



Think for the Future

WOW Pack

Healthy Relationships

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



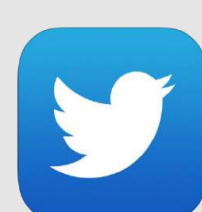
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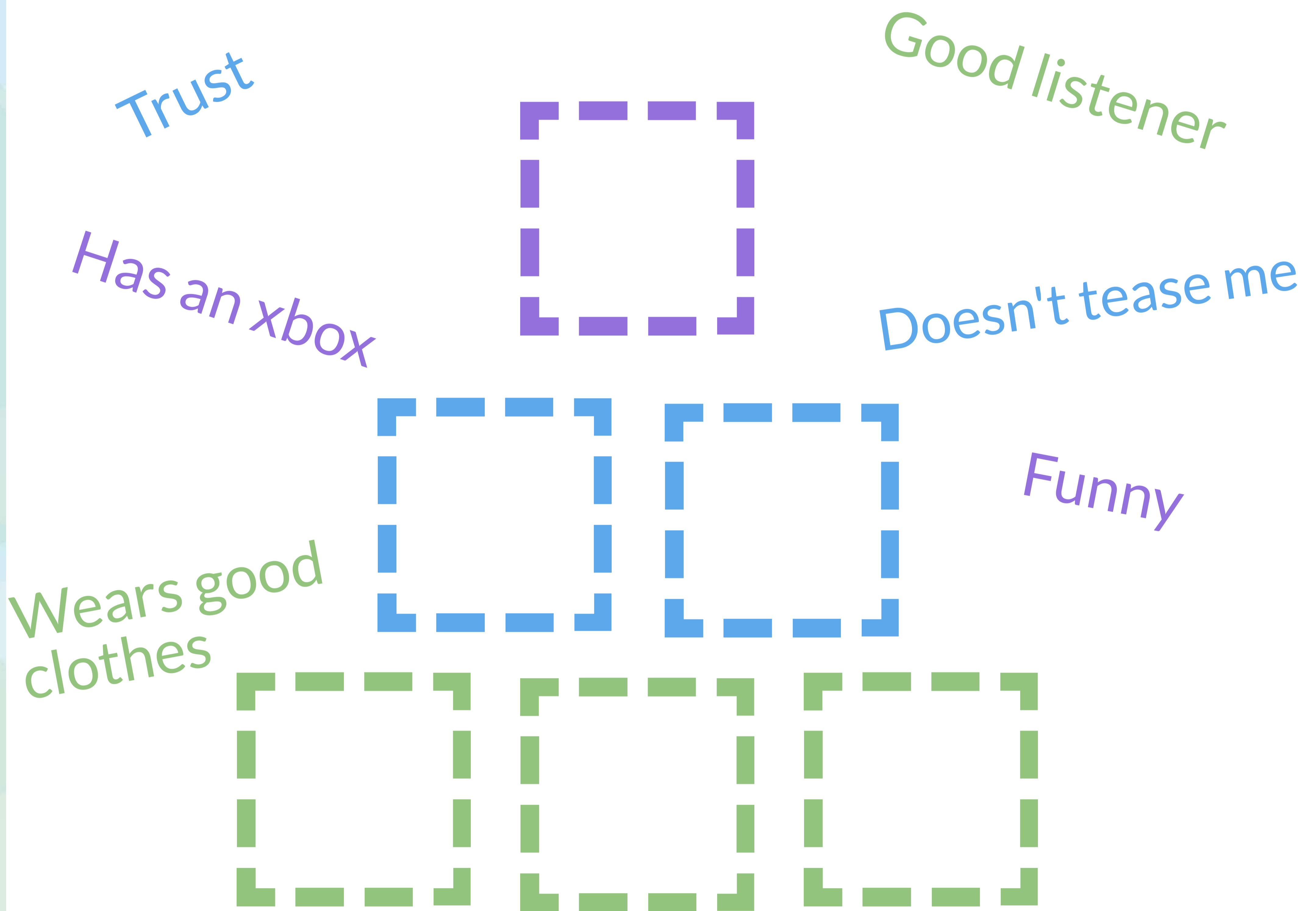


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Think about it: Healthy Relationships



What do you value the most in your relationships with other people?



