

# BETTER TOGETHER

## Violence Prevention Project in Interpersonal Relationships

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# Introduction

Relationships, whether with friends, family, or partners, are essential, but they can sometimes be challenging to maintain. The "Better Together" Y.E. helps young people prevent harmful behaviors in relationships.

This booklet was made by all the participants of this project and encourages reflection on consent, emotional literacy, saying no, healthy relationships, and self-care.

Using non-formal education methods—like creative workshops, embodiment exercises, discussions, and outdoor activities—we aimed to explore these topics deeply. Relationships shape who we are, and by addressing violence early, we contribute to a more peaceful society.





# Consent

Have you ever thought about what consent is?

We give you some tips: FRIES is a mnemonic not to forget!

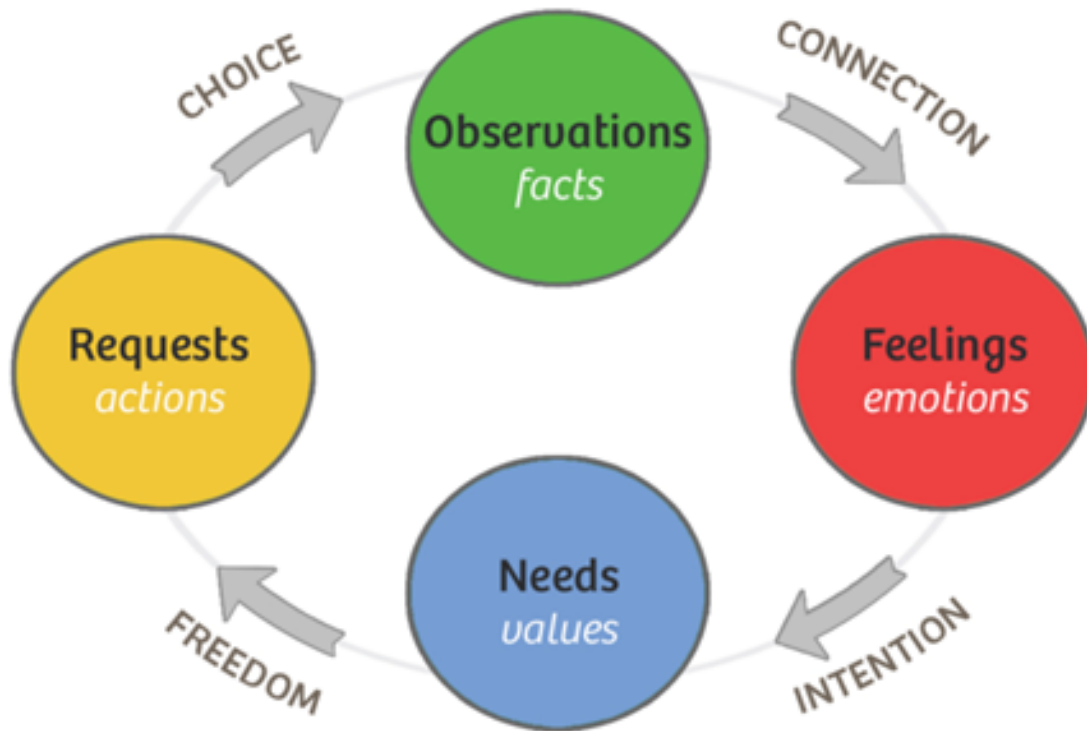


**F**reely Given  
**R**eversible  
**I**nformed  
**E**nthusiastic  
**S**pecific

Question to Keep in mind: What are F.R.I.E.S. for you?

Question to Keep in mind: Who are the people that have your back?  
'Remember someone will probably love you for who you are  
Not just for who you labor to be'

## Tips of Non-violent communication



Basic steps to do non-violent communication :

- 1) What are the facts?
- 2) What am I feeling? Where is it in my body?
- 3) What are my needs ?
- 4) Make a specific request according to your needs.





# Consent Manifesto

## poetic insights

### LOVE

Love yourself well  
Speak up your needs wisely  
You can choose.

### MUTUAL

Giving and receiving  
Is the game of reciprocity  
Let's play together?

### COMMUNICATION

Tell me your dreams  
I will also share mine  
Trust we build together.

### COURAGE

Courage is in the hands  
Of who is considerate  
Strength lies in those who choose  
To be deliberate.

