



Healthy Relationships

What are they and how do we build them?



What are *RELATIONSHIPS*



Pause and think of two
relationships you have.

All About Relationships

Relationships are any connections you make with others.



Friend, Sibling,
Parent, Teacher

There are different
kinds of
relationships

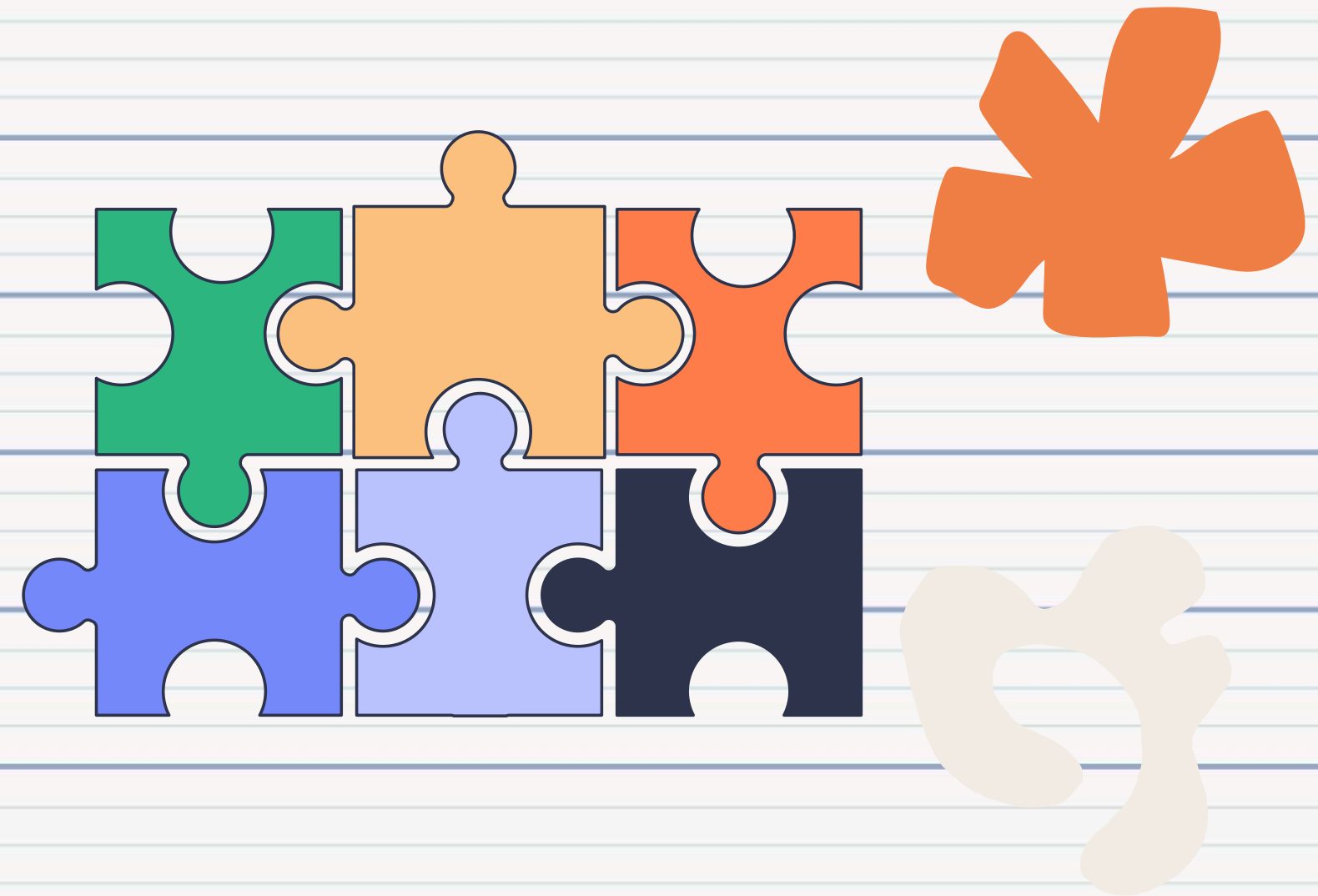


Relationships can grow
and change as you
grow and change

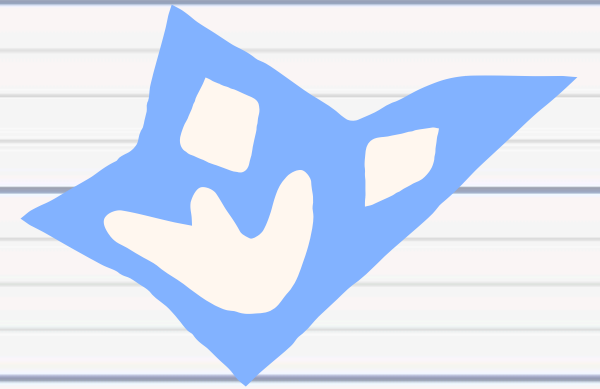


Why are relationships important?

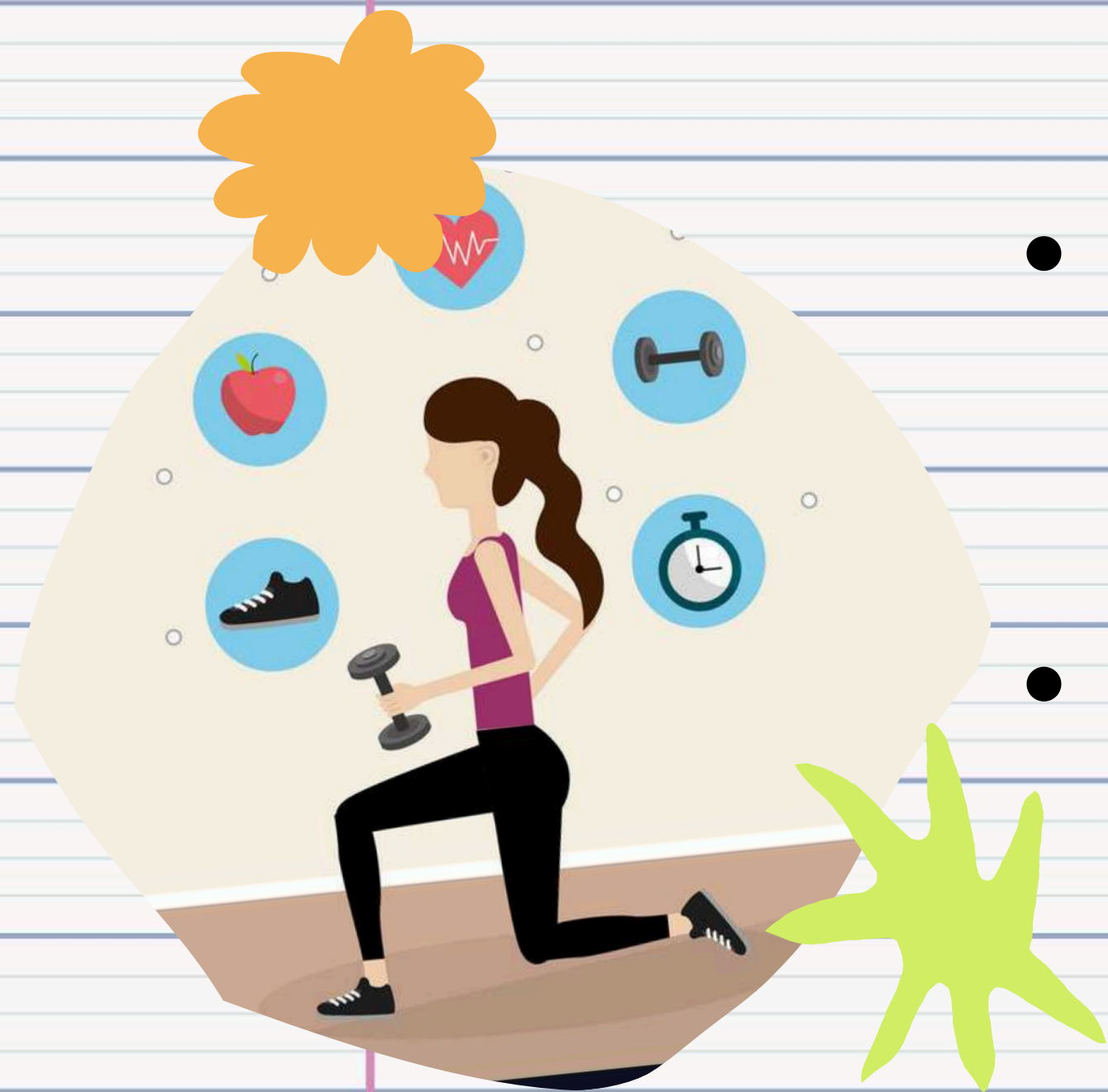
- Human beings are very social
 - This means we love being around others
- We need other people to feel connected and stay happy



