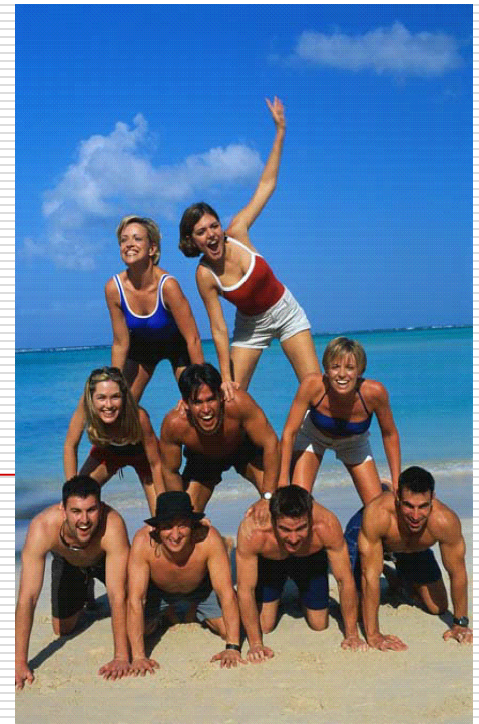


Healthy Choices = Healthy Relationships



How to Recognize Healthy Relationships and When Relationships Are Unhealthy.

Sixth – Twelfth Grade

Control: Good or Bad



When driving, staying in control is good.

Controlling others can sometimes be bad.



What is a healthy relationship?

- ☐ People in the relationship feel good about each other and themselves.
 - ☐ You enjoy doing activities together.
 - ☐ You freely communicate with one another.
 - ☐ These relationships can last a few weeks, a few months, or even many years.
 - ☐ Healthy relationships are fun for both people.
 - ☐ Boundaries are set and respected.
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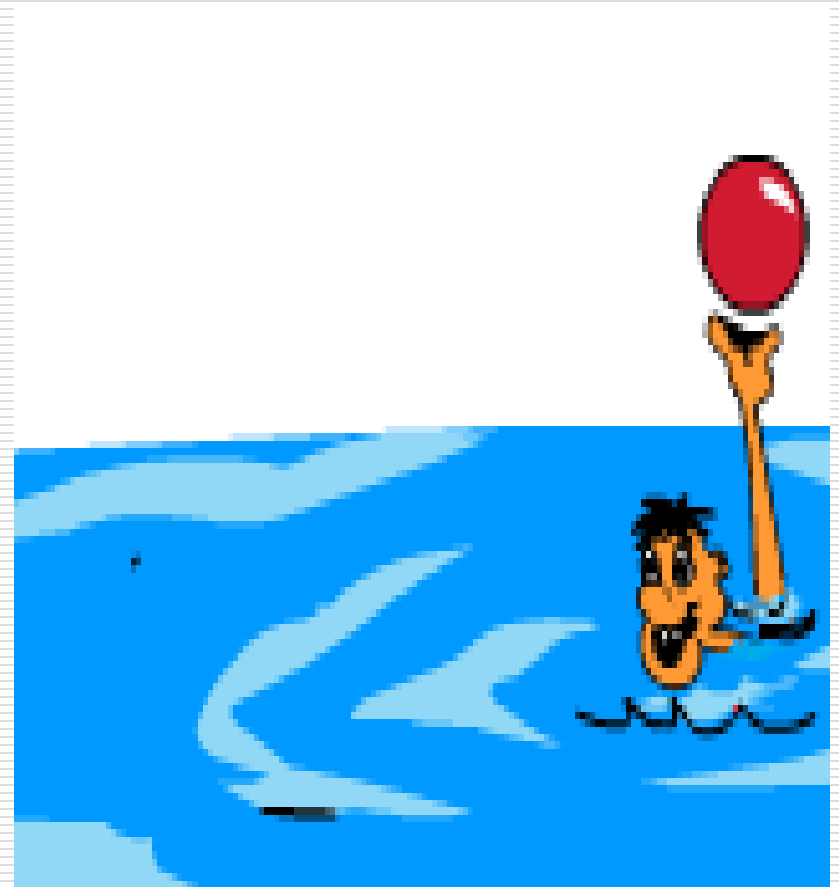
Self-esteem



- ☐ Everyone is a person of worth.
 - ☐ No one deserves to be abused, used, or disrespected.
 - ☐ One's self-esteem should not be controlled by others.
 - ☐ You are in control of how you feel about yourself.
-

Enjoying the company of others

- ❑ You genuinely like spending time together and doing activities together.
- ❑ You make time for one another.
- ❑ You do not ignore the person when you are together, by focusing your attention everywhere else.
- ❑ When in a group, you include the other person in conversations and activities.