### HEALTHY

My heart says yes  
I feel light as a feather  
This is right, no doubt.





## KNOWLEDGE IS POWER

Consent is about deconstruction  
Knowing about systemic oppressions  
To create self emancipation.

## SPACE

Space is what I want  
To feel loved and whole  
By myself first  
For the others  
It must be earned.

## BOUNDARIES

Boundaries are mine  
A right I defend  
Consent is the power that no one can bend.

## SAFE

Into the woods  
When I'm with someone  
Safe is what I need.

## MIND

I already know  
My mind is my place  
You'll know when to enter.





## WATCH BEYOND CONCENT

Even if you know  
What is a « yes » or a « no »  
Words are not enough.

## REALISATION

Eyes opened  
I've never understood it  
Then: realization.

## INHABIT OUR BODIES AND DESIRES

Safe with our body  
Learning to listen our needs  
Enable conscious choices.

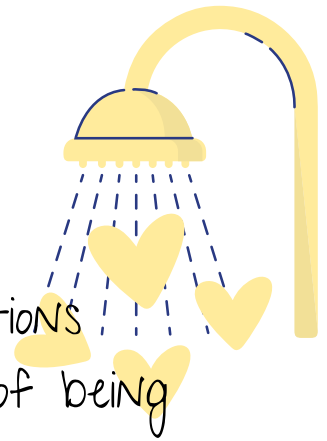
## TO NOT ASSUME

Please do not assume  
I could be hurt  
Ask fast  
Or do not act.





# Emotions



Don't be violent with your emotions  
Emotions are a part of life, part of being

- ♥ It's okay to feel many emotions, they are always valid
- ♥ Emotions are like waves - you have to let them come and go without blocking or oppressing them
- ♥ It's okay if you can't put a reasoning to your emotions
- ♥ You might not know how to control how or when emotions come and how to let them go - it's important to just accept them
- ♥ Notice how emotions move in your body, where is the tension and relax that part of your body
- ♥ If you're always sad and you don't deal with it, everything around you is sad - you attract what feel
- ♥ If you want an easy way to regulate your nervous system then try singing harmonies

If you are feeling an intense emotions,  
try to reflect on these questions:

what am I feeling?

where am I feeling?

Can I accept this feeling?

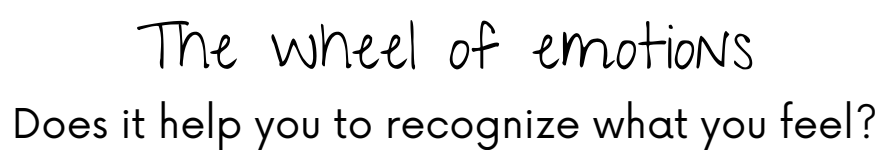
Can I let this feeling be and go?

Or

Try humming/singing notes alone or harmonies with a group.

Tip: deeper notes help even more!

And everything you sing is correct! It doesn't have to be beautiful :)



# Say No!

## Definition of Joana

Saying no requires self-knowledge and will power. We have to put ourselves in the first place, so we can recognize and validate our needs, feelings and emotions, limits and boundaries. We shouldn't feel pressured by others to do something we don't want to. It's very important to respect our body and mind.

## Definition of Guylain

Say no, it's a way of protecting yourself, refusing external propositions, for a reason that is more important. It can be hard saying 'no', mostly when people doesn't listen or don't respect your boundaries.



## Action aspect of saying No

To say no, it's about consent and respect the 'no' of others. Consent can change overtime. And 'no' is the best of informing refusal.



## Personal and relationship aspect saying No

To say 'no' can be meaningful in relationships, and emotionally.

## Face to face activity

Two people facing each other, one has to walk to its partner.

By looking in the eyes without talking , they create contact and interact with one another.

The walking person can stop at any moment, and the standing person can make them stop or sign to come with the hand.

This exercise can help to be in contact with inner boundaries and sensibility of ownself and others.







