



## What is a healthy relationship?

In a healthy relationship you should experience

- Mutual respect
- Freedom to do your own thing
- Time and space to see other friends
- Knowing your opinions are respected
- Listening to each other
- Having fun
- Being able to disagree
- Be yourself.



## What is a negative relationship?

Relationships can change and sometimes it can be hard to know when it becomes negative. Some of the points below will help with identifying a negative relationship.

- They put you down and make you feel bad
- Being verbally aggressive or physically threatening
- Putting pressure on you to do something you don't want to do
- Makes you feel scared or intimidated.
- Uses force, makes threats towards you, your family, friends, pets or property.

# ONECOPSTOP

## KEEP SAFE AND KNOW THE LAW



Hello and welcome to our newsletter. This week we look at healthy relationships - what is a healthy relationship and how to spot the signs of a negative one. Remember, let's all be kind to one another.

## Relationship types

There are many different types of relationships and it's important to be respectful in all of them.

These include parents, carers, teachers, teaching assistants, friends, partner, peers, siblings, females, males.

They can also include extended family members such as grandparents, aunties, uncles etc. Don't forget animals and pets.



## What is respect?

- Listening to others
- Treating others the way you would like to be treated
- Patience, kindness and politeness
- Trying your best to understand other's choices, views, beliefs
- Accepting others for who they are – we are all different
- Respect is very important to form a healthy relationship.

## PARENT HUB

As children head into teenage years they may begin to experience more intense and intimate relationships. As a parent you can help them by making sure they know what to do if a relationship or situation makes them feel uncomfortable.

Some recommended websites that provide this information:

[www.nspcc.org.uk](http://www.nspcc.org.uk) , [www.familylives.org.uk](http://www.familylives.org.uk)



## NEED SOME HELP?

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk) has some great videos for you to watch as well as information on how to leave a bad relationship.

Alternatively try:

[www.childline.org.uk](http://www.childline.org.uk) , [www.kooth.com](http://www.kooth.com) [www.thehideout.org.uk](http://www.thehideout.org.uk)

