#Relationships





Your Guide to communication, connection, boundries and consent.



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).





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



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

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

Acknowledge and celebrate your successes, no matter how small.

Check "How to look after YOU" card







#Communication



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..."). requires practice and hard work

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





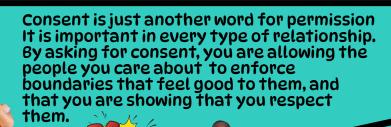


#Positive and negative acts card

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



#Consent



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Just because you consent to kissing one day, doesn't mean you have to consent to kissing any other time Consent can be withdrawn at any time.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.

Watch the video #consent





respect



#Independence ing #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.





people might push back when you set boundaries, when you set boundaries, when you set boundaries, but the people who 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.

pressured to say yes 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-care4 is important to maintain a healthy relationship

Watch the video #Handling relationship





#Digital boundries

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

passwords or not, and communicate your decision clearly

'Please ask before you tag me in any photos or videos ón 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

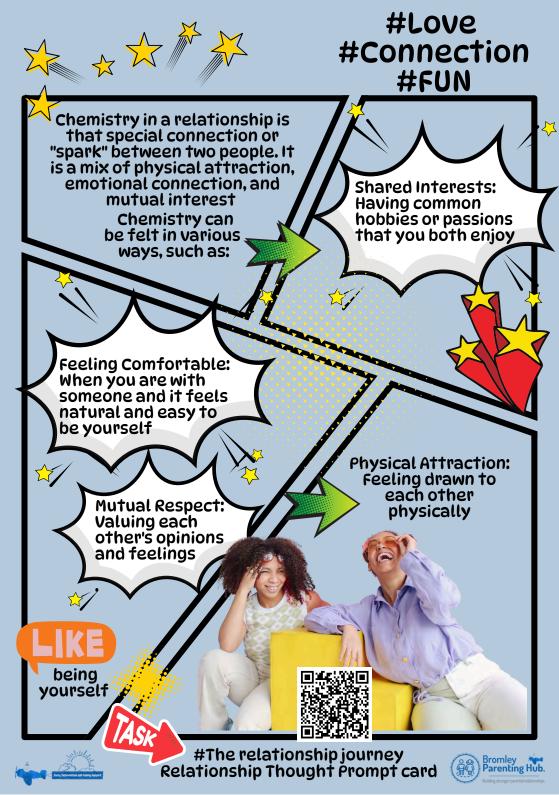
When you're under 18 it's against the law to send nudes or sexual videos of you to anyone else. It's also against the law for anyone to save or share a nude or sexual

video of you.

Watch the video #oversharing













Healthy relationships \\\ TOP TIPS



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.

visit: 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.

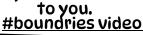


#"I" Statements "



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.



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.

#active listening video











#Check out the Young People Thought









How to look after YOU

Healthy Relationships



What is parental

conflict?





Your viewpoint quiz parental confllict



Divorce and separation



scan the QR code



Changes in your family





"The behavioural iceberg and Positive and negative acts"



#Healthy relationships Thought Prompt card

Qualities of Healthy Relationships:



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



Kindness

is treating others the way you want to be treated



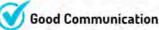
Independence

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

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



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



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



Equality

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



Safety

you should always feel safe and respected

Signs of Unhealthy Relationships:

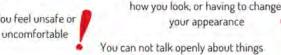
Person is getting you to lie or keep secrets

erson is ignoring your needs

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

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

You feel unsafe or







You are being criticised for

Tips for Being Safe Online:

Giving away personal information can be dangerous

Do not talk to people you don't know online

> Visits www.childnet.com for more safety tips

Do not send naked images or videos of yourself

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

To remove images shared online go to Report Remove at www.childline.org.uk/remove



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







TOP

TIPS





Kooth offers online counselling, advice and emotional well-being support for anyone aged 10-18 go www.kooth.com

Childline www.childline.org.uk

please call, chat online or email about any problem big or small. Call on 0800 1111.

Bromley Y

Emotional wellbeing and mental health support for children and families. Call 020 3770 8848 Visit 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

#Get more support



To remove images shared online go to Report Remove at 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