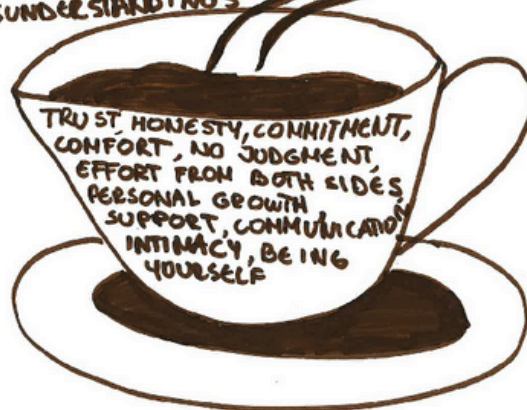
## Cup of Tea activity

Each person draws a cup of tea. Inside the cup people write their needs and want in a romantic relationship. And outside, what people doesn't want and doesn't need in a relationship.

This activity can be used in different type of relationships but we mostly worked with romantic relationships.

BOSSY  
PEOPLE WHO A HOST  
PEOPLE WITH NO IDEALS  
PUSHING  
RUDE  
TOO FULL OF HIM/HERSELF  
DISRESPECTFUL  
FASCIST  
MACHIST  
RACIST  
BORING  
CONFUSED  
EMOTIONALLY UNAVAILABLE  
DOESN'T ACCEPT NO  
CARE  
OPEN-MIND  
STRONG BELIEFS  
LISTENER  
ADVENTURER  
HONESTY  
FUN  
PATIENCE  
RESPECT  
SUPPORT

MANIPULATION  
VERY DIFFERENT INTERESTS  
COMFORTZONE  
INSECURITY  
JEALOUSY  
BOUNDARIS  
LOSS OF INDIVIDUALITY  
CLOSED, LACK OF COMMUNICATION  
MISSUNDERSTANDINGS



# Healthy Relationships

## Investigation in Piombino

This week, for our journal « Parem Insieme – Heureux para sempre », reporter Francesca R. went to Piombino, a city on the Italian coast known for having the highest rate of healthy relationships in the world.

She led an investigation at the HeReRe (Healthy Relationship Researchers) Lab, a group of 30 international researchers who work on a daily basis to improve romantic relationships.

Their most recent work is based on the 6 pillars to a healthy relationship, which could be the new four Toltec agreements of the relationship.



First, about consent and boundaries, they recommend that in case of feeling pushed, or pressured by peers or romantic partners, it is important to check one's own desires and to find the capacity to say no.



Second pillar is to nurture yourself, find time for selfcare, and a balance between one private time, partner's time, and time spent together as partners.

Third, they affirm that openness is key to have a fluid communication and helps building more trust which prevents from jealousy and control of one's partner.





Fourth, it often happens that one needs to be reassured in the relationship, so they advise for that to find balance between reassurance and respect of mutual spaces. They also discovered that mutual trust reduces the need to be reassured.



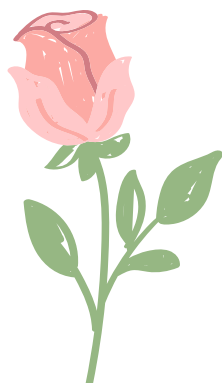
Fifth is about maturity and emotional awareness, which, according to them, includes awareness of other's emotion, needs and limits.

Last but not least, they strongly recommend to water the relationship on a daily basis, assuming that relationship is built on a daily effort and is never fully taken for granted.



In the end, our scientists affirmed that even if those pillars didn't seem revolutionary, they observed in their researches that often, people knew those pillars on an intellectual and theoretical way, but not so much on an emotional level.

Did HaReRe Lab researchers actually found a cure to prevent domestic violence, and create healthy relationship ?



# Self Care

Please take a minute and answer those questions for yourself :)

What small things do you enjoy doing, but rarely make time for?

How often do you take time to be only with yourself?