Have a think about the qualities you appreciate in your relationships with your friends, teachers and family, and put them in your relationships pyramid with the top being the most important

Healthy relationships



A healthy relationship doesn't drag you down. It inspires you to be and do better!

It is important to make sure your relationships with the people around you are positive and beneficial for both you and the other person. Good relationships take work and we have to invest time, don't expect them to just happen! The best relationships are when each person values the other and are equal, you both make each feel good.



We all need to be aware of the warning signs of an un-healthy relationships. We need to know when we're doing things which could hurt the other person, when they're hurting us or when the people around us are hurting each other.

Our relationships at the moment are probably different to before, we're spending no face to face time with our friends and a lot more time with the people we live with! Take a look at our tips to see how you can help your relationships with other people during this time.

What is a relationship?

A relationship is a connection between two people. This could be with a friend, a parent, a teacher... we have relationships with a lot of people!

So what is a healthy relationship?

A healthy relationship is when the connection between the two people is based on mutual respect, trust, honesty, support, equality and communication

What are the characteristics of healthy and unhealthy relationships?

Healthy

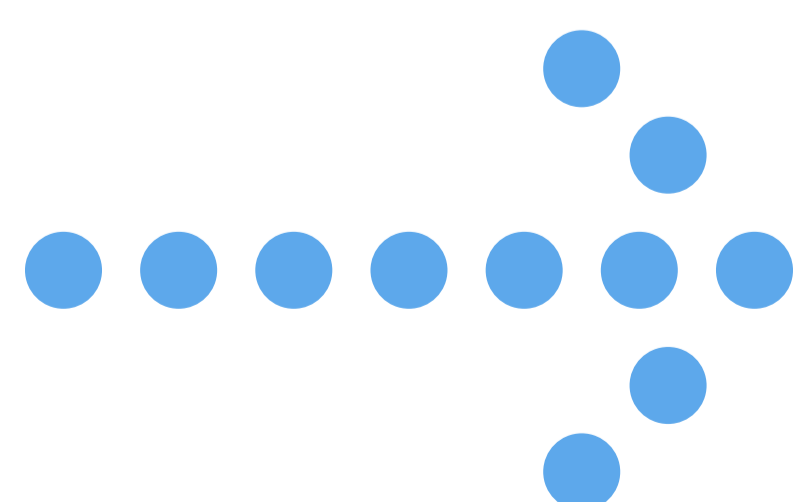
- **Respect** - You value who each other is and understands the other person's boundaries
- **Trust** - You can rely on each other
- **Honesty** - You do not lie to each other, or withhold things
- **Compromise** - You do things for the other person, even if it's not what you like or want to do
- **Good communication** - You speak openly and don't make the other guess what you are thinking or feeling
- **Fighting fair** - You listen to each other's opinions without getting cross or angry

Un-healthy

- **Control** - One person always decides what you're doing or who you're hanging out with
- **Dishonesty** - You lie or keep information from each other
- **Disrespect** - One person makes fun of the opinions or interests of the other
- **Violence** - Force is used to intimidate or get your own way, such as hitting, pinching or shoving
- **Hostility** - Picking fights with each other or purposefully winding the other up. One person may change their behaviour in order to stop upsetting the other.

Take a look at this video on what other teens think is important in their relationships

Watch this



https://www.youtube.com/watch?v=DPb_B0pTBoQ

WHAT TEENS
THINK ABOUT:
RELATIONSHIPS

Healthy Relationships Top Tips



Accept and celebrate differences

We're all different; opinions, values, morals etc which is what makes the world such a diverse place. But this can make forming positive relationships difficult. Don't let ignorance take control, celebrate these differences and learn from them.

