

Thrive Learning:

Healthy relationships

Descriptor:

This module is all about healthy relationships.

Healthy relationships are built upon:

- Trust
- Respect
- Equality
- Consent
- Shared interests
- Open communication
- Setting boundaries
- Knowing who you are as a person, and
- Who you can talk to or where you can find out information if you need further support in your relationship.

By the end of this module, you will:

- Know more about what a healthy relationship is like, including: trust, respect, equality, honesty, humor, feeling safe, conflict resolution, boundary setting.
- Know what unhealthy relationships look like.
- Understand types of communication.
- Explain how to respond to conflict.
- Know who to talk with or where to go for support, including family, friends, websites, phone numbers/hotlines.

1. Read the statement below and circle the correct responses – there are 7 in total.

One important value in a healthy relationship is **trust**. If you have a good friend and you trust them, you might:

Tell them things you wouldn't tell a stranger

Ask them to do something important for you

Loan them money and expect them to pay you back over time

Expect the person to show up when you ask them to or do something for you when you can't do it yourself

Gossip about them behind their back

Express your thoughts and emotions without fear of getting hurt – physically or emotionally

Ignore them if they ask for help

You might be more less guarded with a person

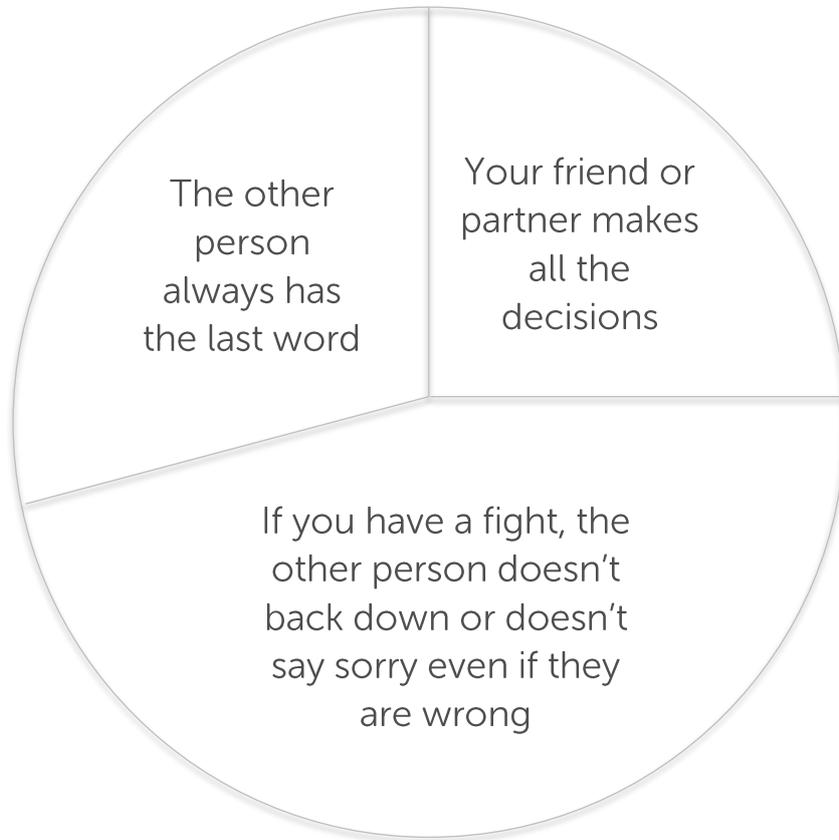
If it's your partner, you might become more physically close with them

2. By drawing lines, match the pictures on the left to the sentences on the right by answering the following question: In a healthy relationship, the word **respect** means...? The first one is done for you.

Respect is...

	<p>Giving the other person time to say how they feel</p>
	<p>Listening to the other person</p>
	<p>Saying kind words and using positive body language</p>
	<p>Valuing the other person's time</p>
	<p>Think highly about a person's values and opinions</p>
	<p>Value the other person's privacy</p>

3. The relationship pizza. Circle the pizza that best shows what equality (what is fair, reasonable, you're ok with...) might look like in a relationship:



4. The saying goes "laughter is the best medicine". It's important to laugh with your friends – to see the funny side of things; to crack a joke; to smile and simply enjoy each other's company. Unscramble the letters and complete the following sentences relating to laughter and healthy relationships.

