RELATIONSHIPs

- We form relationships as we are born (parents, siblings, family)
- As we move outside the home friends, teachers and neighbors become important
- As we get older new relationships (teacher-student, employer-employee) are formed
BENEFITS OF RELATIONSHIPS

- Love
- Companionship
- Safety
- Shared interests
- Affection

- Sharing hopes and dreams
- Someone is there for you
- Shared culture or religion
- Someone to have fun with
Relationships...

- Involve a connection between people
- We come into contact with many people but few will be relationships
Discussion Questions???

• How do you feel in a healthy relationship?
• How do you feel in an unhealthy relationship?
• Why do some people stay in unhealthy relationships?
HEALTHY RELATIONSHIP

- Happiness
- Trust
- Love
- Affection
- Equality
- Mutual Respect
- Friendship
- Humour / Fun
- Can be yourself
- No fear of other
- Still independent people

- Laughter
- Common Interests
- Support
- Fair fights
- Acceptance
- Comfort
- Kindness
- Strong self-esteem
- Good communication
- Honesty
UNHEALTHY RELATIONSHIP

- No trust
- No respect
- Jealousy
- Abuse – emotional, physical, sexual
- Bad/no communication
- Low self-esteem
- Power issues

- Unfair fights
- Other person tries to change you
- Lies
- Manipulation
- Lack of understanding
- No fun
- Fear
UNHEALTHY RELATIONSHIPS

• Problems may begin to arise in relationships
• Many teens settle for unhealthy relationships and find it difficult to communicate their concerns to their partners
UNHEALTHY REL’N

• The expression “love is blind” is often true
• Someone may feel that they are so in love that they do not look deeply at the problems and stay in the relationships for the following reasons:
Reasons People Stay

- Belief things will get better
- Problems are just a phase
- They can change their partner
- Seen this behavior elsewhere
- Don’t know this is unhealthy
- Having a partner is more important
- Scared to break it off
WAYS TO SUPPORT FRIENDS

• **SCHOOL COUNSELLORS**: School counsellors can offer many strategies to improve relationships and help people in an unhealthy relationship communicate in an effective manner the issues that are existing. Encouraging a friend in a unhealthy relationship to see a counsellor is a good idea, especially if you are concerned for your friends safety.

• **A TRUSTED ADULT**: You can turn to an adult such as a parent, teacher, mentor or coach if you are concerned about a friend in an unhealthy relationship. They will be able to give you sound advice and help you get your friend professional support if required.
WAYS TO SUPPORT FRIENDS

• REPUTABLE WEBSITES: Such as youth beyond blue, allows you to encourage friends to seek support from trained professionals, they can call or email if they are in an unhealthy relationship for advice and strategies to help themselves. [https://www.youthbeyondblue.com/help-someone-you-know/supporting-a-friend](https://www.youthbeyondblue.com/help-someone-you-know/supporting-a-friend)