Listen effectively

We have two ears and one mouth for a reason! Give the opportunity for someone to talk. Too often we are resistive to listening to someone primarily down to the fact "we don't get on." Give someone a chance, what they have to say may change your view!

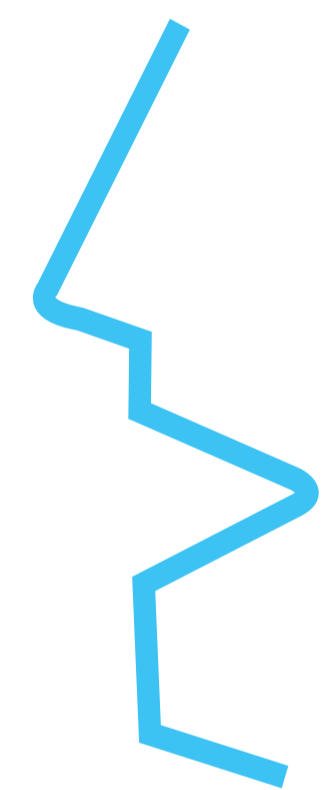


Give people your time

Our time is something very precious and how we choose to spend it is our choice. Choosing to spare a bit of your time to talk to someone that you wouldn't normally, is a very powerful thing to do and starts the foundations to building a more positive relationship.

Develop your communication skills

We all communicate in different ways and sometimes when we do this incorrectly it can be difficult to build relationships. Think about how we are communicating and if this doesn't work how else you can amend/change it.



Learn to trust

Trust can be difficult to give, as it puts us in the hands of others and we lose a little control. That being said, trusting an individual gives them a sense of importance and helps to build really strong and lasting relationships.

Develop empathy

We all face barriers and problems everyday in our lives. Empathising with an individual and providing them with support/understanding is a really effective way at building positive relationships.



5 ways to build Healthy Relationships



1

Say sorry

Sometimes we find it so difficult to admit that we were wrong! But if we want to keep our good relationships, we have to own up and say sorry when we've made a mistake. If it's a healthy relationship, the other person will forgive us and respect us even more for apologising. Whilst we're currently not allowed out of our homes, we're all starting to get annoyed at the little things! Be the first person to say sorry and help keep those relationships in our home positive.

Show appreciation

It's important the people in our lives feel valued and needed by us. Show appreciation and be thankful for things people do for you. Saying please and thank you is the easiest habit to get in to, but how about going a step further? Saying 'thank you for....' when someone is least expecting it is one of the most valuable things you can say to someone. Think of all the things that people are doing for you or your home today and try and say thank you for each one!

2

3

Develop shared interests

Finding something you both enjoy to do together allows you to spend more time together and build on your relationship. You might find that you and your brother both really enjoy playing a game, or you like going for a walk at the same time as someone else in your house. What about getting stuck in to a box-set with someone else, instead of staying in your room on your own?

Lend a helping hand

Try and do one thing each day that is not for you or about you, but is for someone you care about. By putting on some washing, taking the dog out, doing the Hoovering or making someone else a cup of tea without being asked, you're putting their wants and wishes above yours and showing them you respect them and are willing to compromise on what you want to help them out.

4

5

Communicate

The worse thing we do is expect each other to be mind readers! As humans we usually keep our feelings inside and expect those around us to guess how we feel, what we need and what we want! At the moment we're not seeing our friends as much as usual, are we're getting great at telling each other how we are over social media. What about the people we live with? Make sure you're talking to each other as much as possible and communicating your feelings.

Chat with us about Healthy Relationships



Check out TFTF mentors Nathan and Zondi talk about healthy relationships on our podcast!

<https://www.youtube.com/watch?v=JGrk85vQ0Cc&t=255s>

TFTF Video Podcast Series
Topic: Healthy Relationships

Recorded by our expert **Behaviour & Resilience Mentors**

Topics Covered

- 1) What is a healthy relationship?
- 2) How do we know if a relationship is healthy?
- 3) How do we maintain healthy relationships in the current situation?

Join in the chat and let us know what you thought on our social media

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Where else to look...



Click on the icons below!