Laughter in a relationship might look  and sound  like:

- telling jo _ _ _ (s k e)
- han _ _ _ _ (i g g n) out, playing games, ca _ _ _ (s r d), computer games
- telling _ _ n n _ (f y u) stories
- sm _ _ in _ (i g l) and head shaking

5. Feeling safe in a relationship is important. Line up 10 ways you might feel safe with another person by connecting the responses in the boxes to the fingers on the hands below. The first one is done for you:

you feel relaxed

you feel pressured to do something

they are honest

they don't scare you

you feel respected

you can tell them things

you trust them

they don't threaten you

they don't physically hurt you

you can both work things out

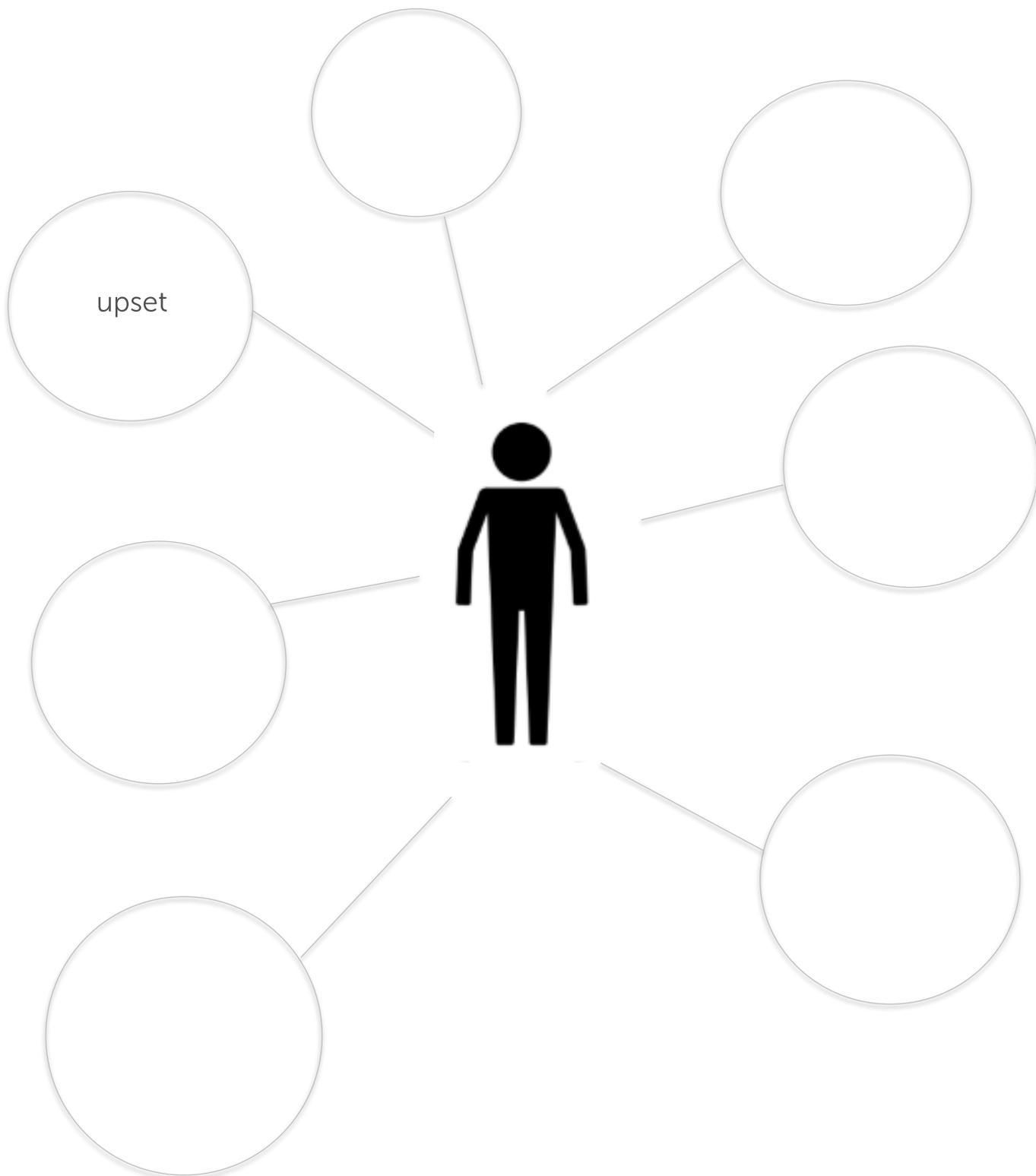
they don't bully you

you feel sick inside / in your tummy

6. Sometimes conflict in a relationship can happen. This might be an argument, a disagreement or a problem. It's important that you handle conflict in a helpful way. The table below shows *unhelpful* ways of dealing with conflict. Can you note down the helpful ways of dealing with conflict on the opposite side of the table. The first one is done for you:

Unhelpful ways of dealing with conflict	Helpful ways of dealing with conflict
Yelling and screaming	Remaining calm
Calling the other person names	
Swearing at the other person	
Hitting or slapping the other person	
Running away	
Holding a grudge	
Arguing	
Threatening	
Not listening	
Laughing at the other person	

7. Write down or draw pictures around the person below to show how you might feel if another person yelled at you or hurt you. What might this look like, sound like or feel like?