Unhealthy Communication

- ❑ Feel as if you cannot honestly say what you feel.
- ❑ Refuse to listen to each other's thoughts and opinions.
- ❑ Do not accept each other's right to say no or to change your mind.
- ❑ Find that most conversations become arguments.

Would you rather be talking to someone else other than the one you are with?



Healthy Communication

- ❑ Each other allows for a free exchange of thoughts, ideas, feelings etc.
- ❑ You use “I” statements instead of “You” statements.
- ❑ You respect each other’s right to say no.
- ❑ Communicate through disagreements instead of shutting down and giving each other the silent treatment.

Healthy communication helps to create harmonious relationships.

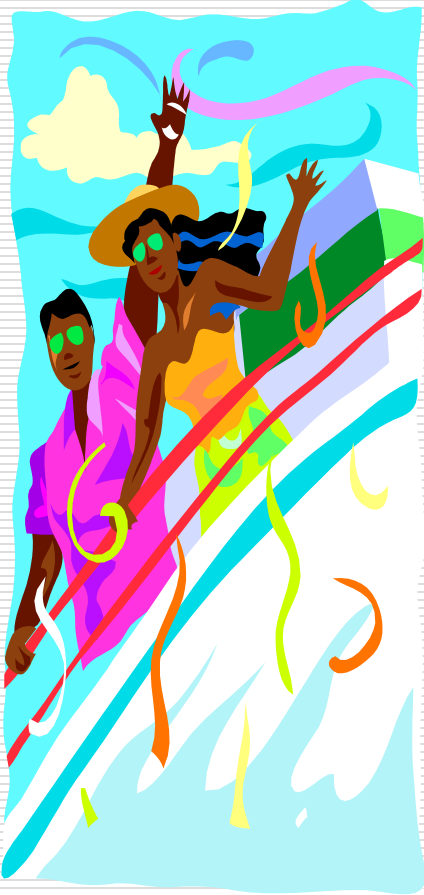


Fun for Both



Says it all.

How Long?

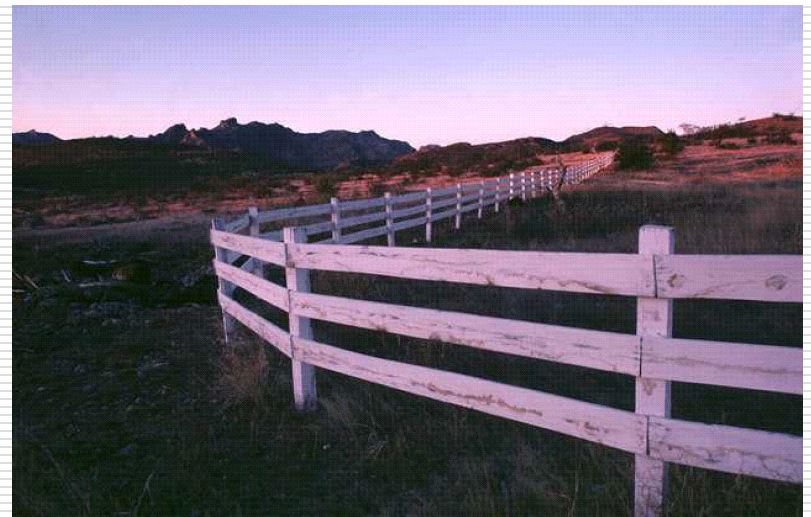


Healthy relationships do not have an expiration date on them. Some may last only a short while, while others may last a long time.

The secret is to learn to enjoy and appreciate relationships for however long they last. Jealousy and possessiveness only destroys relationships before their time.

Boundaries, What Are They?

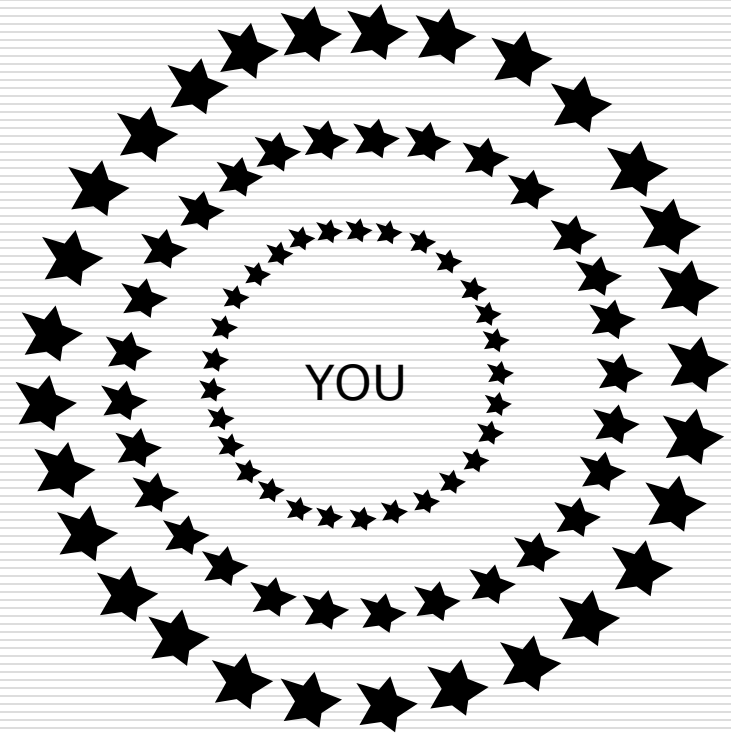
- ❑ Personal space that you set and keep between yourself and others.
- ❑ Boundaries work to keep things in and they keep things out.
- ❑ It defines your areas of privacy.
- ❑ Physical/Sexual Boundaries
- ❑ Emotional/Spiritual Boundaries



