

Session Leader Notes

HEALTHY, UHEALTHY & ABUSIVE RELATIONSHIPS

**CIRCLE
NORTH**

Episode 1 – Controlled

This session helps young people understand healthy, unhealthy, and abusive relationships. It introduces early warning signs, explains how control can escalate over time, and highlights the emotional and legal impact of coercive control. Delivered in two parts, it includes film clips, peer discussion, and practical guidance on how to seek help or support a friend.

Recommended for: Session duration:

Key stage 3, 4 and above

60mins or 30mins per lesson

Learning Points

Part 1

- What relationships are and what we can expect from them.
- Recognising healthy, unhealthy and abusive behaviours.
- How manipulation and abuse can build over time.

Part 2

- Understanding emotional abuse and its impact.
- What the law says about coercive control.
- How to support a friend and when to speak up.

Recommended group rules

- Open conversations are encouraged but please protect others' privacy.
- Listen to each other.
- Treat each other with respect, even if you disagree.
- Engage with and try to enjoy the learning.

Trigger warnings

This session includes themes around domestic abuse that some viewers might find distressing including: living in an abusive household, manipulation, and physical assault. We advise reminding viewers of a safe place or places to go if the content causes distress. This is covered at the start of the session under 'Session Expectations' – make sure young people know where they can go for support before the session begins. The first 1.5 minutes of Part 1 contain strong language.

Technical requirements

- WiFi connection.
- Ensure YouTube is not blocked so that videos can be viewed.
- A good standard of audio and visual for the group size.

Content notes

This session uses Episode One, 'Controlled', from the Circle North series, shown in two parts. Participants watch the films first, then use short clips during the session to explore and discuss key themes.

The story follows a realistic teen relationship involving coercive control, emotional abuse, guilt tripping, and threats. There's hints of physical violence, including emotional pressure and a reference to parental abuse.

Activity notes

Participants explore key relationship topics across the two-part session through discussion, interactive activities, and short clips from the episode used to spark debate. Each session finishes with an optional Extra Activity slide, offering up to 30 minutes of extended creative reflection.

Additional resources

The session provides information on where to get help, including support from Childline, Respect, and emergency contact with the police.

Feedback and requests

Please send any comments and suggestions to:
mail@eski.media