

WALT

- I can recognise healthy and unhealthy relationships.
- I can identify who we can trust.

Success Criteria

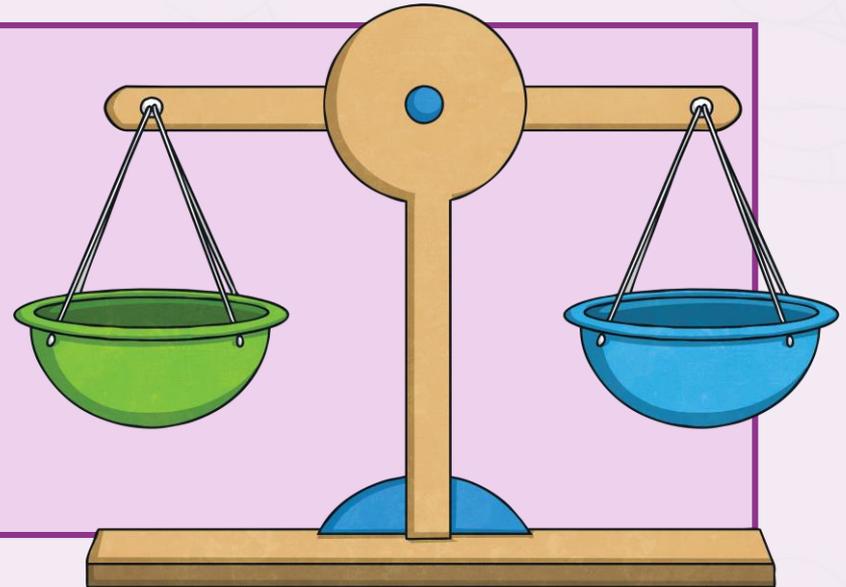
- I can spot signs of an unhealthy relationship.
- I can suggest different ways to end a relationship if necessary.

Healthy Relationships



Healthy relationships are not always happy relationships. It is totally normal for healthy relationships to have disagreements as well as happiness and fun times. A healthy relationship will always make you feel confident about the person you are and will enable you to make your own choices.

So long as a relationship is healthy and balanced, any argument or disagreement can be resolved and worked through, because in a healthy relationship, the two people respect each other and therefore can work through difficult times.



Risky Relationships



If you always accept the blame. Within a **healthy** relationship both people would accept blame if they have done something wrong. Signs of an **unhealthy** relationship can include taking the blame for someone else purely to try and maintain the relationship. This is not healthy for the relationship.

If you feel bad about yourself. A **healthy** relationship would make you feel good about yourself, so if your friendship makes you feel negatively about yourself then this is a sign of it being **unhealthy**.



If there is jealousy in the relationship. Within a **healthy** relationship, the friends would feel happy if life is going well for the other person. If the friend cannot feel happy for their friend and feels jealous then that is a sign that the relationship is **unhealthy**.

How to end a risky relationship...

1

Have a separation time. This can be the start to ending a relationship. It enables both friends to think carefully about their behaviour and have an opportunity to make amends and alter their behaviour if necessary.

2

Be prepared. Make sure you have thought through what you are going to say and make sure you have thought carefully about what the friend might say to you and how they might react.



3

Be honest. Tell your friend the true reasons you are needing to end the relationship so that there is no confusion over what you want and need. This does not mean you need to speak hurtfully, but you can be honest by reflecting on how the relationship has impacted you and your life.

Trust

Once **trust** is broken, it is often difficult to build up it again and to put the pieces of the relationship back together. Therefore, it is important to be **honest** and **trustworthy** in a relationship.

What is trust?

How can someone show that they are trust worthy?

What adults can you trust?

Watch clip: <https://amaze.org/video/healthy-relationships-finding-an-adult-you-can-trust/>

Trusted adults

Trusted adults will always listen, help, make them feel safe and never scared. If you feel uncomfortable in an adults company then you need to seek help.

Where can you get help from?

Childline, NSPCC, Worry@millrythe-jun.hants.sch.uk.

Activity: Draw around your hand then write the names of 5 people including trusted adults that you can talk to when they you uncomfortable or scared.

