

# The Nottingham healthy child has a range of healthy relationships by...



**ACHIEVE WELL TEAM**

Empowering wellbeing,  
elevating achievement

Feeling confident to  
say no when needed

Having fun  
and joking in  
a kind way

Giving people  
space when  
they need it

Choosing not  
to be mean or  
hurtful

How  
will you  
be  
a good  
friend  
today?

Staying  
calm and  
resolving  
issues  
peacefully



These tips are shared by Nottingham children.



**Nottingham  
City Council**