentally appropriate. Our facilitators are trained to respond to challenging questions with care and confidence, and to tailor workshops to diverse needs.

To see Tender's work in action in schools and youth settings, please take a look at this short film (https://youtu.be/gm8XNvVJ1Z0) on our website. If you have any other questions, please use the contact details below.

Best wishes,
Emily Reardon
Tender West Programme Manager



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