

The ABC's of Healthy Relationships Need of School Heads



Run your relationships.
Don't let them run you.

Mr. Tariq Saleem Ghayyur

Lecturer Department of Education, SU

Run your relationships.

Don't let them run you.

Types of Relationships

What types of relationships are there?

- **Family** (such as siblings and parents)
- **Friends**
- **Casual:**
 - **Professional** (such as teachers, clergy or medical professionals)
 - **Acquaintances** (such as people you know and recognize in passing)



Why are Healthy Relationships Important?

- Everyone is part of relationships



- Being in a good relationship helps us:
 - Know ourselves
 - Develop as a person
 - Grow emotionally
 - Communicate and maintain meaningful bonds with other people
 - Have fun!

What is a **Healthy** Relationship?

- Individual identity and freedom
- Encouragement and support
- Boundaries
- Cooperation and compromise
- Consideration



Communication

Trust

Respect

What is an **Unhealthy** Relationship?



- An unhealthy relationship may include:
 - Teasing or bullying
 - Power struggles
 - Angry outbursts
 - Withholding love
 - Coercion or peer pressure
 - Unreasonable demands
 - Humiliation

The ABC's



A: Awareness

- What is awareness?
 - General knowledge
 - Knowing consequences
 - Prevention of violence



B: Balance

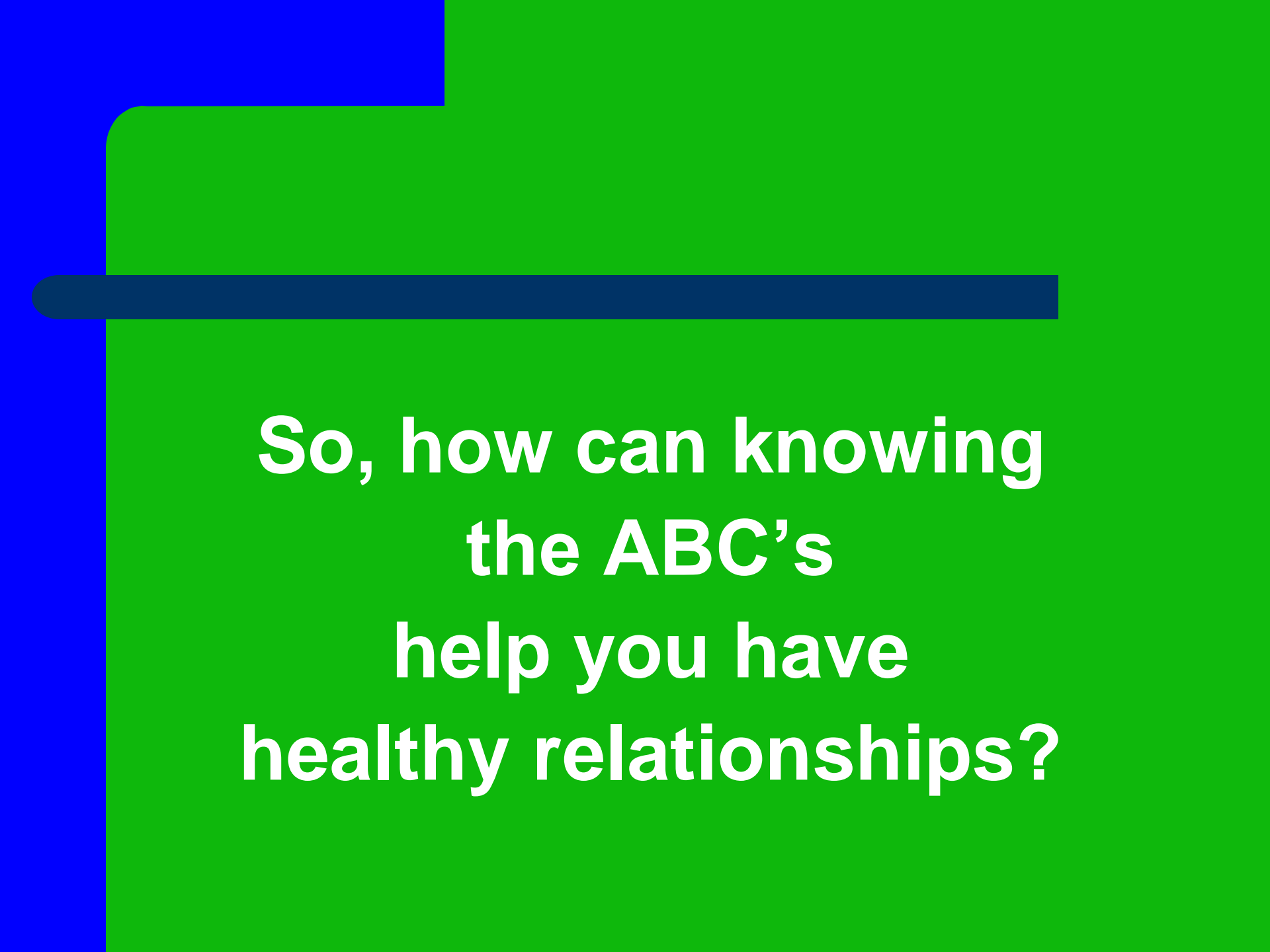
- What does **balance** mean?
 - Nothing is one-sided
 - Communication
 - Both people have valuable opinions
 - Having other friends and interests



