



# Healthy relationships

**All relationships have challenges. It is how we deal with these challenges that make our relationships healthy or unhealthy!**

Healthy relationships have...	Examples 
<b>Respect</b>	using manners and being kind
<b>Caring</b>	showing concern when the other is upset
<b>Trust</b>	trusting the other to be there for them
<b>Fun</b>	enjoying time spent together
<b>Compromise</b>	coming to mutual agreements that satisfy both people
<b>Honesty</b>	being truthful and sincere
<b>Listening</b>	listening to what the other has to say
<b>Tolerance</b>	being patient and understanding
<b>Acceptance</b>	Liking the other person for who he/she is

Warning signs for unhealthy relationships	Examples 
<b>Rejection</b>	talks behind your back or makes fun of you
<b>Bossy</b>	tells you what to do and/or how to spend your time
<b>Put-Downs</b>	embarrasses you, or says mean things to you
<b>Rumours</b>	tells lies about you or shares secrets
<b>Guilt</b>	makes you feel bad for not doing what they want
<b>Threats</b>	uses threats to get you to do what they want
<b>Violence</b>	scratching, kicking, pinching, pushing, hitting, etc.

(Texted.ca, [http://www.texted.ca/app/en/healthy\\_vs\\_unhealthy\\_relationships](http://www.texted.ca/app/en/healthy_vs_unhealthy_relationships); The Door That's Not Locked, [http://www.thedoorthatsnotlocked.ca/app/en/everyone\\_else/8-9/unhealthy\\_friendships](http://www.thedoorthatsnotlocked.ca/app/en/everyone_else/8-9/unhealthy_friendships))

If you or someone you know is in an unhealthy relationship, get help as soon as possible.

- **Tell a trusted adult, like a parent, teacher, or counsellor.**
- **Kids Help Phone:** (1-800-668-6868) <http://www.kidshelpphone.ca>
- In the event of an emergency, always **call 911**.



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