Mental vs Physical Health



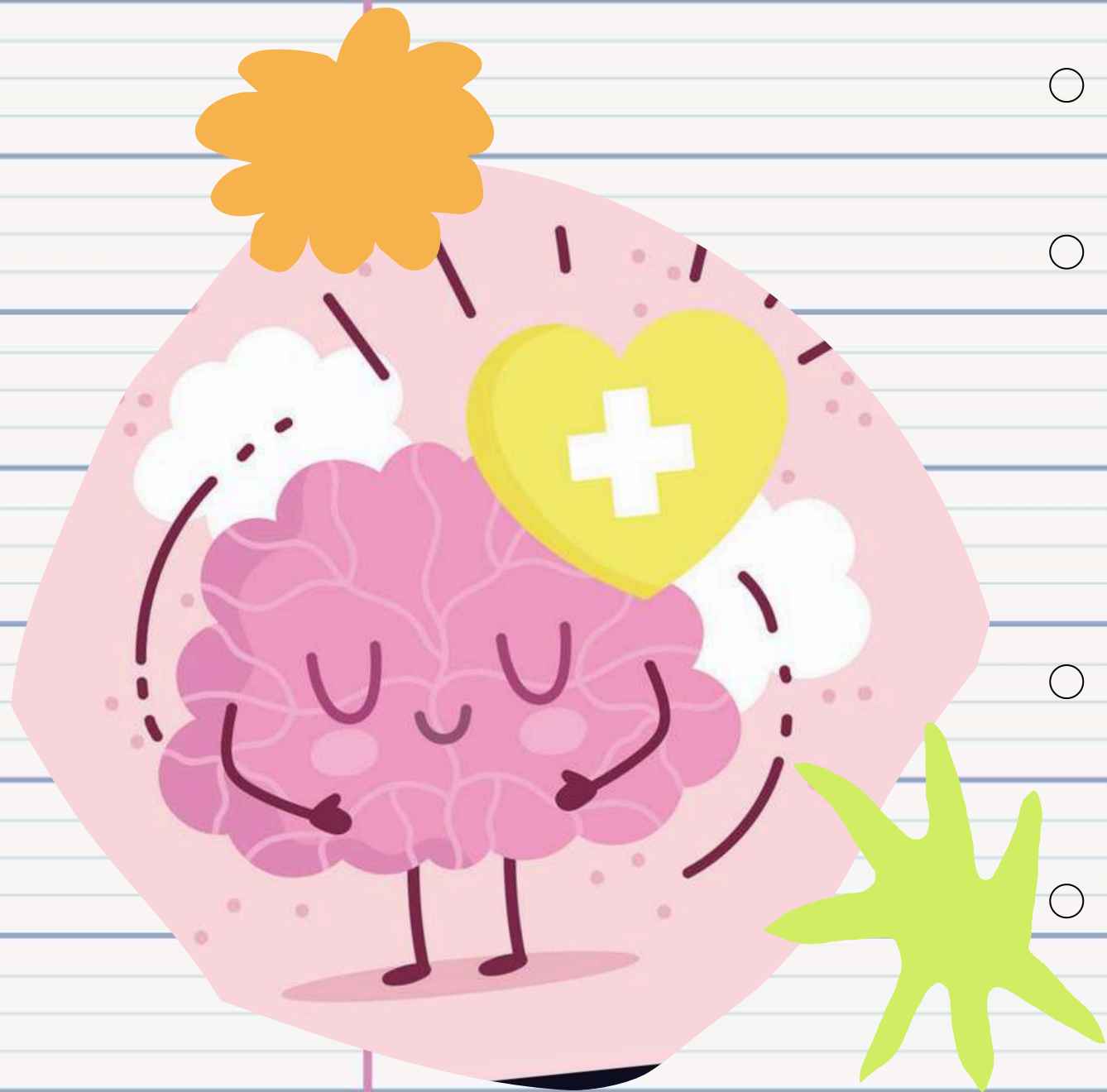
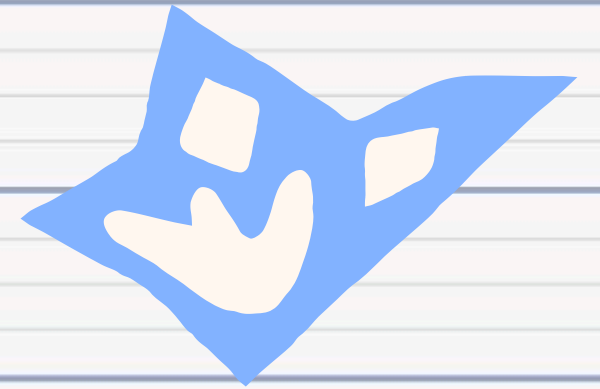
- Physical Health
 - How your body feels
- Exercise and healthy food keeps you body healthy so you have good physical health
- If you have a problem with your physical health you can see it like a broken bone



