Healthy Relationships

- **Mutual respect. Respect means that each person values who the other is and understands the other person's boundaries.**
- **Trust. People should place trust in each other and give each other the benefit of the doubt.**
- **Honesty. Honesty builds trust and strengthens relationships.**
- **Compromise. People should acknowledge different points of view and be willing to give and take.**
- **Individuality. Nobody should have to compromise who he/she is, and his/her identity should not be based on someone else's opinion.**
- **Good communication. People should speak honestly and openly to avoid miscommunication.**
- **Anger control. We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.**
- **Fighting fair. Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution.**
- **Problem solving. People can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.**
- **Understanding. People should take time to understand what others might be feeling.**
- **Self-confidence. People should have confidence among friends and families in their views, abilities and feel confident in their groups.**
- **Being a role model. By embodying what respect means, people can inspire each other, friends, and family to also behave in a respectful way.**

Unhealthy Relationships

- **Control. People who enforce control, dictate what people do and exert influence on groups which can cause isolation and exclusion is unhealthy. This control can be through intimidation and risk of violence. Gangs or paramilitaries are a perfect example.**

- **Hostility. People who display hostile behaviour, are unfriendly and unwelcoming and oppose the views of others without just reason.**

- **Dishonesty. People lie to or keeps information from friends. People steal from the other.**

- **Disrespect. People make fun of the opinions and interests of the others or destroy something that belongs to friends.**

- **Intimidation. People who try to control aspects of other's people's life by making the other person fearful or timid.**

- **Physical violence. People who use violence.**

Lifeline

0808 808 8000

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