What simple things you can do to take care of your mental health

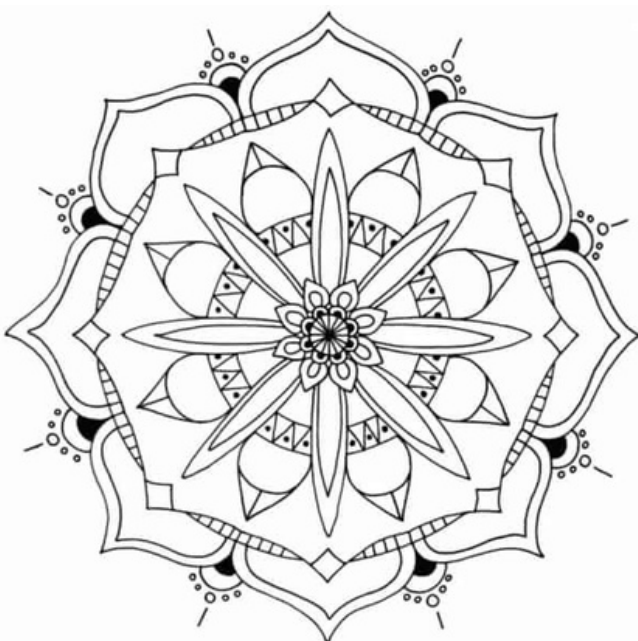
If self-care is all about making time for yourself to stay healthy and happy. It can be simple things like getting enough sleep, eating good food, exercising, or just taking a break when you need it. When you look after yourself, it helps reduce stress, boost your mood, and gives you the energy to deal with daily challenges. Even though you are in a relationship and you support and love each other, remember to take care for yourself and give time for your beloved when they need to do it.

When both partners care for themselves and communicate about their needs, relationship should contribute to be balanced and harmonious. It's not selfish to ask for alone time, you are a real person and you need it as well as everybody else. In the long run, this helps you feel more balanced, focused, and positive.

We suggest you to create a relaxing playlist!  
Here are some tips...

Hedningarnia - Viima  
Toumani diabate- Jarabi  
The weather girls- It's raining men  
Miracleofsound - Valhalla calling

We invite you to paint some mandalas, check  
what do you notice in your mood :)



# Conclusion

What was one little thing that was very special or important for you during the whole project?

"Even if it was complicated to understand and speak in English, the non-verbal language, the accessibility of activities and kindness allowed me to learn a lot about emotions and love in general.

I am happy to have participated in this beautiful experience."

Oumou, France

"A key moment for me was reflecting on relationship pros and cons, which helped me understand my needs and what truly matters to me in a partner."

Anette, Estonia

"One thing that was important for me was the people I met, the different views and experience helped me understand mine."

Guylian, France

"Finding a safe place where I could explore my deep emotions freely."

Luis, Portugal

"I've learnt to value time."

Angela, Italy



"For me the most important thing was realising that all my emotion were valid and I felt really comfortable to feel and express them."

Marta, Portugal

"For me the most special thing was love shower. In my daily life now I don't experience that much physical affection and sincere compliments so for me feel of belonging and love during this activity was crucial to overcome past trauma and feel myself alive and important again."

Katrin, Estonia

"One thing that had been really special to me was the tunnel of love as I didn't expect it to be so emotional. Another thing was the intercultural dynamics that I found really interesting to deal with, as it might seem easy to deal with interculturality but it actually implies more effort in real practice."

Ludi, France

"The connection I felt with everyone during the project. Everyone was so kind and supportive."

Joana, Portugal

"The radio podcast where I found (unexpectedly) a really interesting way to reassemble the day before. Also a refund interest to let go freely the emotions without the wired and bad feeling of let pass the emotions through a filter."

Tommaso, Italy



"This is one of the best weeks of the year. I wasn't that happy for a long time."

Daria, Estonia

"One thing that was very special for me during the project was the openness in sharing my ideas and experiences. I really appreciated the condision of spaces and emotions, as it allowed for meaningful connections and a sense of collaboration throughout the process."

Elisa, Italy

"Piombino, where the sun and moon meets the sea."

Carla, Portugal

"Although the project itself was really informative and nice, the most special part of it will be the people I've met and made connections with."

Mia, Estonia

"The most important thing was to succeed to create a good frame to have been able to discuss about all these subjects and feel all these emotions, so useful to build healthy relationship."

Estelle, France

"I believe I found very deep and understanding people, I'm very glad they were all ready to me opening my heart to them."

Anna, Italy

"Knowledge has no expiry date and in this project it has given me something incomparable."

Francesca, Portugal

"It was a very deep experience from both a personal and social point of view. I didn't expect this level of emotion and I loved every second of it."

Marta, Italy

"For me the most special thing was the love shower. It was really important that I had the time for myself before and it really helped me sort out my thoughts and emotions. I became more in-tune with myself and then the love shower really touched me. It was super emotional to see people getting a sincere hug from Iolanda. I didn't expect to cry so much and I realised how much I needed this."

Rahel, Estonia



# BETTER TOGETHER



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Tommaso Giuntolo, Joana Silva, Estelle Thizy,  
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