a guide for youth about healthy relationships



This booklet will provide tips and tools to develop healthy relationships with your friends, boyfriends, girlfriends, partners, Internet friends and classmates.

A large part of the way we now communicate and socialize is through the use of social media sites, such as Facebook, mySpace, Twitter, YouTube, Flickr, Tumblr, Messenger and cell phone texting. As consumers, we should beware and be aware.

Maybe you or someone you know is struggling in a relationship.

We hope this booklet can help.

It is never too late to get help.

Talk to someone you trust.





1-709-753-7270 • 1-877-753-7270



Planned Parenthood

Newfoundland and Labrador Sexual Health Centre

1-709-579-1009 • 1-877-NO-MYTHS

Popular Lyrics



Love

Love is a healthy emotion that grows between two people. It takes time and energy to really know each other; your likes, dislikes, flaws, dreams, pet peeves and all.

- Real friendship
- Encouraging
- Inclusive
- Communicates
- Supportive
- Respectful



Obsession

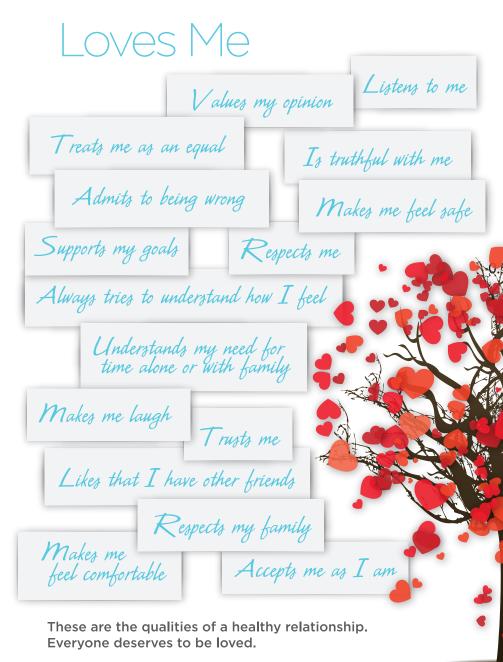
Obsession is not love. In the beginning it may feel a lot like love. Obsession is an unhealthy emotion. It becomes more suffocating and controlling over time.

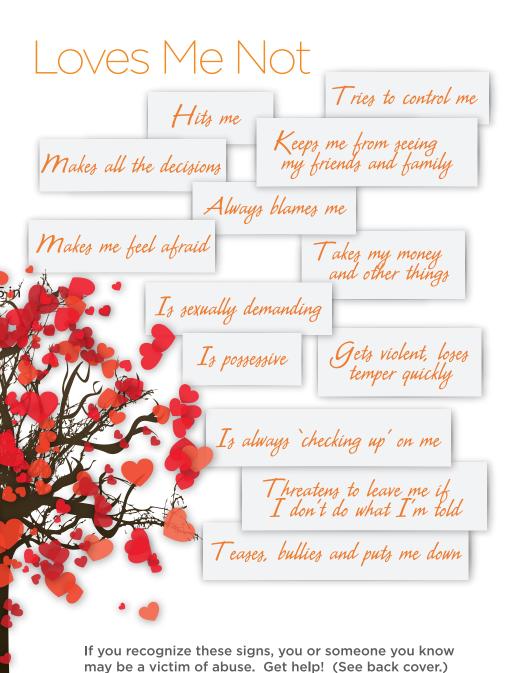
- Fake and Shallow
- Isolating
- Ignores
- Intimidating
- Putting down
- Controlling



Loves Me-Loves Me Not!

Take this quiz to find out if you are in an unhealthy relationship.





Enemies

Threatening, harassing, physically violent, cyber attacking, hateful & isolating

Frenemies

Critical, intolerant, judgmental, insulting, blaming & bullying

Friends

Honest, respectful, compassionate, caring, good listener, kind, trustworthy & fair



Healthy vs. Unhealthy Friendship

Think of your friends and people you know. Then read through the list below.

Healthy Friendships are equal

Unhealthy Friendships always have one person giving more than the other

Healthy Friendships allow each other to grow and change

Unhealthy Friendships are threatened when one person grows or changes

Healthy Friendships are supportive

Unhealthy Friendships leave you feeling empty and drained

Healthy Friendships are accepting

Unhealthy Friendships require you to act a certain way

Healthy Friendships are based on respect for each other

Unhealthy Friendships ridicule one another, gossip or spread rumours

Healthy Friendships allow you to express your feelings

Unhealthy Friendships don't care about your feelings

Healthy Friendships respect differences

Unhealthy Friendships demand conformity

Healthy Friendships are safe and secure

Unhealthy Friendships betray trust and tell secrets

Take a look at your role as a friend.

In what ways are you a healthy friend?

In what ways are you an unhealthy friend?

Excerpt adapted from High School's Not Forever by Jane Bluestein, Ph.D. & Eric Katz, M.S.A.C. (Deerfield Beach, FL: Health Communications Inc., 2007).

Tips for staying safe



Check in with a parent, trusted adult or good friend.



Treat other users online the way you want to be treated. Don't use nasty messages, jokes, videos or photos.



Follow Social Media Etiquette.



It's not wise to meet anyone you've been chatting with online. If you choose to meet, have another person present and meet in a public place. Never go alone!



Trust your gut! If something does not feel right, it probably isn't.



Stand up for yourself and others online and in person.



Never give out personal information online such as your real name, birthdate, home address, or phone number to someone you don't know.



Only accept texts, emails and picture messages from people you know and trust.



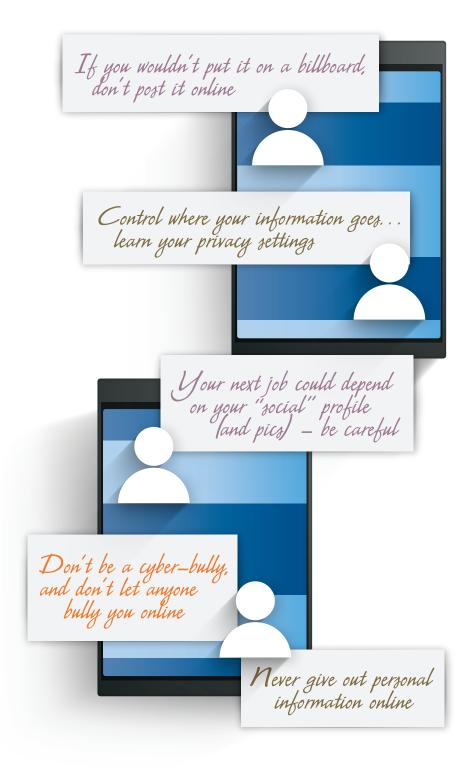
Check information you read online before you believe it!



Stop, block or tell a trusted adult if someone or something makes you feel uncomfortable or threatened.



Save any threatening or harassing messages to show the police or a trusted adult.



Provincial Resources

1 (709) 772-5400 RCMP

1 (709) 729-8000 RNC

1 (709) 729-7970 Victims Services Provincial Office

1-877-NO-MYTHS Planned Parenthood-NL Sexual Health Centre

1-800-726-2743 NL Sexual Assault Crisis & Prevention Centre

St. John's Area Resources

1 (709) 726-5902 St. John's Native Friendship Centre

1 (709) 754-0536 Thrive

1 (709) 753-0220 St. John's Women's Centre

1 (709) 753-1492 Iris Kirby House

1 (709) 738-8390 Naomi Centre

1 (709) 754-0446 Choices for Youth

Regional Resources

The committee would like to express gratitude to all involved in the creation & production of this project; without them this would not have come to fruition.

