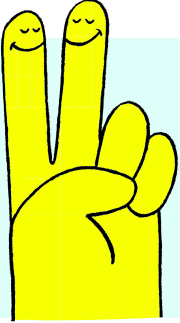


Healthy Relationship Signs



EVERYONE DESERVES HEALTHY RELATIONSHIPS. WHETHER IT'S WITH FRIENDS OR LOVED ONES, PARENTS OR CAREGIVERS, WE ARE ALL WORTHY OF GIVING AND RECEIVING LOVE. WE CAN LEARN TO MANAGE OUR BEHAVIOURS TO ENSURE THAT WE ARE CONNECTING WITH OUR LOVED ONES IN A HEALTHY AND POSITIVE WAY. WE CAN ALL LEARN TO LOVE BETTER BY RECOGNIZING UNHEALTHY SIGNS AND SHIFTING TO HEALTHY BEHAVIOURS.

UNHEALTHY SIGN	SOLUTION
Intensity: When someone expresses very extreme feelings and over-the-top behaviour that feels overwhelming.	It is important to respect your friend's boundaries just as they should yours. If they don't respond to a text or a call right away, use this as an opportunity to do something kind for yourself—have a bath or go for a walk—and notice how you feel afterwards. When we become more present in our own lives, we tend to become less obsessive about the lives of others.
Deflecting responsibility: When someone repeatedly makes excuses for their unhealthy behaviour.	It is important to notice when our emotions lead to unhealthy reactions. If you need to take some time for yourself, let your friends and loved ones know that you'll be more present to continue this conversation at a later moment. They will understand and respect your boundaries, which in turn, will help you avoid lashing out unintentionally.

Discussion Questions

1. Has a friend ever bothered you on social media, like sending you lots of Instagram messages when you didn't want them to, or not respecting your boundaries? How did this make you feel?

2. What could you say to this friend to establish boundaries that keep you both safe and happy?

3. Why is it important to establish boundaries in relationships with friends, family and romantic partners?

Take Action

1. Use your own interactions with your family to set positive examples of what healthy friendships and relationships looks like. Through practice and examples, we can support our children and family members as they learn to set boundaries.

2. Seeing someone in your family, friend group or community struggling with an unhealthy friendship or relationship can be troubling. People experiencing an unhealthy relationship may not take their friend's advice, but telling a friend that you're worried can plant an important seed and provide space for the potential of a future conversation.

3. A young person may be afraid to seek support from a parent or caregiver if they're experiencing an unhealthy relationship. Consider checking in with one another regularly to cultivate an environment that supports healthy and honest discussion.