Mental vs Physical Health

- Mental Health

- How your mind feels
- This is your feelings and emotions
- When you feel like you have the energy and excitement to do the things you love your mental health is strong
- Breathing and resting helps keep your mind healthy
- We can't always see problems in our mental health



Relationship Facts



Longer Life



**Fight
Germs
Better**



**Heal from
Injury Faster**



**Easier to
Control
Emotions**

Healthy vs. Unhealthy Relationships

- Relationships are very important
- To get all the good things from a relationship we have to make sure they are Healthy Relationships
- What's the difference?

Healthy vs. Unhealthy Relationships

- Healthy Relationships
 - **CRAB**



Meet the
Relationship Crab!
Lets Give them a
Name!

CRAAB



*C*ommunication

*R*espect

*A*re Equal

*B*oundries

Healthy vs. Unhealthy Relationships

- **Communication**

- Communication is a fancy word for telling.
- It is important to tell someone you are in a relationship with your feelings and emotions and whether you don't like something without being scared.
- If you want someone to stop doing something or change the way they are acting you have to TELL them



Healthy vs. Unhealthy Relationships

- **Communication**
 - Communication also means **listening**
 - Think about any conversation you have had or anytime you talked to anyone.
 - To have a conversation you have to listen otherwise you're just talking to yourself.



Healthy vs. Unhealthy Relationships

- **Communication Example**
 - You and your friend are playing with a new toy you got and your friend wants to take it outside. Since this is a new toy you don't want to ruin it by taking it out. Your friend doesn't know this and just wants to play. So you tell your friend why you don't want to play with your new toy outside. Your friend understands and you both choose a new toy.



Healthy vs. Unhealthy Relationships

- **Respect**

- Respect means understanding someone else feelings and listening when someone else says something they are not comfortable with.



Healthy vs. Unhealthy Relationships

- **Respect Example**

- If someone says not to touch their hair we have to respect that and stop even if we still want to play.

We can then find something both people are comfortable with.



Healthy vs. Unhealthy Relationships

- **Are Equal**

- All relationships should be equal. This means both people should have equal power and be able to ask for things without being scared. Both people should be taking and giving equally and one person shouldn't always be getting their way.



Healthy vs. Unhealthy Relationships

- **Are Equal Examples**

- Alex and Jordan are friends. If on one day Alex and Jordan played a game Alex wanted to play the next day they should play a game Jordan wants to play to make sure it is equal.



Healthy vs. Unhealthy Relationships

- **Boundaries**

- Boundaries are like drawing a line to show other people what you like and what you are okay with and what things you don't like and are not okay with.



Healthy vs. Unhealthy Relationships

- **Boundaries Example**

- If someone is touching your hair and it is something you do not like you can create a boundary and tell the other person. This helps make sure you are comfortable



