

The Salvation Army  
**POSITIVE LIFESTYLE  
PROGRAM  
PLP4YOU**



# **SESSION 6**

## **Relationships**

---



# Relationships

## Aim: to build safe and healthy relationships

We are made for relationships with other people. Healthy relationships are important for us to grow and live healthy lives. Healthy relationships are not all the same.

Our relationships with our parents, siblings, cousins, friends and our school teachers are all different. We don't do the same thing with our friends and our parents!

However, you will **feel safe** in healthy relationships.

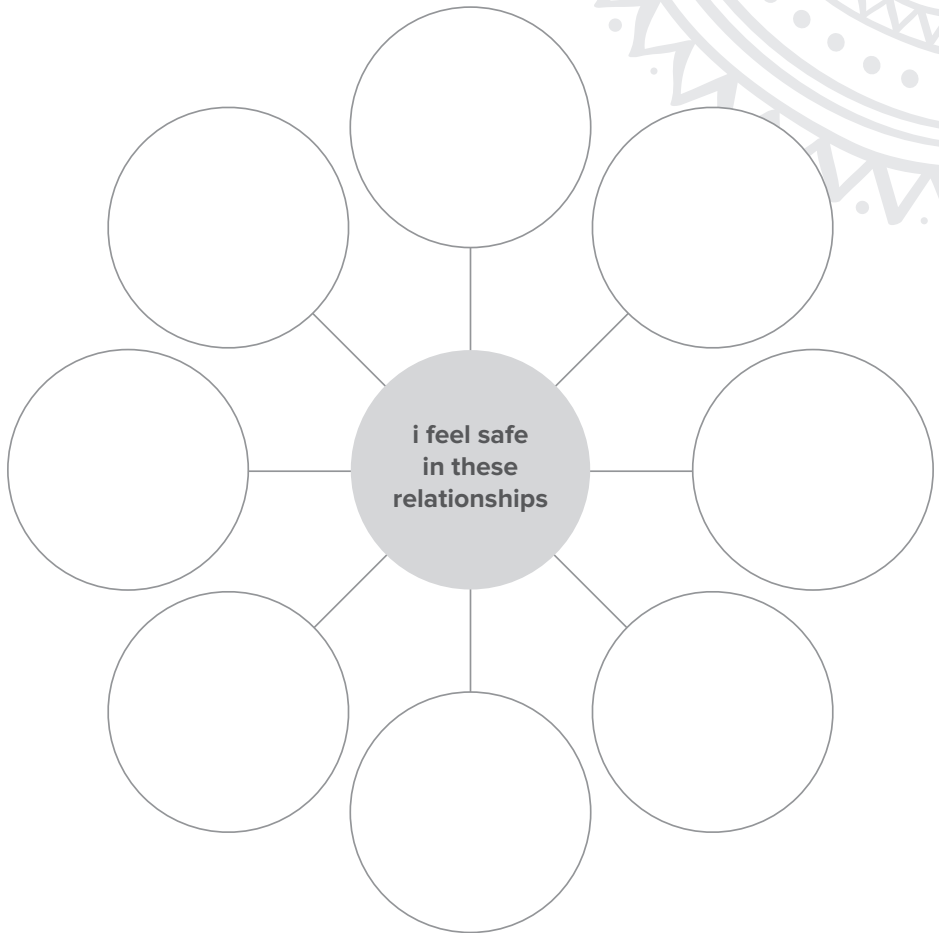
What are the marks of a healthy relationship? Circle the behaviours that help you feel safe in a relationship – and underline those that make you feel unsafe.

support	kindness	abuse	acceptance
yelling	honesty	listening	violence
trust	respect	bullying	care

Bullying, violence, yelling and abuse make it hard to feel safe in a relationship. They can make us afraid and sick in the stomach.

Broken or difficult relationships can cause stress, sadness, anger and anxiety in our lives. This is especially true when it is with people who are important to us.

I feel very safe in my relationships with these people.



If you are in a relationship where there is bullying, violence, yelling or abuse, it is important to tell someone – and find help. Talking to a trusted person is important in finding ways to change that relationship.

# Building Relationships

At times, it's common to feel awkward in relationships. Making conversation with strangers, trying to mingle, or going on a first date can all be nerve-wracking. You can learn how to keep your cool, make conversation, and be yourself.

## Ask questions

Most people LOVE to talk about themselves. Asking people questions allows them to do the talking while you ease yourself into a social situation. Before you go out, think of a few questions you can ask.

Tick 2-3 of the examples below that you could use:

Have you seen any good movies lately?



What are you doing this weekend?



What music are you listening to?



What are you studying?



What do you like to do in your free time?



## Compliments

People also like it when they are affirmed or complimented. Say something positive about the other person - or thank them for something they have done.

Tick 2-3 of the examples below that you could use:

