

# #Relationships



Bromley  
Parenting Hub.  
Building stronger parental relationships



Your Guide to communication,  
connection, boundaries and consent.

**OMG!**

**HOW?**

**MAYBE?**

**SOLUTION**

**Hey!**

**Love!**

**WHO?**

**?**

**Why?**

**Healthy  
and safe**

**doesn't  
matter**

**BOYFRIEND**

**NO WAY**

**Hmm...**

**Girlfriend**

**HELP**



We have different kinds of relationships with the people in our lives. We can have friendships, romantic relationships, or familial relationships (someone in our family or that we are related to).

# What does a healthy relationship look like?

Love  
Connections  
FUN

Consent

Communication

Independence  
and  
boundaries

Respect  
Trust

**TASK**

Healthy relationship quiz  
[www.loverespect.co.uk/questions](http://www.loverespect.co.uk/questions)

## The most significant relationship you have, is the one with yourself.

APPRECIATE  
You

Treat yourself with the same kindness and understanding you would offer a friend.

Acknowledge and celebrate your successes, no matter how small.

I love ME! YES!

Embrace Your Uniqueness: Everyone is different, and that is what makes you special.

Check  
"How to look  
after YOU" card



**TASK**

# #Communication

Everyone involved should be able to communicate feelings, opinions, and beliefs.

Your tone can affect how your message is received. Aim for a calm and respectful tone

**LIKE**

Listening

Think about what you want to say and talk about what is happening and how it affects you

Be aware of your body language like body posture or expressions on your face, use open gestures

**LIKE**

being honest

Use "I" statements to express how you feel without blaming your partner (e.g., "I feel upset when...").

Healthy communication requires practice and hard work

Try to see things from the other person's point of view

**WOW**

**TASK**



#Positive and negative acts card

Truly listen to what the other person is saying without interrupting.

# #Consent



Consent is just another word for permission. It is important in every type of relationship. By asking for consent, you are allowing the people you care about to enforce boundaries that feel good to them, and that you are showing that you respect them.



**LIKE**  
respect

If you have a cute picture of you and a friend, and you ask if they are happy with you posting it before you put it on social media, you are getting their consent.

It applies to any situation where one person's actions affect another. Just like you wouldn't borrow someone's phone without asking, you shouldn't assume physical affection is okay without checking in first.

Use straight forward questions like "Are you okay with this?" or "Do you want to continue?"

Just because you consent to kissing one day, doesn't mean you have to consent to kissing any other time. Consent can be withdrawn at any time. It is okay to change your mind.

Consent given under pressure, manipulation, or threats is not valid.



**TASK**

Watch the video  
#consent





# #Independence #Boundries

Setting boundaries means deciding what the limits are for you, in terms of what's asked of you or how you are treated in any relationship.



**LIKE**  
self care

People might push back when you set boundaries, but the people who respect you will respect them.

It's ok to feel awkward when you set boundaries – it's a skill that has to be practiced.

Do not feel pressured to say yes because others your age are doing it.

Independence does not equate to isolation; partners should support and celebrate each other's individual activities and achievements.



Having opportunities to hang with others or time for self-care is important to maintain a healthy relationship



Watch the video  
#Handling relationship



# #Digital boundaries

Decide if you're comfortable sharing passwords or not, and communicate your decision clearly

Talk about it: Initiate a conversation about digital boundaries with your partner.

"Please ask before you tag me in any photos or videos on social media"

Define specific boundaries related to sexting, online conversations, and other forms of digital interaction.

Respect "no": If one partner says no to a specific digital interaction, respect their decision.

Do not feel pressured to say yes because others your age are doing it.



#Think before you post

When you're under 18 it's against the law to send nudes or sexual videos of you to anyone else. It's also against the law for anyone to save or share a nude or sexual video of you.

**TASK**

Watch the video #oversharing



**#Love  
#Connection  
#FUN**

Chemistry in a relationship is that special connection or "spark" between two people. It is a mix of physical attraction, emotional connection, and mutual interest

Chemistry can be felt in various ways, such as:

**Shared Interests:**  
Having common hobbies or passions that you both enjoy

**Feeling Comfortable:**  
When you are with someone and it feels natural and easy to be yourself

**Mutual Respect:**  
Valuing each other's opinions and feelings

**Physical Attraction:**  
Feeling drawn to each other physically

**LIKE**

being yourself

**TASK**



**#The relationship journey**  
**Relationship Thought Prompt card**

# #Respect #Trust

Being truthful and transparent with each other helps strengthen the bond.

Respect means valuing your partner's opinions, feelings, and boundaries.

Real love does not make you question your worth.

**LIKE**

empathy

**LIKE**

honesty

In a respectful relationship, both partners support each other's goals and dreams.

Respecting each other's privacy. This means not invading personal space or snooping through personal messages.

Being reliable and dependable. Keeping promises and being there for each other in times of need is crucial.

**REMEMBER!**

Approach conflicts with a calm and respectful attitude. Avoid raising your voice or using hurtful language

**TASK**

#Relationship Conflict Resolution tips





# Healthy relationships TOP TIPS



## Get to know yourself

Take the time to appreciate yourself and to learn how to regulate and name your emotions. Not knowing how to regulate your emotions and express them healthily can negatively affect your mental wellbeing.

**TASK**

visit: [www.childline/toolbox](http://www.childline/toolbox)



## Put in the work

Healthy relationships are not found but built. A healthy relationship needs commitment and willingness to be accommodating to each other's needs.

**TASK**

# "I" Statements "



**WOW!**



## Set and respect boundaries

Setting boundaries is not only about what you do not want or like in your relationships, but also about letting the people around you know what is important to you.

**TASK**

#boundries video



## Talk and Listen

All relationships have disagreements and that is ok. What matters is how you talk and listen to one another. Listen to understand, rather than listening to respond. Do not be afraid to express your emotions or vulnerabilities with people you trust.

**TASK**

#active listening video



# #Check out the Young People Thought Prompt cards



non-judgmental  
helping YOU  
feel seen, heard,  
and supported.



How to look  
after YOU



Healthy  
Relationships



What is parental  
conflict?



Your viewpoint  
quiz parental  
conflict



Divorce and  
separation



Changes in your  
family



"The behavioural  
iceberg and  
Positive and negative  
acts"

scan the  
QR code

WOW



# #Healthy relationships Thought Prompt card

## Qualities of Healthy Relationships:



### Respect

is thinking or treating someone with consideration, to appreciate them, their feelings and opinions.



### Trust

is a belief that someone's dependable and will not let you down



### Kindness

is treating others the way you want to be treated



### Fun

is when you have fun together but not at the expense of others



### Equality

is when no one misuses their power or skills to hurt or control others



### Independence

is being able to do your own thing and have different groups of friends



### Good Communication

is clear, honest, and respectful of others' feelings. The ability to work through disagreements and come to a calm understanding



### Safety

you should always feel safe and respected



## Signs of Unhealthy Relationships:



Person is ignoring your needs

Person is getting you to lie or keep secrets



You feel unsafe or uncomfortable



You are being criticised for how you look, or having to change your appearance



You do not hang out with your loved ones as much anymore.



You can not talk openly about things without feeling scared of what might happen, or being judged for what you have said.



Person is threatening you that they will spread private information or photos



## Tips for Being Safe Online:

Giving away personal information can be dangerous



Do not send naked images or videos of yourself

Do not talk to people you don't know online



"Treat others the way you want to be treated". Would you want that to be said or shared about you?



Remember what you post online is there forever (even if you delete it!)



TOP TIPS

Visits [www.childnet.com](http://www.childnet.com) For more safety tips

To remove images shared online go to Report Remove at [www.childline.org.uk/remove](http://www.childline.org.uk/remove)

TOP TIPS



# How?



**Kooth** offers online counselling, advice and emotional well-being support for anyone aged 10-18 go [www.kooth.com](http://www.kooth.com)

**Childline** [www.childline.org.uk](http://www.childline.org.uk)  
please call, chat online or email about any problem big or small.  
Call on 0800 11 11.

## Bromley Y

Emotional wellbeing and mental health support for children and families.  
Call 020 3770 8848  
Visit [bromley-y.org](http://bromley-y.org)

## Sexual Health Bromley

A free, non-judgmental contraception and reproductive health service for men and women of all ages (including under 16).  
Call 0300 330 5777  
Visit [sexualhealthbromley.co.uk](http://sexualhealthbromley.co.uk)

# #Get more support



**To remove images shared online**  
go to Report Remove at  
[www.childline.org.uk/remove](http://www.childline.org.uk/remove)

## Bromley Well

Support for young carers aged 4 to 19 to help the children manage caring relationships whilst enjoying their childhood.  
Call 0808 278 7898  
Visit [bromleywell.org.uk](http://bromleywell.org.uk)