CRA B



*C*ommunication

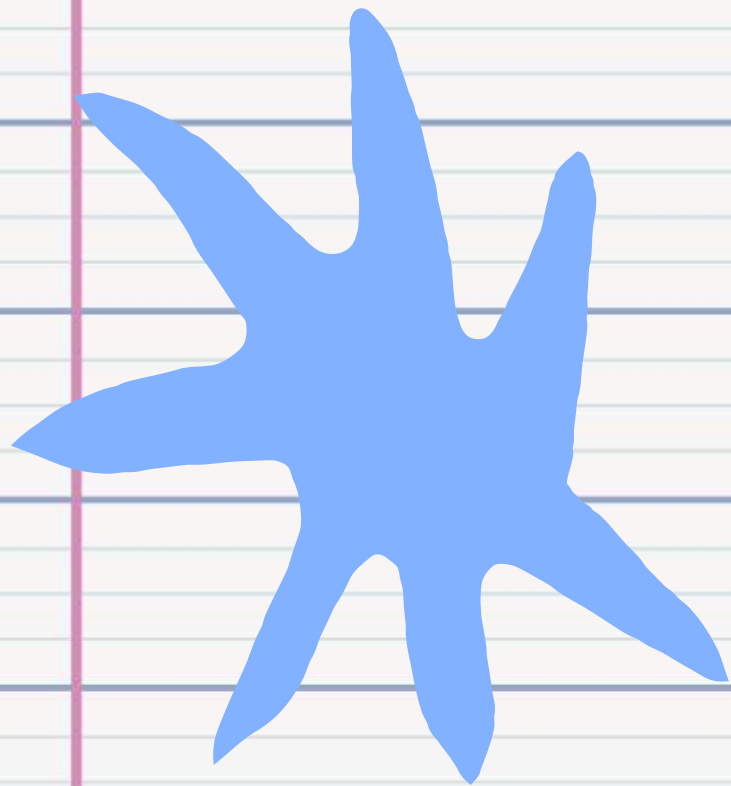
*R*espect

*A*re Equal

*B*oundries



GAME TIME



Toolkit

- If you start to see red flags in a relationship you are in there are a couple of things you can do.



IDEAS?

Toolkit

- Talk
 - Tell your friend about how you are feeling
 - **Communicate** politely



Toolkit

- Take a Break
 - If talking does not work it is a good idea to spend some time away from each other.
 - This can help you calm down and sometimes taking a break is just what you need.
 - After taking a small break you can try talking again



Toolkit

- Get a Trusted Adult
 - If trying to talk after taking a break doesn't work it is a good idea to ask an adult to help.
 - An adult can help try and reach an agreement and help you understand your own emotions and what to tell your friend.



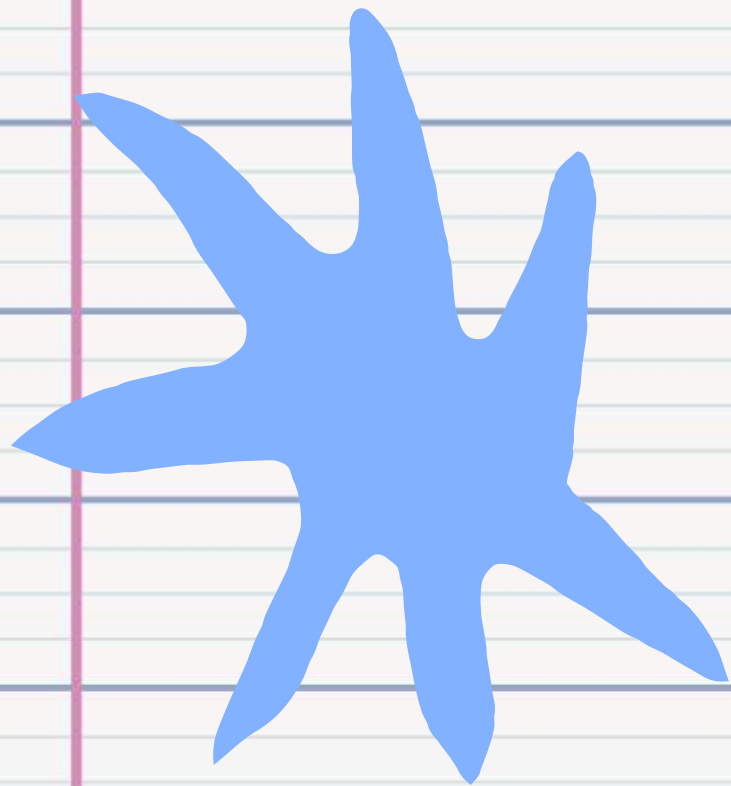
Toolkit

- Stop the Relationship
 - If after talking an adult we still cannot fix anything it might be a good idea to stop the relationship.
 - This doesn't mean you never talk to each other again. You can try playing less together





GAME TIME



THANK YOU FOR
COMING!