8. You can use *I statements* when dealing with conflict. Read through the examples below and complete the following *I statements*:

You are sitting down with your friend and telling them how you just broke up with your boyfriend. You're really teary and upset. You look at your friend and they are scrolling through their phone looking at Facebook. This makes you feel ignored.

What can you say? Choose **one** word from each of the brackets below and write it in the space:

I feel _____ (upset, ignored, happy, sleepy) when I'm telling you about my breakup and you're scrolling through Facebook. I'd like it if you would _____ (sing, listen, ignore) to me.

You like to be on time for everything. Your friend, Sally, isn't on time again and you've finally had enough. You explode at Sally, telling her: "You're never, ever on time! I told you when you had to be here, and you're an hour late! You're ALWAYS late to everything!"

When dealing with conflict, you should avoid words like always and never. How could you express your feelings to Sally without yelling or screaming? Choose **one** word from each of the brackets below and write it in the space:

Sally, I noticed you're an hour late again. I needed to be at the event at 7pm, and it's now 8pm. This makes me feel _____ (happy, over the moon, upset) and really _____ (punctual, disorganised, wonderful). Do you think you could try and be on time next time?

9. Healthy relationships include boundaries – this means drawing a line around things that are important to you. In the box below, write or draw things that are important to you and would make you upset if people crossed them.

What's important to me...

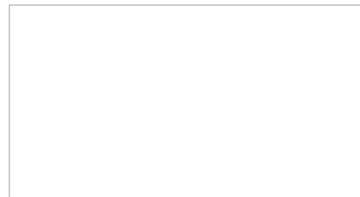
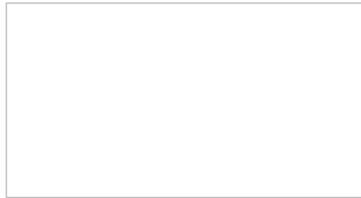
10. As a person in a relationship, you have the right to say no. Draw circles around those things you might say no to if you were feeling uncomfortable. Can you add any more?

Going somewhere

Being near a particular person

Being touched by someone

Touching someone



11. Who could you talk to if you felt you were in an unhealthy relationship? On the hand, list 5 people you trust and who you could talk with:



12. There are also other people or organisations you could talk with. Write down the names and addresses or phone numbers of some of these places. They might include websites or organisations such as Endeavour Foundation:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

Remember, healthy relationships are built on:

- Trust
- Respect
- Equality
- Consent
- Shared interests
- Open communication
- Setting boundaries
- Knowing who you are as a person and
- Knowing who you can talk to if you feel you're in danger.

If any of the information in this book or the video has made you feel sad or upset, or you want to talk with someone, then say this to your manager. They can support you.

The boy who cried wolf

There once was a shepherd boy who was bored as he sat on the hillside watching the village sheep. To amuse himself he took a great breath and sang out, "Wolf! Wolf! The Wolf is chasing the sheep!"

The villagers came running up the hill to help the boy drive the wolf away. But when they arrived at the top of the hill, they found no wolf. The boy laughed at the sight of their angry faces.

"Don't cry 'wolf', shepherd boy," said the villagers, "when there's no wolf!" They went grumbling back down the hill.

Later, the boy sang out again, "Wolf! Wolf! The wolf is chasing the sheep!" To his naughty delight, he watched the villagers run up the hill to help him drive the wolf away.

When the villagers saw no wolf they sternly said, "Save your frightened song for when there is really something wrong! Don't cry 'wolf' when there is NO wolf!"

But the boy just grinned and watched them go grumbling down the hill once more.

Later, he saw a REAL wolf prowling about his flock. Alarmed, he leaped to his feet and sang out as loudly as he could, "Wolf! Wolf!"

But the villagers thought he was trying to fool them again, and so they didn't come.

At sunset, everyone wondered why the shepherd boy hadn't returned to the village with their sheep. They went up the hill to find the boy. They found him weeping.

"There really was a wolf here! The flock has scattered! I cried out, "Wolf!" Why didn't you come?"

An old man tried to comfort the boy as they walked back to the village.

"We'll help you look for the lost sheep in the morning," he said, putting his arm around the youth, "Nobody believes a liar...even when he is telling the truth!"