

jealousy

# Jigsaw Jaz's Journey

## Relationships

How can I build positive, healthy relationships?

compromise

### I will learn about...

- Jealousy in relationships
- Identifying and expressing why someone is special to me
- Feelings about people that I no longer see
- How friendships can change
- How to make new friends
- Managing fall outs with friends
- Boyfriend and girlfriend relationships



acceptance

loss

### I will explore...

- A range of feelings associated with jealousy
- How a person might feel when they lose something or someone
- How we can remember people we may not see any more
- How to stand up for myself
- How to negotiate and compromise
- Love and being loved by others



negotiate

despair

numb

attraction

relief

shock

love

peers

hope