



Who we are

We're LMK (Let Me Know), a London-based charity working with schools, colleges and community groups to deliver relationship education workshops to 11 to 24-year-olds with the aim of preventing relationship abuse, domestic violence and sexual assault.

What we do

We help young people recognise the signs of healthy and unhealthy relationships, giving them the language, skills, and confidence to safely navigate their relationships.

Teaching through group discussion, real-life scenarios, and self-reflection, our practical workshops cover topics such as setting boundaries, breaking up safely and helping a friend. Workshops are tailored to participants' needs, ages, and backgrounds. Our workshops fit with the National Curriculum for secondary education.



Our workshops

We offer various workshop topics:

10 Signs - Learn the 10 signs of a healthy/unhealthy relationship and develop practical tools and strategies to help yourself and others

Delving Deeper - This workshop offers young people the opportunity to explore the signs in different contexts, applying critical thinking skills and a problem-solving approach.

Sharing of Intimate Images - This workshop gives young people a deeper understanding of the consequences of sharing sexual images and equips them with strategies to protect themselves.

Pornography - This workshop challenges young people to think about pornography differently, debunks widely held myths and examines how porn really affects them and their relationships.

Inclusive Programme

Our Inclusive programme provides an opportunity to have safe, open discussions about relationships in ways tailored to the needs of the participants, including those with special education needs and disabilities (SEND). This programme also fits with the requirements of the National Curriculum.

CPD Programme for professionals who work with young people

Our course for professionals is designed to help teachers and educators develop the skills required to have inclusive, accessible, non-judgemental relationship conversations with young people.

Our Impact

We've worked with over **10,000 young people**



Two thirds of young people who attended an LMK workshop told us we had changed their understanding of healthy and unhealthy relationships



81% of young people believe today's workshop will be useful in their relationships, either right now or in the future



84% of young people who attended an LMK workshop knew how to seek help for themselves or a friend in an abusive relationship

[Click to read our Annual Report](#)

Find out more

If you're interested in finding out more, go to our [website](#) or get in touch with us at relationshipmanager@justletmeknow.org.