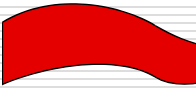
Who Belongs Where?

- ☐ If you could draw a large circle around yourself, could everyone in your life fit in that circle?
- ☐ Who would be the closest to you?

- ☐ You decide.



Developing Healthy Boundaries

- ❑ Decide how far you will allow people within your boundaries
 - ❑ The closer you are to someone the more you tend to trust them. The more you trust someone the closer you allow them within your boundaries.
 - ❑ Do not disclose everything about yourself to everyone. Self disclosure should be based on how well you know someone and how much you can trust the other will respect your privacy and trust in them.
 - ❑ Trust is a two-way street. Do not allow someone in your inner circle that you do not trust or does not trust you.
 - ❑ Respecting each other's boundaries is a must.
 - ❑ When a boundary is violated, use the experience to decide how to handle the immediate situation and similar situations in the future.
 - ❑ Learn to trust your instincts. When you feel like a "red" flag has gone up, act on that feeling.
 - ❑ Seek input from trusted adults. They have been where you are and can provide you insight.
 - ❑ Speak up when a boundary is violated. Don't hesitate to say "no" to anyone who may be trying to hurt you or take advantage of you.
- 

When does a boundary become unhealthy?

- ☐ It is too rigid.
- ☐ You do not allow anyone to get close.
- ☐ You are unwilling to share personal feelings, wants, or needs.
- ☐ You seldom or not at all share your emotions, hopes and fears with your parents and family.
- ☐ It is hard for you to make and keep friends.
- ☐ You stay isolated from other



When a boundary is too loose, it is not a boundary.

- ☐ Displaying inappropriate affection.
- ☐ Always doing what others want.
- ☐ Saying or doing sexually suggestive things in front of others.
- ☐ Sharing too much personal information.
- ☐ Doing anything to avoid conflict.
- ☐ Keeping silent about being abused.



Are your personal relationships crumbling?

Slow Down: Boundary Violations. When the Following Happens:



- ☐ Teasing and gossiping
 - ☐ Someone asking personal questions that are inappropriate
 - ☐ Taking someone's possessions
 - ☐ Saying or doing things that are offensive or vulgar
 - ☐ Always trying to sit or stand too close
 - ☐ Using inappropriate language or touch
 - ☐ Forcing someone to do something sexual
 - ☐ Physically or sexually abusing someone
-

Do You Have Healthy Boundaries?

- ❑ Are you confident
- ❑ Have a clear sense of your own views, values, and priorities
- ❑ Pick good, positive, and safe people to be apart of your life
- ❑ Know how to stand up for your self when appropriate
- ❑ In relationships, you don't lose yourself
- ❑ Able to appropriately judge how much info you share and with whom
- ❑ Know how to protect yourself without shutting yourself off from others
- ❑ Know how to say "no," no matter who the person is violating your boundaries
- ❑ Know when it is appropriate to ask for help.



Making the choice to enforce your boundaries...

Creates healthy control over one's self and helps to reduce the chances of you becoming a victim of physical or sexual abuse no matter who the perpetrator is.

Control Stealers Tactics



- ☐ Become jealous or possessive of you
 - ☐ Prey on or make you feel insecure
 - ☐ Quick to anger or explosive
 - ☐ Intimidate you
 - ☐ Accuses you
 - ☐ Exaggerated flattery
 - ☐ Uses position or authority over you
 - ☐ Bribes you to say yes
- Beware of
Manipulations
-
- Don't let someone railroad you.
-

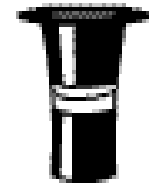


Build Healthy Relationships:

- ☐ Take your time. Forcing a relationship never works out for the best.
- ☐ Balance the give and take
- ☐ Adjust to change
- ☐ Do not fixate on it
- ☐ Examine past relationships. Do you see unhealthy patterns?
- ☐ Seek in others the qualities you most admire
- ☐ Do not try to control the other person



The trick to good relationships is:



Making healthy choices and setting healthy boundaries.