

### Key Questions

#### What are Relationships?

- Relationships are the connections we have with other people.
- They can be with friends, family, classmates, teachers, or even pets!
- Healthy relationships make us feel happy, supported, and understood.

#### What types of relationships will I experience?

- Friendships: Close bonds built on trust, shared interests, and mutual support.
- Family Relationships: Strong connections with parents, siblings, grandparents, and other relatives.
- Romantic Relationships (later in life): Caring relationships with someone you are attracted to.

### Strong and Healthy Relationships

#### Qualities to look for:

- Trust: Being able to rely on someone and be honest with them.
- Respect: Valuing someone for who they are, even if you disagree sometimes.
- Honesty: Being truthful and open in your communication.
- Good Communication: Sharing your thoughts and feelings clearly, and listening actively to others.
- Support: Being there for someone during good times and bad.
- Healthy Boundaries: Knowing what's okay and not okay in a relationship.

#### Qualities to demonstrate:

- Show kindness and compassion.
- Be a good listener.
- Be reliable and trustworthy.
- Communicate clearly and honestly.
- Respect other people's feelings.
- Be willing to compromise.
- Spend quality time together.
- Stand up for yourself and others (respectfully).

### Challenges

#### Potential problems:

- Disagreements and arguments: Learn how to communicate and resolve conflicts peacefully.
- Feeling left out: Everyone feels this sometimes. Talk to friends and find ways to feel included.
- Peer pressure: Don't be afraid to say no if someone is pressuring you to do something you're not comfortable with.

#### Getting Help with Relationships:

- Talk to a trusted adult like a parent, teacher, or counsellor.
- There are helplines like Childline (0800 1111) who can offer support and advice.