

RELATIONSHIPS

There are a variety of relationships we can have with other people:

Family

We first learn about relationships from our families. Families are often units of mutual caring and support and can come in all shapes and sizes: traditional, single parent or extended. No matter the type of family you have, there are going to be good and bad times.

Friends

A friend is defined as a person you know well and regard with affection, trust and respect. The number of friends a person has does not matter but the quality of the friendship does. Peer pressure can play a major role in friendships. True friends do not encourage each other to do wrong things.

Casual

Casual relationships are those you have with the people you encounter every day whether it may be with professionals e.g. with teachers, religious leaders and medical professionals, or with acquaintances who are people you know and recognize in passing.

Romantic

In a romantic relationship, each partner is an entire individual, not simply part of a couple. There is an emotional connection that can also be physical. An intimate relationship can be with anyone who you are really close to and with whom you can be completely open and honest. Sexual intimacy may be part of a romantic relationship for which both parties should be old enough and well prepared.

RESPECT
Give it
EXPECT IT

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Give it
EXPECT IT

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Healthy Relationships

What makes a relationship healthy?

In a Healthy Relationship

- Both people feel respected, supported, and valued
- Decisions are made together
- Both people have friends and interests outside of the relationship
- Disagreements are settled with open and honest communication
- There are more good times than bad

If the relationship is intimate

- Both are each sexual by choice
- Both people are honest about your past and present sexual activity

Unhealthy Relationships

What makes a relationship unhealthy?

In an Unhealthy Relationship

- One person controls or manipulates the other
- One person control the other's money or other resources (e.g. car)
- One person keeps track of the other all the time by calling, texting, or checking in
- There is yelling, threats, hitting, or throwing things during arguments
- There are jokes and stereotypes on one or more people based on their gender, race, ethnicity, sexual orientation, religion, disability, or other personal attribute
- There is use physical force or threats to prevent the other from leaving
- There are more bad times than good