Healthy and Unhealthy Relationships

Healthy relationships

You will know you are in a healthy relationship because you feel happy to see and spend time with certain people.
They may be members of your family , friends or someone who you might attend a activity with.

Relationships and how we feel about people can change all of the time and we will have some disagreements that might cause us to be upset or sad.
This is all part of managing relationships with people around us.

NHS
Harrogate and District
NHS Foundation Trust

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END MALE VIOLENCE AGAINST WOMEN

Growing Healthy
Growing Healthy 0-25
County Durham

Unhealthy relationship

You might not notice you are in an unhealthy relationship but you might notice different things that happen to other people or friends.

You might feel sad when you think of some people because of the way they make you feel or you might feel unhappy when you are around them.

You might not want to spend time with certain people or go to school and generally not feel very happy or safe.

You may experience people being physical towards you and this might include them hitting you .

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"It's not that I don't love you.
It's just that a ten year-old needs his freedom."

If you feel that you might be in an unhealthy relationship it is good to get help and speak to someone who might be able to help you .

It is not okay to be unkind to people .

TALK TO SOMEONE YOU TRUST