



# Allied Youth

## Healthy Relationships?

You have so many relationships in your life. Whether these relationships are between romantic or sexual partners, friends, family members, teachers, or strangers, it's important to maintain a healthy relationship with everyone you interact with. Keeping a healthy relationship means having safe and effective communication between all people involved, respecting each other, and being aware of the emotions of others. Some things to keep in mind include<sup>1</sup>

**Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in. Be honest, open, and respectful.

**Respect Each Other.** Everyone's wishes and feelings have value, and so do yours. Let your friend/partner/family member know that you are making an effort to keep their ideas in mind.

Mutual respect is essential in maintaining healthy relationships.

**Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise. Try to solve conflicts in a fair and rational way.

**Be Supportive.** Offer reassurance and encouragement to each other. Also, let your partner/friend/family member know when you need their support. Healthy relationships are about building each other up, not putting each other down.

**Respect Each Other's Privacy.** Just because you're in a relationship with someone doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

With all of this in mind, it's important to understand what healthy relationships are NOT. They are not healthy when they are based on power and inequality instead of respect. If a relationship involves feelings of disrespect, hatred, power-imbalances, ignorance, or abuse, they are likely not healthy.

**If you or someone you know is in an unhealthy relationship, please reach out to help as soon as possible. Check out the resources on this page for more help.**

### Did you know?

Stats Canada states that based off of their information, when youth hold 4-5 positive relationships in their life, they are more likely to feel more positive and have higher self-esteem



*"Nobody deserves to be in a relationship that compromises their wellbeing"*

## How Does This Affect Our Post?

It is important to maintain healthy relationships between all members within your Post. Take a second to recognize who is in your Post. Are they all friends? Are there cliques? Do people not get along or possibly disrespect each other? Try hosting a meeting with all members and acknowledge all the things that could be done to improve relationships between all members. You are a team, so by working on your relationships as AY members, you can better work together.

You can also funnel this information into an educational session. Invite a local counsellor or psychologist in to educate your Post and community about healthy relationships and mutual respect

## Where Can We Learn More?

<sup>1</sup>[www.loveisrespect.ca](http://www.loveisrespect.ca)

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

<http://westernhealth.nl.ca/uploads/Addedictions%20Prevention%20and%20Mental%20Health%20Promotion/Healthy%20Relationships%20Resource%20Kit%20-%20Western.pdf>

*ask the experts >>>*

**Q:** *What do I do if I'm in an unhealthy relationship?*

**A:** *Speaking about it is the first step, finding help is the next. You are not alone.*

If you or someone you love is in a relationship and notice shifts in power, mean or malevolent emotions, physical or emotional abuse, it is important to find some help. Sometimes this isn't easy, and may involve going behind the backs of the people that are unhealthy in your life, but it is critical that you find the support you need. Nobody deserves to be in a relationship that compromises their wellbeing. If you are looking for help, please reach out to someone you know and trust, or a resource like your guidance counsellor, kidshelpphone, or other resources that you can find on this page. You are not alone.