

Relationships

We all have relationships with different people, that all have different qualities and strengths.

Relationships act a little like a spiders web - they help to support us, get the resources we need, weather a storm and live a full and happy life.

Relationships can be challenging sometimes- we may have disagreements and arguments with those we care about, but the act of “repair” helps us to build a stronger and better bond.

Whoever our relationships are with (friends, family, romantic partners, professionals) they should all have some common values:

- trust
- respect
- communication
- safety

Trust

- We should be able to rely on those close to us to be honest
- People that care about us shouldn't lie to us or deceive us
- Don't accuse others of things
- It's not trust if you have to see proof or evidence

Respect

- Listen to each other
- Try to understand each others' point of view
- Give people space when they ask for it
- Support people with their goals and achievements
- Don't shout at or swear at each other

Communication

- Listening as well as talking
- Taking time to process
- Check you are understanding things correctly
- Can be face to face or writing things down
- Easier to do when calm
- Not jumping to conclusions

Someone who cares about you should never make you feel scared or unsafe

www.brook.org.uk/topics/relationships/

www.loveisrespect.org/

www.youngminds.org.uk/young-person/blog/tips-for-dating-and-building-healthy-relationships/

www.actonitnow.org.uk/

