



# Healthy Relationships

Knowing what healthy means



## Healthy Relationships

**Healthy relationships are possible and something everyone deserves.**

A healthy relationship is when two or more people treat each other as equals, they trust one another and treat one another with respect.

Before we look a little deeper discuss with your partner what healthy relationships look like and sound like.



## Healthy Relationships

In a survey of UK pupils this is what their top 7 observations were;

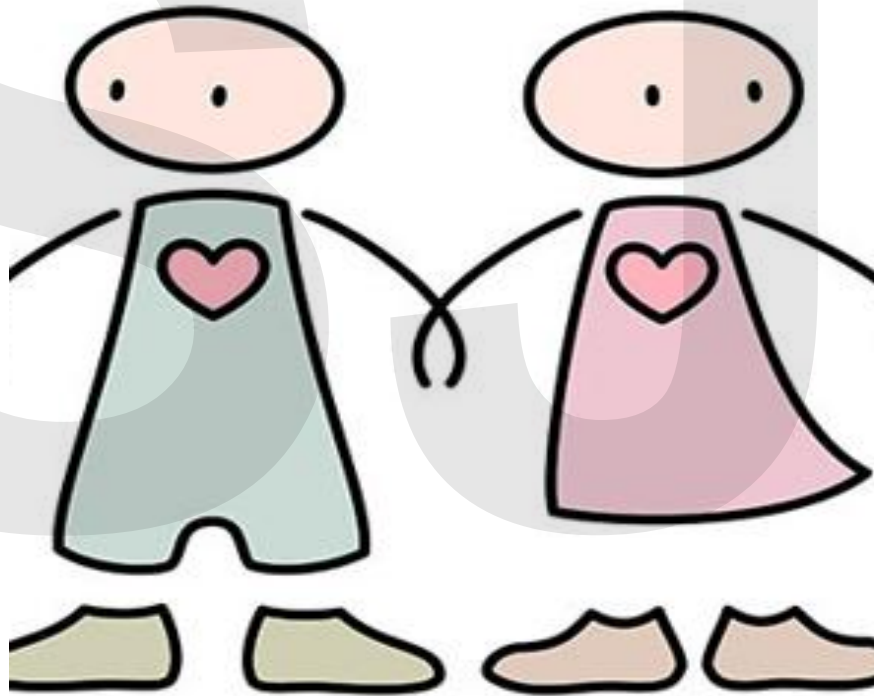
- Support each other
- Listen to each other's feelings
- When they have a disagreement, talk about it
- Spend quality time together
- Encourage each other
- Take responsibility for their own actions
- Respect women and men equally

**Do you agree?**

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Time and time again young people talked about the word;

# EQUALITY



## Healthy Relationships

- Everything is **equal** by nature. Everyone is created **equal** at birth. Everything has **equal** right to exist and develop by its nature.
- **Equality** means "*the state of being equal.*" It's one ideal of a democratic society. To establish different kinds of **equality**, like racial **equality**, gender **equality**, religious **equality** or **equality** of opportunity between rich and poor. Everyone being truly **equal**.





## Healthy Relationships

**So what does this all mean in our day to day lives and how we treat other people?**

Discuss the following as they will have a huge impact as to whether you can treat others equally. Think of an example for each;

**Respect** – Listening, being non-judgmental, understanding and valuing your opinions.

**Trust** – respecting your right to your own opinions, friends and activities, believing in you.



## Healthy Relationships

**Support** – supporting you in your goals and ambitions, believing in you.

**Safety** – respecting your personal space, non-threatening behaviour, non-manipulative or intimidating behaviour.

**Honesty** – clear, open and truthful communication, being able to say if you're feeling scared or insecure.

**Responsibility** – acknowledging one's behaviours and attitudes, asking not expecting, making decisions together.

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## Healthy Relationships

**Freedom** – being able to live your life free from violence, intimidation or threatening behaviour.

**Negotiation & Compromise** – accepting that there isn't always a 'right' way to do things, accepting change, willingness to see the other side.



## Healthy Relationships

So if we know what healthy relationships are, what are they not?

**What words come to mind?  
Can you and your form  
think of 20?**





## Healthy Relationships

**Using intimidation** – making you afraid by using looks, actions and gestures, threatening and harassing phone calls/text messages, using their physical presence to scare you.

**Using isolation** – controlling what you do, who you talk to and where you go, stopping you from seeing your friends and family; your mates don't like hanging around with both of you.

**Blaming, denying & minimising** – denying any abuse or problems, making light of the abuse, saying it was nothing, blaming you for the abuse, blaming use of drugs or alcohol for the abuse.



## Healthy Relationships

**Sexual abuse** – forcing or pressurising you to do sexual things you don't want to, constantly putting down or criticising your body.

**Emotional abuse** – constantly putting you down and criticising you, calling you names, dictating and controlling what you wear, making you feel bad about yourself, playing mind games, humiliating you, making you feel guilty.

**Using threats** – making threats to hurt you, threatening to hurt themselves if you dump them, making threats to hurt or kill your pets, threatening to destroy your things, or to spread rumours about you.



## Healthy Relationships

**Physical abuse** – hitting you, punching you, kicking you, pushing you around, blocking your way, locking you in.

**Financial abuse** – making you feel guilty or like you owe them for things they have brought you, stopping you from getting work, making you depend on them for money, taking your money.



## Healthy Relationships

<https://youtu.be/XF9StFcD2IY> 6.55 mins

St Joseph's cares about each and every person who is part of our school community, we are here to help if you feel you need to reach out and talk to someone.

Please listen to the advice in the video.

If you are worried about your personal circumstances or are concerned about someone you know please talk to us.

Your form tutor, head of year or a trusted member of staff would be a good starting point. They would then consult with the school's two designated safeguarding leads; Mr Humpage and Mrs Morgan





## Healthy Relationships

If you need further advice or support outside of school the following professionals are excellent;

**NSPCC**

<https://www.nspcc.org.uk/what-you-can-do/get-advice-and-support/>

**Childline**

<https://www.childline.org.uk/toolbox/calm-zone/>

**Women's Aid**

<https://www.womensaid.org.uk/>

**Newport MIND**

<https://www.newportmind.org/>

**Gwent Police**

<https://www.gwent.police.uk/en/contact-us/in-an-emergency/>