

Building Relationships

Healthy vs Unhealthy

6TH GRADE



Types of Relationships



Community Relationships



Family Relationships



Peer Relationships



Dating Relationships



What are relationships?

The connection you form between you and other people.

Why do they matter?

Relationships are all around us and are important in many aspects of our lives. Every relationship meets a need that you have.

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Relationships

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01 **Healthy Relationships**

LET'S TALK ABOUT HEALTHY RELATIONSHIPS

Communication is a key part of a healthy relationship. Make sure that both people want the same things. Here are some tips:

- Speak Up
- Respect Each Other
- Compromise
- Be Supportive
- Respect Each Other's Privacy



Healthy Boundaries

- Boundaries are a great way to keep relationships healthy and secure!!
- Creating boundaries is not a sign of secrecy or distrust - it's an expression of what makes someone feel comfortable and what they would like or not like to happen with the relationship



**Unhealthy
Relationship**

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LET'S TALK ABOUT UNHEALTHY RELATIONSHIPS

Unhealthy relationships are based on power and control, not equality and respect.

Dating abuse is a pattern of destructive behaviors used to exert power and control over the partner.

**UNHEALTHY RELATIONSHIPS CAN
HAPPEN TO ANYONE!!!**



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**WARNING
SIGNS, RISK
FACTORS, and
EFFECTS**



Signs of an Unhealthy Relationship

- You feel used, ignored, and unappreciated.
- One person is more interested than the other person.
- You are subjected to angry outbursts.
- You feel you cannot say or do anything right.
- You and the other person are constantly fighting.
- You are made fun of or threatened.
- The other person is extremely jealous or controlling.
- The other person tells you to stay away from friends or family.
- The other person raises a hand as if to hit you or has ever been violent toward you.
- You are being pressured to engage in activities that make you uncomfortable.
- The other person encourages unhealthy behaviors.
- The other person does not respect your boundaries.



RED FLAGS

CONTROLLING
(friends, clothes,
schedule, etc.)

SHORT-TEMPERED

**CONSTANTLY TEXTING
OR CALLING**

**PHYSICALLY OR
SEXUALLY ABUSIVE**

**PRESSURING
AND MANIPULATIVE**

**NAME-CALLING,
EMOTIONALLY
HURTFUL**

CHEATING

GREEN FLAGS

**TRUSTING
AND TRUSTFUL**

**VIEWS PARTNER
AS AN EQUAL**

**RESPECTFUL OF
PARTNER'S INTUITION**

**WILLING TO FOLLOW
A PARTNER'S PACE**

**LISTENS
ATTENTIVELY**

**RESPECTFUL
OF OPINIONS**

**OPEN ABOUT THEIR
FEELINGS AND
OPINIONS**

DATING VIOLENCE OR FAMILY VIOLENCE CAN BE:



PHYSICAL

hitting, slapping, choking,
kicking



EMOTIONAL / VERBAL

putting you down, embarrassing
you in public, threatening you in
any way



FINANCIAL

preventing you from working



SEXUAL

pressuring or forcing you to do
anything sexual, including
sexting



CYBER

sending you threats via text,
social media, email; stalking you;
forcing you to share passwords

RISK FACTORS

Type of Risk Factors	Examples of Risk Factors
<p data-bbox="98 388 343 412">Individual risk factors</p>  <p data-bbox="98 784 343 805"><i>Africa Studio/Shutterstock.com</i></p>	<ul data-bbox="600 388 993 778" style="list-style-type: none">• Lack of control over behavior and anger• History of early aggressive behavior• Exposure to violence, abuse, and conflict in the family• Use of tobacco, alcohol, or drugs• Rejection of social values or institutions• Immaturity• <i>Prejudice</i>, or unfair negative beliefs about a group of people• Discrimination and bias• Stressful events• Physical or mental health condition
<p data-bbox="1012 566 1205 590">Family risk factors</p>  <p data-bbox="1012 947 1205 969"><i>Kamira/Shutterstock.com</i></p>	<ul data-bbox="1493 566 1906 969" style="list-style-type: none">• Authoritarian parenting style (one that demands strict obedience)• Discipline for breaking rules that is either too harsh, lenient, or inconsistent• Poor supervision of children• Low level of involvement and emotional attachment in family• Low level of family education and income• Use of tobacco, alcohol, or drugs in the family• Criminal record• Violent behavior in the family• Access to weapons

RISK FACTORS cont.

Peer and social risk factors



- Rejection by peers
- Peer pressure
- Little interest or involvement in school
- Involvement in gangs
- Poor academic performance
- Violent behavior among peers

Community risk factors



- Lack of economic opportunities
- Poverty
- Lack of community groups and social services
- High crime and unemployment rates
- Lack of healthy families in the community
- High rate of families moving out of the community

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The Effects of Unhealthy Relationships

**LOW
SELF-ESTEEM**

PHYSICALLY WEAK

DEFENSELESS

ISOLATION

DISORDERS



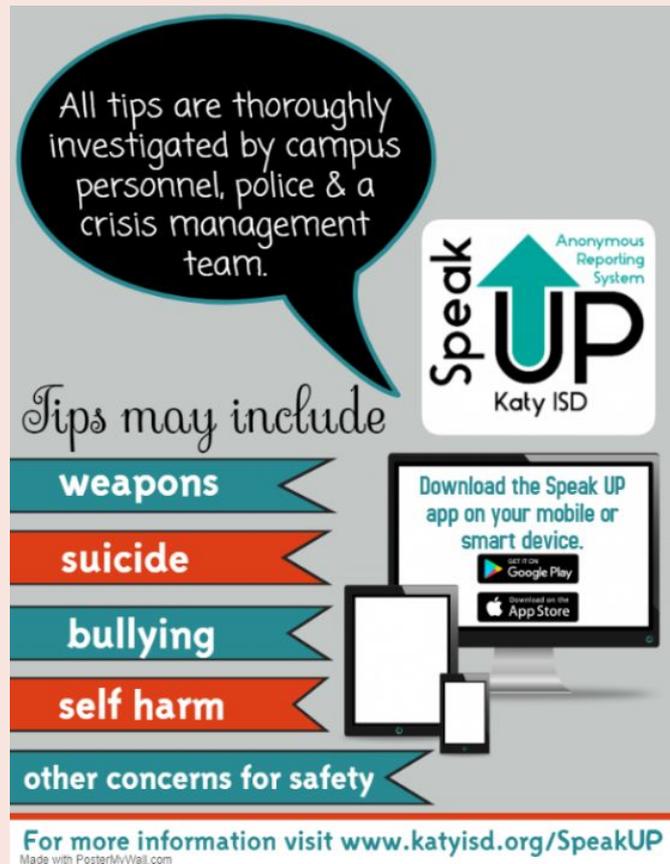
GETTING HELP 04

If you See something, Say something!

Find an adult (teacher/staff, counselor, principal, or parent) to immediately report concerns you may have.

Download the SpeakUP app on your phone or tablet to report things that concern you.

This app is also found on the back of your student i.d. badge.



All tips are thoroughly investigated by campus personnel, police & a crisis management team.

SpeakUP
Anonymous Reporting System
Katy ISD

Tips may include

- weapons
- suicide
- bullying
- self harm
- other concerns for safety

Download the SpeakUP app on your mobile or smart device.

get it on Google Play

Download on the App Store

For more information visit www.katyisd.org/SpeakUP

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**Now that you know more
about healthy and
unhealthy/abusive
relationships...What
questions do you have?**