C: Choices

- Make a **conscious choice**
 - Don't let things
“just happen”



The background consists of a solid blue area on the left and a green area on the right. A dark blue horizontal bar with rounded ends is positioned across the top of the green area. The text is centered in the green area.

**So, how can knowing
the ABC's
help you have
healthy relationships?**

Keys to Healthy Relationships

- The Base of the ABC's:
 - **Communication**
 - **Trust**
 - **Respect**



Communication

- Communication= talking *and* listening
- Open and honest



Communicating – Body Language and Tone



- Body language and tone can express more than your words!
- Activity: Using Body Language

Trust

- Being honest
- Proving you are reliable and responsible
- What happens in a relationship without trust?
 - Second guessing
 - Not believing each other
 - Betrayal by sharing secrets
 - Obsessively checking on the person



Respect: You have to give it to get it!

Everyone deserves respect.

- Trust and support each other
- Value each other's independence
- Have the freedom to be yourself
- Talk honestly

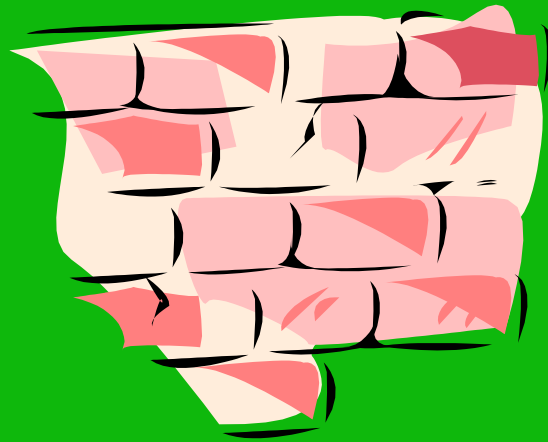


Being Respectful

- Respect yourself
- Show respect with your words *and* actions
- Verbal and emotional abuse is a sign of an unhealthy relationship.



Boundaries



- Understand and honor boundaries
- Each relationship can have different boundaries
- Understand when boundaries can/cannot be crossed

The ABC's in Action: Evaluating a Friendship

Is the friendship worth it?

- Are you **aware** of all the risks?
- Is there **balance** in your friendship?
- What are your **choices**? Make a conscious choice.

→ Is this a healthy friendship?



Danger Signs

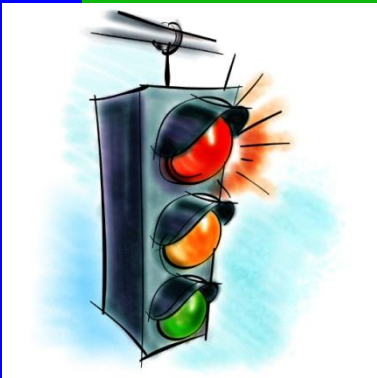
- Not talking and avoiding problems
- Lack of trust
- Jealousy
- Lack of balance
- Lack of respect



Red Lights

Does the other person...?

- Put you down
- Get extremely jealous or possessive
- Constantly check up on you
- Tell you how to dress
- Try to control what you do and who you see
- Have big mood swings
- Make you feel nervous (like you are walking on eggshells)
- Criticize you
- Threaten to hurt you



Helping a Friend - Warning Signs



- Is your friend:
 - Becoming more isolated?
 - Not participating in activities he/she formerly enjoyed?
 - Spending an excessive amount of time with the other person?
 - Displaying physical and emotional signs of abuse?

What Should You Do?

- In an unhealthy relationship, you can:
 - Work it out
 - End the relationship
 - Tell someone about the abuse
- Helping your friend
 - Do not make them feel bad about their choices
 - Offer to go with them to get help
 - Remember you cannot “rescue” them



Resources

- National Domestic Violence Hotline
 - 800-799- SAFE (7233)
- Break the Cycle
 - <http://www.breakthecycle.org/>
 - 1-888-988-TEEN (8336)
- Rape, Abuse and Incest National Network
 - <http://www.rainn.org/>
 - 1-800-656-HOPE (4673)



Any Question Please

